



## Allergen & Dietary Awareness Guide

This chart identifies the presence of the top nine food allergens, along with indicators for vegan, vegetarian, and pork-containing items for SDSU Dining venues. It's designed to help individuals quickly assess whether a food item aligns with their dietary restrictions or preferences.

### LOCATION:



*Third-party owned-and-operated unit*

This information is as of the SDSU Fall 2025 Semester.  
Dietary information is reviewed and updated each summer in advance of the fall semester.

**COMMON ALLERGENS**

	SOY	GLUTEN	FISH	SHELLFISH	TREE NUT	PEANUT	SESAME	MILK	EGG	VEGAN	VEGETARIAN	GLUTEN-FRIENDLY	DAIRY-FRIENDLY	CONTAINS PORK
<b>BURGERS</b>														
CHEESEBURGER		X			X					X	X		X	
BACON CHEESEBURGER	X	X			X					X	X		X	
BIG ZAC		X			X		X			X	X		X	
ICONIC		X			X					X	X		X	
HOLY GUACAMOLE		X			X					X	X		X	
WESTERN	X	X			X					X	X		X	
<b>HANDHELDS</b>														
CHICKEN SANDWICH	X	X								X	X		X	
BUFFALO 66	X	X								X	X		X	
CHICKEN & WAFFLE	X	X								X	X		X	
CHICKEN WRAP	X	X								X	X		X	
SOUTHWEST AVOCADO WRAP	X	X			X					X	X		X	
CA BURRITO	X	X			X					X	X		X	
<b>SALADS</b>														
CHICKEN CAESAR	X	X			X					X	X		X	
SUPERFOOD										X	X	X	X	
<b>SMALL BITES</b>														
CHICKEN NUGGETS	X	X								X	X		X	
CHICKEN TENDERS	X	X								X	X		X	
BUFFALO WINGS	X	X								X	X		X	
FRIES										X	X	X	X	
ICONIC FRIES					X					X	X	X	X	
SWEET POTATO FRIES										X	X	X	X	
CAESAR SALAD		X								X	X		X	

**COMMON ALLERGENS**

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<b>DESSERT</b>														
VANILLA SOFT SERVE										X	X	X	X	
BETTERFINGER SNOWDAY					X	X				X	X	X	X	
CHOCOLATE BROWNIE SNOWDAY		X								X	X		X	
COOKIE DOUGH SNOWDAY	X	X								X	X		X	
COOKIES & CREAM SNOWDAY	X									X	X	X	X	
CHOCOLATE CHIP COOKIES		X								X	X		X	
STRAWBERRY SUNDAE										X	X	X	X	
<b>BREAKFAST</b>														
SAUSAGE, EGG, & CHEESE MUFFIN		X			X					X	X		X	
BACON, EGG, & CHEESE MUFFIN	X	X			X					X	X		X	
FRIED EGG & BACON BAGEL	X	X			X					X	X		X	
SAUSAGE, EGG, & CHEESE CROISSANT		X			X					X	X		X	
BACON, EGG, & CHEESE CROISSANT	X	X			X					X	X		X	
CHICKEN & WAFFLE SANDWICH	X	X								X	X		X	
BREAKFAST BURRITO	X	X			X					X	X		X	
HASHBROWN										X	X	X	X	

## SDSU DINING NUTRITIONAL DISCLAIMER

At SDSU Dining, our team is committed to clearly identifying our menu items with respect to:

- **their nutritional information**
- **relevant dietary considerations such as whether the items are gluten-friendly, vegan, vegetarian, etc.**
- **their ingredients which may cause allergic reactions**

Our team undergoes regular training to ensure accurate labeling and proper food preparation methods aimed at minimizing cross-contact risks. Even with us employing such labelling and food preparation methods, however, some degree of cross-contact is unavoidable. Please note that our dining centers are not certified allergy-free or gluten-free, as some items served may contain allergens.

Menu items from our third-party dining partners may have different allergen management practices. SDSU Dining does not design the menus of any of our third-party dining partners and shares them with guests for informational purposes only. Consequently, Aztec Shops, Ltd. and SDSU Dining accept no liability for menu items from our third-party dining partners, cannot independently validate any nutritional information provided by our third-party dining partners, and cannot guarantee that any menu items prepared by our third-party dining partners are free from allergens or safe from cross-contact. Guests should contact each third-party venue directly with any relevant nutritional and allergen-related questions.

For additional questions about building a personal meal program focused on specific dietary needs and preferences, we strongly recommend scheduling a meeting with our registered dietitian, Amanda Nazario (aashbynazario@sdsu.edu) using this [LINK](#).