



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
SEAFOOD														
MEXICAN STREET CORN SHRIMP TACOS				X				X	X			X		
BAJA BEER-BATTERED SHRIMP TACO		X		X				X	X					
WILD MAHI MAHI TACO			X					X	X			X		
LANGOSTINO LOBSTER TACO	X	X		X				X	X					
THE COASTAL TRIO	X	X		X				X	X					
ATLANTIC SALMON TACO			X					X	X			X		
SALSA VERDE SHRIMP TACO	X	X		X				X	X					
GRILLED GOURMET SHRIMP TACO				X				X	X			X		
WILD MAHI MAHI MANGO TACO	X	X	X					X	X					
THE SHRIMP TRIO	X	X		X				X	X					
ATLANTIC SALMON BURRITO	X	X	X					X	X					
ANCHO CITRUS SHRIMP BURRITO	X	X		X				X	X					
BEER-BATTERED FISH BURRITO	X	X	X					X	X					
PUERTO NUEVO BURRITO	X	X		X				X	X					
CLASSIC GRILLED SHRIMP BURRITO	X	X		X				X	X					
SHRIMP & BACON BURRITO	X	X		X				X	X					X
WILD MAHI MAHI BURRITO	X	X	X					X	X					
CHICKEN														
GRILLED GOURMET CHICKEN TACO								X	X			X		
STREET TACO WITH CHICKEN		X										X	X	
CLASSIC CHICKEN TACO								X	X			X		
BURRITO ESPECIAL WITH CHICKEN	X	X						X	X					
BAJA GRILL CHICKEN BURRITO	X	X						X						
CA CHICKEN BURRITO	X	X						X	X					



COMMON ALLERGENS

	SOY	GLUTEN	FISH	SHELLFISH	TREE NUT	PEANUT	SESAME	MILK	EGG	VEGAN	VEGETARIAN	GLUTEN-FRIENDLY	DAIRY-FRIENDLY	CONTAINS PORK
BEEF														
CLASSIC STEAK TACO								X	X			X		
STREET TACO WITH STEAK												X	X	
GRILLED GOURMET STEAK TACO								X	X			X		
BURRITO ESPECIAL WITH STEAK	X	X						X	X					
CA STEAK BURRITO	X	X						X	X					
VEGETARIAN														
GRILLED GOURMET VEGGIE TACO								X	X		X	X		
GRILLED GOURMET IMPOSSIBLE TACO	X							X	X		X	X		
IMPOSSIBLE STREET TACO	X									X	X	X	X	
IMPOSSIBLE CLASSIC TACO	X							X	X		X	X		
BURRITO ESPECIAL WITH IMPOSSIBLE MEAT	X	X						X	X		X			
BURRITO ESPECIAL WITH VEGGIES	X	X						X	X		X			
BEAN & CHEESE BURRITO	X	X						X			X			
CA BURITO WITH IMPOSSIBLE MEAT	X	X						X	X		X			
BOWLS & SALADS														
MEXICAN STREET CORN BOWL								X	X		X	X		
LANGOSTINO LOBSTER BOWL	X	X		X				X	X					
CA BOWL								X	X		X	X		
CILANTRO LIME QUINOA BOWL					X					X	X	X	X	
CHOPPED SALAD								X	X		X	X		
AVOCADO CORN TACO SALAD										X	X	X	X	
MANGO AVOCADO SALAD										X	X	X	X	
SHAREABLES														
CHEESE QUESADILLA	X	X						X			X			
LOADED NACHOS								X			X	X		
STEAK STREET FRIES		X						X	X					



COMMON ALLERGENS

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DESSERTS														
CHURRO										X	X	X	X	
CHOCOLATE CHUNK COOKIE										X	X	X	X	
SALTED CARAMEL COOKIE										X	X	X	X	
TOFFEE CRUNCH BLONDIE										X	X	X	X	
CHOCOLATE BROWNIE										X	X	X	X	
SIDES														
BLACK BEANS								X			X	X		
CAULI RICE										X	X	X	X	
CHIPS & GAUC										X	X	X	X	
CITRUS RICE										X	X	X	X	
GUACAMOLE										X	X	X	X	
MEXICAN RICE										X	X	X	X	
MEXICAN STREET CORN								X	X		X	X		
NO-FRIED PINTO BEANS								X		X	X	X		
QUINOA & BROWN RICE										X	X	X	X	
CHIPS										X	X	X	X	
CHEESE								X			X	X		
CHIPOTLE WHITE SAUCE								X	X		X	X		
DIABLO HOT SAUCE										X	X	X	X	
MILD SALSA										X	X	X	X	
PICANTE SALSA										X	X	X	X	
ROASTED CHIPOTLE SALSA										X	X	X	X	
ROASTED CORN BLEND										X	X	X	X	
SALSA FRESCA										X	X	X	X	
SOUR CREAM								X			X	X		
VERDE SALSA										X	X	X	X	
WHITE SAUCE								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](#).