



## 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>CLASSIC SHAKES</b>														
CHOCOLATE FROSTY										X	X	X	X	
VANILLA THRILLA										X	X	X	X	
COOKIES N' CREAM		X						X			X			
<b>SPECIALTY SHAKES</b>														
BANANA SPLIT										X	X	X	X	
STRAWBERRY FIELDS										X	X	X	X	
PB SQUARED						X				X	X	X	X	
GRAMMY'S GOODS		X				X		X			X			
<b>GREENS &amp; VEGGIES</b>														
GREEN TEA MATCHA										X	X	X	X	
CARROT CAKE										X	X	X	X	
GREENS TO GO										X	X	X	X	
ORGANIC SUPERSHAKE						X					X	X	X	
<b>EXOTIC SHAKES</b>														
A PERFECT 10						X				X	X	X	X	
ACAI ENERGY						X				X	X	X	X	
CHOCOLATE COVERED STRAWBERRY										X	X	X	X	
BREAKFAST TO GO										X	X	X	X	
MEA ALOHA										X	X	X	X	
FRUITOPIA										X	X	X	X	
PINK CADILLAC										X	X	X	X	



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<b>BOWLS</b>														
RAWCAI		X								X	X		X	
RAW-PB		X				X				X	X		X	
THE BUZZ		X								X	X		X	
ORIGINAL ACAI		X								X	X		X	
PB&A		X			X	X		X			X			
DRAGON		X								X	X		X	
<b>SMART TOAST</b>														
PB TOAST		X				X				X	X		X	
ALMOND BUTTER TOAST		X			X					X	X		X	
AVOCADO TOAST		X						X			X			
PB SANDWICH		X				X				X	X		X	
ALMOND BUTTER SANDWICH		X			X					X	X		X	
<b>OATMEAL</b>														
BERRIES N' CREAM		X						X			X			
PB&B		X				X				X	X		X	
TOASTED COCONUT CREAM		X			X			X			X			
CHOCOLATE CHIP BANANA BREAD		X						X			X			
<b>WRAPS</b>														
TURKS & 'MATOES		X						X						
RUBI'S TUNA SALAD		X	X					X						
VEGGIE DELIGHT		X								X	X		X	



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<b>BYO GREEK YOGURT BOWL</b>														
GREEK YOGURT								X			X	X		
BEE POLLEN											X	X	X	
CINNAMON										X	X	X	X	
PEANUT BUTTER						X				X	X	X	X	
SLICED ALMONDS					X					X	X	X	X	
BANANA										X	X	X	X	
BLUEBERRY										X	X	X	X	
STRAWBERRY										X	X	X	X	
GRANOLA		X									X		X	
CHIA										X	X	X	X	
COCONUT					X					X	X	X	X	
OVERNIGHT OATS		X			X					X	X		X	
DARK CHOCOLATE								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](#).