



## 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 licensed 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>SANDWICHES</b>														
EGG, PESTO, & MOZZARELLA	X	X						X	X		X			
BACON, SAUSAGE, & EGG WRAP	X	X						X	X					X
IMPOSSIBLE BREAKFAST SANDWICH	X	X			X		X	X	X		X			
BACON, GOUDA, & EGG	X	X						X	X					X
DOUBLE-SMOKED BACON, CHEDDAR, & EGG		X						X	X					X
TURKEY BACON, CHEDDAR, & EGG WHITES	X	X						X	X					
SAUSAGE, CHEDDAR, & EGG	X	X						X	X					X
SPINACH, FETA, & EGG WHITE WRAP	X	X					X	X	X		X			
<b>EGG BITES</b>														
POTATO, CHEDDAR, & CHIVE BAKES								X	X		X	X		
KALE & MUSHROOM EGG BITES								X	X		X	X		
BACON & GRUYERE EGG BITES								X	X			X		X
EGG WHITE & ROASTED RED PEPPER EGG BITES								X	X		X	X		
<b>OATMEAL &amp; YOGURT</b>														
BERRY TRIO PARFAIT								X			X	X		
OATMEAL										X	X	X	X	
<b>LUNCH</b>														
GRILLED CHEESE		X						X			X			
HAM & SWISS ON BAGUETTE		X						X						X
TURKEY, PROVOLONE, & PESTO ON CIABATTA	X	X				X		X						
TOMATO & MOZZARELLA ON FOCACCIA		X						X			X			



## COMMON ALLERGENS

	SOY	GLUTEN	FISH	SHELLFISH	TREE NUT	PEANUT	SESAME	MILK	EGG	VEGAN	VEGETARIAN	GLUTEN-FRIENDLY	DAIRY-FRIENDLY	CONTAINS PORK
<b>PROTEIN BOXES</b>														
EGG & GOUDA		X				X		X	X		X			
CHEESE TRIO		X						X			X			
CHEDDAR & SALAMI		X			X			X						X
EGGS & CHEDDAR		X				X	X	X	X		X			
PB&J	X	X				X		X	X		X			
CHEESE & FRUIT		X						X			X			
<b>BAKERY</b>														
PLAIN BAGEL		X								X	X			
EVERYTHING BAGEL		X					X			X	X			
BIRTHDAY CAKE POP	X	X						X	X		X			
CHOCOLATE CAKE POP	X	X						X	X		X			
CHOCOLATE BROWNIE	X	X						X	X		X			
CHOCOLATE CHIP COOKIE	X	X						X	X		X			
HAM & SWISS CROISSANT		X						X	X					X
BUTTER CROISSANT		X						X	X		X			
CHOCOLATE CROISSANT	X	X						X	X		X			
PINEAPPLE CLOUD CAKE	X	X			X			X	X		X			
COFFEE CAKE	X	X						X	X		X			
ICED LEMON LOAF	X	X						X	X		X			
PUMPKIN BREAD	X	X							X		X			
BANANA BREAD	X	X			X				X		X			
GLAZED DONUT	X	X						X	X		X			
CHEESE DANISH		X						X	X		X			
PUMPKIN CREAM CHEESE MUFFIN	X	X						X	X		X			
BLUEBERRY MUFFIN	X	X						X	X		X			
BLUEBERRY SCONE	X	X						X	X		X			
VANILLA BEAN SCONE	X	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](#).