



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
BASE														
WHITE RICE										X	X	X	X	
BROWN RICE										X	X	X	X	
MIXED GREENS										X	X	X	X	
QUINOA										X	X	X	X	
FISH														
SALMON			X									X	X	
TUNA			X									X	X	
LOBSTER				X								X	X	
SHRIMP				X								X	X	
OCTOPUS				X								X	X	
SCALLOP				X								X	X	
SPICY TUNA			X									X	X	
CHICKEN												X	X	
TOFU	X									X	X	X	X	
CHICKPEAS										X	X	X	X	
SAUCE														
POKI	X	X	X				X						X	
HOT POKI	X	X	X				X						X	
FIRE POKI	X	X	X				X							
SPICY MAYO	X										X	X		
WASABI MAYO	X	X									X			
PONZU		X								X	X		X	
YUZU PEPPER										X	X	X	X	



COMMON ALLERGENS

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TOPPINGS														
EDAMAME	X									X	X	X	X	
SEAWEED SALAD										X	X	X	X	
CILANTRO										X	X	X	X	
GREEN ONIONS										X	X	X	X	
PINEAPPLE										X	X	X	X	
CARROT										X	X	X	X	
CORN										X	X	X	X	
JALAPEÑOS										X	X	X	X	
GINGER										X	X	X	X	
CRUNCHY GARLIC										X	X	X	X	
SESAME OIL							X			X	X	X	X	
SEAWEED FLAKES										X	X	X	X	
SESAME SEEDS							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](#).