

A decorative vertical strip on the left side of the slide, featuring a repeating pattern of geometric shapes in various shades of red and white. The shapes include diamonds, squares, triangles, and circles, some of which are nested or overlapping. The overall style is reminiscent of traditional Aztec or Mayan art.

**SDSU** | Aztec Shops

# **Celiac Guide** **@ SDSU Dining**

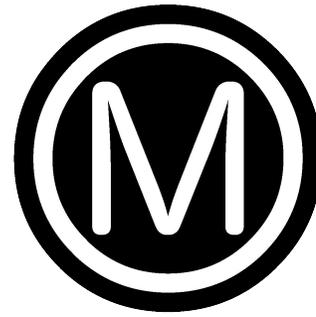
Amanda Nazario, MS, RDN

# 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](mailto:aashbynazario@sdsu.edu)).



A Z T E C  
M A R K E T

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# Aztec Market

Location: Multiple Campus Locations

- Chocolate & Banana Overnight Oats
- Matcha Overnight Oats
- Strawberry Parfait Pack
- Vanilla Parfait Pack
- Thai Pasta Salad
- Chickpea & Feta Salad
- Small Tossed Salad
- Cheese & Grape Cup
- Hummus with Veggies
- All Fruit Cups



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# Broken Yolk

Location: South Campus Plaza

- Spicy Vegan Bowl
- Any Omelet + Fresh Fruit
- Machaca + Corn Tortillas
- Chilaquiles Bowl
- Baja Breakfast Taco
- Gluten-Free Pancakes
- Any Burger or Sandwich Lettuce Wrapped
- Greek Salad
- Very Berry Salad

\*\*\* Notify the staff that you have celiac disease and ask them to note it on your order.



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# Carbonaro's

Location: South Campus Plaza

- Opt for the gluten-free penne

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# **Damor Chai**

Location: Charles B. Bell Jr. Pavilion

- Pistachio Herb Chicken Salad
- Mandarin Mint Salad
- Berry Goddess Salad



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# Epic Wings

Location: South Campus Plaza

- Boneless Wings
- Bone-In Wings
- Bleu Cheese Sauce
- Ranch
- Garden Salad
- Fresh Cut Fries

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# Eureka!

Discover American Craft

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## Eureka!

Location: South Campus Plaza

- Truffle Cheese Fries\*
- Crispy Glazed Brussel Sprouts\*
- Orange Chili Glaze Wings\*
- Firecracker Wings\*
- Grilled Broccolini
- Al Pastor Fish Tacos
- Roasted Veggie Tacos
- NY Steak
- Seared Salmon
- Asian Chicken Salad
- Eureka Salad
- All Burgers Lettuce Wrapped

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\* Ask for all fried items to be made in separate fryer from gluten-containing foods.



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# Everbowl

Location: South Campus Plaza

- All items at Everbowl are gluten-free (except the toasts!)

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# The Garden

Location: Cuicacalli Suites

- The Garden offers gluten-free buns, noodles, & tortillas for any meal.
- The World Cuisine Station is gluten-free and menu offerings change daily! Please contact the Registered Dietitian Amanda Nazario, MS, RDN for any specific questions.

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and ask them to note it on your order.



# the grill

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at Aztec Shops Terrace

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## **The Grill**

Location: Aztec Shops Terrace

- All items at the BYO Stir Fry Station are gluten-free (except for the udon noodles & mongolian sauce).

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# The Habit

Location: Conrad Prebys Aztec Student Union

- All Burgers Lettuce Wrapped
- BBQ Chicken Salad (No Dressing)
- Grilled Chicken Salad (No Dressing)
- Garden Salad (No Dressing)
- Santa Barbara Cobb Salad (No Dressing)
- French Fries\*
- Sweet Potato Fries\*
- All Sundaes (No Cone)

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\* Ask for all fried items to be made in separate fryer from gluten-containing foods.



**THE HALAL SHACK**

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# The Halal Shack

Location: Charles B. Bell Jr. Pavilion

- GF Protein Options: Chicken, Hot BBQ Chicken, Falafel, Black Beans, Chickpeas
- All Toppings Gluten-Free
- All Dips Gluten-Free
- All Finished Toppings Gluten-Free (Except Pita Chips)
- All Sauces Gluten-Free
- All Rice Options Gluten-Free

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# Rubio's

Location: Charles B. Bell Jr. Pavilion

- Hot Honey Shrimp Bowl
- Grilled/Blackened Salmon Taco
- Grilled/Blackened Wild Mahi Mahi Taco
- Classic Steak & Chicken Taco
- Mexican Street Corn Taco with Shrimp
- Grilled Gourmet Steak, Shrimp & Chicken Taco
- All Salads & Bowls
- All Sides (Except French Fries)
- All Salsas

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# Shake Smart

Location: Charles B. Bell Jr. Pavilion

- Chocolate Frosty
- Vanilla Thrilla
- Banana Split
- Strawberry Fields
- PB Squared
- All Greens & Veggies Shakes
- All Exotic Shakes
- BYO Greek Yogurt Bowl (Except Granola & Overnight Oats)

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# Starbucks

Location: Conrad Prebys Aztec Student Union

- Potato, Cheddar, & Chive Bakes
- Kale & Mushroom Egg Bites
- Bacon & Gruyere Egg Bites
- Egg White & Pepper Egg Bites
- Berry Trio Parfait
- Oatmeal

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# Subway

Location: Charles B. Bell Jr. Pavilion

- All Protein Options Gluten-Free (Except Teriyaki Chicken & Meatballs)
- All Cheese Options Gluten-Free
- All Condiments (Except Teriyaki Sauce) Gluten-Free
- All Vegetable Toppings Gluten-Free

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# Sushi One N Half

Location: South Campus Plaza

- All Bases Gluten-Free
- All Protein Options Gluten-Free
- Spicy Mayo & Yuzu Pepper Sauces Are Gluten-Free
- All Toppings Gluten-Free

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# Which Wich?

Location: South Campus Plaza

- Make any sandwich a bowlwich to make it gluten-free
- All Protein Options (Except Black Bean Patty & Meatballs) Gluten-Free
- All Cheese Options Gluten-Free
- All Sauced (Except Which Wich & Thousand Island) Gluten-Free
- All Vegetables (Except Crispy Onions) Gluten-Free

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UNIVERSITY TOWERS  
KITCHEN

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# UTK

Location: Next to University Towers

- UTK offers gluten-free buns, noodles, & tortillas for any meal.
- All items @ UTK are build your own. Please contact the Registered Dietitian Amanda Nazario, MS, RDN for any specific questions.

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and ask them to note it on your order.

# Questions?

**Amanda Nazario, MS, RDN**

SDSU Dining Registered Dietitian

[aashbynazario@sdsu.edu](mailto:aashbynazario@sdsu.edu)



Book an appointment to learn more about navigating dietary needs and food options on SDSU's campus.

[eatatsdsu.com/Dietary-Consultations](https://eatatsdsu.com/Dietary-Consultations)



*sdsu dining*

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