SDSU | Aztec Shops

Gluten Free & Dairy Free Guide

Amanda Nazario, MS, RDN, CSOWM

Aztec Markets

Location: Multiple Campus Locations

AZTEC MARKET



MENU

- Chicken Micro Meal
- Falafel Micro Meal
- Matcha Overnight Oats
- Small Tossed Salad
- Shrimp Spring Roll
- All Fruit Cups

Aztec Nutrition Center

Location: Sunset Plaza

MENU

- **Champion Steak & Eggs**
- **BYO Bowl, Salad, Or Wrap**
  I. Can either do romaine or whole grain blend as base
  II. Can make it a wrap with a gluten-free tortilla
  III. Opt for any of the protein options (Chicken, Steak, Mahi Mahi)
  IV. **Canyon Run**: request no chipotle dressing
  V. **Fresh Start:** request no parmesan
  VI. **Mediterranean Fuel:** request no feta & dill dressing

Big City Bagels

Location: Multiple Campus Locations








MENU

- **For any bagel sandwich, opt for a gluten-free bagel**
- **For any sando that has cheese, request it off to make it DF**

Broken Yolk

Location: South Campus Plaza



MENU

- Spicy Vegan Bowl
- Smoked Salmon Avo Toast (request GF bread)
- Classic Avocado Toast (request GF bread)
- NY Steak & Eggs (request GF bread)
- American Breakfast (request GF bread)
- ALL Skillets (request no cheese)
- ALL Omelets (request no sour cream & cheese)
- Machaca, Huevos Rancheros, Huevos Con Chorizo, & Chilaquiles (request no cotija cheese & sour cream)

Eureka!

Eureka!

Location: South Campus Plaza



MENU

- Crispy Glazed Brussel Sprouts
- Ahi Poke Stack
- ALL Burgers (get lettuce wrapped or a GF bun, request no cheese)
- Al Pastor Fish Tacos (opt for corn tortilla & no crema)
- Steak Frites

Habit Burger

Location: Conrad Prebys Aztec Student Union



MENU

- ALL Burgers & Sandos (request lettuce wrapped & no cheese)
- Santa Barbara Cobb Salad (request no white cheddar & opt for a different dressing)

Halal Shack

Location: Charles B. Bell Jr. Pavilion



MENU

- Everything is BYO so listed below are all the items that are safe for you to eat. You can mix and match different combos of the items below.
- **Bases:** Brown Rice, White Rice
- **Fillings:** Chicken, Falafel, Black Beans, Chickpeas
- **Toppings:** Lettuce, Spinach, Onion, Salata, Avocado, Kale & Quinoa, Hummus
- **Sauces:** ALL sauces are GF & DF
- **Finished Toppings:** ALL toppings are ok for you to eat (except pita crisps)

Oggi's

Location: Conrad Prebys Aztec Student Union



MENU

- Request for your pizza to be made with vegan cheese & on a cauliflower crust or GF crust, then go crazy with whatever toppings you like.

Primos

Location: Conrad Prebys Aztec Student Union



MENU

- **ALL Protein Bowls:** request no cheese, sour cream, or chipotle sauce
- **ALL Tacos:** request no cheese, sour cream, or chipotle sauce
- Opt for a corn tortilla

Rubio's

Location: Charles B. Bell Jr. Pavilion



MENU

- A majority of their menu items have similar ingredients. Our recommendation would be for any dish, request no cheese, sour cream, or sauce (which contains dairy). I would also request a corn tortilla where applicable to make the meals GF and DF.

Sushi One N Half

Location: South Campus Plaza



MENU

- Everything is BYO so listed below are all the items that are safe for you to eat. You can mix and match different combos of the items below.
  I. **Bases:** White Rice, Brown Rice, Mixed Greens
  II. **Proteins:** Salmon, Tuna, Chicken, Tofu
  III. **Toppings:** Avocado, Garlic, Carrot, Ginger, Edamame, Green Onion, Jalapeno, Pineapple, Seaweed Flakes, Sesame Oil, Sesame Seeds, Corn, Onion
  IV. **Sauces:** Spicy Mayo
- **Sushi Rolls: Spicy Tuna, Alaskan Roll** (request no cream cheese), **Rainbow Roll** (request no Crab Meat), **Lips Special Roll** (request no Ponzu), **Dragon Roll** (request no Crab Meat & Eel Sauce)

University Towers Kitchen

Location: University Towers



MENU

- **UTK offers GF buns, tortillas, & noodles.** Any meal that typically contains gluten can be swapped for a GF alternative. UTK also offers DF cheese. Any dish that contains normal cheese can be swapped out for DF cheese.
- Everything at UTK is build your own. I suggest for any dish to just request a GF bun, tortilla, or pasta where applicable.

SHO Kitchen

Location: West Campus



MENU

- **BYO Grill Plate**
  I. **Opt for any of the proteins** (except falafel)
  II. **Opt for the following sides:** Black Beans, Potato Salad, Rice Medley, Turmeric Glazed Carrots, SHO Salad
- **Soup: Chicken Lemon Soup / Lentil Soup / Squash Soup / Veggie Tom Kha**
- **BYO Omelet:** All items are GF & DF (except the cheese which you can decline)
- **BYO Loaded Tater**
  I. Opt for Russet Potato
  II. Opt for any protein source
  III. **Sauces:** Salsa De Chile Morita, Olive Tapenade, BBQ
  IV. Opt for any toppings
  V. Opt for no cheese

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Location: South Campus Plaza



MENU

- Request your sandwich to be made on a GF roll or make your sandwich into a bowlwich (basically a salad).
- DF Sauces: 1000 Island, BBQ, Buffalo, Hummus, Marinara, Sriracha

Questions?

Amanda Nazario, MS, RDN, CSOWM

SDSU Dining Registered Dietitian

aashbynazario@sdsu.edu



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

eatatsdsu.com/Dietary-Consultations

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