

Food Allergies & Special Diets Guide




This handout is intended to assist students who are vegan, vegetarian, gluten-free, or dairy-free in navigating food options available on campus. All items listed are vegetarian, with additional options for vegan, gluten- and dairy-friendly selections. While SDSU strives to minimize cross-contamination, we advise students that all food from third-party vendors is considered gluten- and dairy-friendly, **not gluten- and dairy-free** as these vendors are owned and operated independently.

 = Vegan

Big City Bagels Menu

***Sub any meal with gluten-free bagel to make a meal gluten-friendly**

***Sub cream cheese for hummus or nut butter to make a meal dairy-friendly**

- The Pesto Breakie
- Egg & Cheese Bagel with Morning Star Sausage
- The Ultimate Veggie
- The Village Sandwich (DF)
- Just The Seeds Avocado Toast (DF)
- Tomato Basil Avocado Toast
- Cheese Melt, Hummus Melt, & Vegan Veggie Melt (Only Vegan Melt is )
- Fresh Fruit Bowl (GF & DF) 
- Oatmeal Bowl (GF & DF) 
- Acai Bowls
- Smoothies (sub yogurt for vegan protein powder to make any drink DF & vegan)
- BYO Salad With 18 Different Toppings

Broken Yolk Menu

***Sub corn tortillas for any bread option to make the meal gluten-friendly**

***Sub eggs for any meat to make a breakfast item vegetarian**

***Sub black beans for any meat to make a lunch item vegetarian**

- Gluten-Free Pancakes (GF)
- All Pancake Flavors
- Wellness Wrap
- Avocado Toast (DF)
- Feta Avocado Toast
- Berry Yogurt Parfait
- Steel Cut Oats (GF & DF) 
- Two Eggs Any Style (GF & DF)
- Mom Omelet (GF)
- Greek Omelet (GF)

- Caprese Benedict
- House Salad (DF)
- Greek Salad (DF)
- Very Berry Salad (GF)
- Spicy Vegan Bowl (GF & DF) ✓
- Acai Bowl (GF & DF) ✓

Epic Wings N Things Menu

- Garden Salad with Vinaigrette Dressing (GF & DF) ✓

Eureka Menu

***Sub a bun for a lettuce wrap or gluten-free bun to make the meal gluten-friendly**

- Crispy Glazed Brussel Sprouts (GF & DF) ✓
- Grilled Broccoli (GF)
- Crispy Veggie Beet (DF) ✓
- Roasted Veggie Tacos (GF) ✓
- Spicy Avocado Toast (DF)
- Eureka Salad (GF & DF) ✓
- Caesar Salad

Everbowl Menu

***Request almond/coconut milk to make smoothies & bowls vegan & dairy-friendly**

***Gluten-friendly facility**

Habit Burger & Grill Menu

***Sub any bun for a lettuce wrap to make the meal gluten-friendly**

- Impossible Burger (opt for no cheese & mayo to make it DF & vegan)
- Veggie Burger
- Garden Salad (DF, opt for no croutons to make it GF) ✓

Plant Power Menu ✓

***All items at Plant Power are vegan & DF**

***Sub a bun for a lettuce wrap to make the meal gluten-friendly**

Poke One N Half Menu

***Make any bowl with tofu or chickpeas to make the meal vegan** ✓

***Sauces that are DF: ponzu & yuzu pepper sauce**

- **Example Order:** small bowl with brown rice, mixed greens, tofu, chickpeas, ponzu sauce, edamame, seaweed salad, carrot, corn, ginger, crunchy garlic, & seaweed flakes (GF, DF, ✓)

Rubio's Coastal Grill Menu

***Sub flour tortillas for corn tortillas to make the meal gluten-friendly**

***Sub black beans for any meat to make the meal vegetarian**

- Grilled Gourmet Veggie Two Taco Plate (GF)
- Grilled Gourmet Impossible Two Taco Platter (GF)
- Bean & Cheese Burrito
- Burrito Especial w/ Grilled Veggies (Sub no chipotle sauce to make the meal DF)
- Especial Impossible Burrito (Sub no chipotle sauce to make the meal DF)

Shake Smart Menu & Shake Smart Allergen Information

***Customize with plant protein powder & plant milk to make any meal DF & vegan** 

- Peanut Butter Toast (DF) 
- Almond Butter Toast (DF) 
- Customizable Overnight Oats (DF)
- Veggie Delight (DF) 
- Customizable Greek Yogurt Cup (GF)
- All Shakes (GF)

Starbucks Menu

- Egg, Pesto, Mozzarella Sandwich
- Impossible Breakfast Sandwich
- Spinach Feta Wrap
- All Egg Bites (GF)
- Oatmeal (GF & DF) 

Subway Menu & Which Wich Menu

***Make any sandwich a bowl to make the meal GF**


***Omit cheese to any sandwich to make the meal DF**

- **Example Subway Order:** 6 inch sandwich on wheat bread with spinach, bell pepper, lettuce, tomato, onions, & mustard
- **Example Which Wich Order:** Regular sandwich on Udi's gluten-free bread with a black bean patty, avocado, lettuce, tomato, cucumber, bell pepper, caramelized onions, and mustard

UTK Menu

***Request a gluten-friendly tortilla for any wrap to make the meal gluten-friendly**

***Meals are customizable to suit your preferences, some examples listed**

- Breakfast Bowl with Veggie Sausage & Egg Whites
- Breakfast Burrito with Scrambled Eggs, Cheese, & Tater Tots
- Vegan Breakfast Bowl (GF & DF) 

- Triple Threat Grilled Cheese
- Stir Fry Bowl with Tofu, Vegetables, Orange Sauce, & Jasmine Rice (GF) ✓
- Caprese Salad (GF)
- Roasted Vegetable Ciabatta
- Margherita Pizza
- Aztec Burrito with Azteca Vegetables, Whole Grain Medley, Veggies, & Salsa Verde (DF)

The Garden Menu

***Menus are subject to change; please consult with the chef or dietitian regarding any allergies or special diet inquiries.**

Oggi's Pizza Express Menu

***Make any pizza GF with a gluten-friendly or cauliflower crust**

***Make any pizza DF with vegan mozzarella cheese**

- Oggi's Chopped Salad (GF)
- **Example Order #1:** cauliflower crust, pizza sauce, vegan mozzarella cheese, basil, garlic, mushrooms, red onions, bell peppers (GF & DF) ✓
- **Example Order #2:** gluten-free crust, pesto, vegan mozzarella cheese, artichoke hearts, black olives, roasted garlic, tomatoes, fresh basil (GF & DF) ✓

Panda Express Menu

- White Rice (GF & DF) ✓
- Chow Mein (DF) ✓
- Super Greens (GF & DF) ✓

The Halal Shack Menu

****Everything at Hala Shack is customizable. Listed below are example orders that are vegan, GF, & DF. ✓**

- **Example Order #1:** BYO rice bowl with brown rice, falafel, chickpea korma, spinach, kale & quinoa, salata, avocado, hummus, parsley, tajin, & green sauce
- **Example Order #2:** BYO rice bowl with white rice, falafel, chickpeas, lettuce, onion, spinach, roasted corn, sumac, & tahini sauce

Olive Oil Menu

***Make any sandwich a bowl to make it gluten-friendly**

***Omit the aioli from the sandwiches in red to make them vegan ✓**

- Green Goddess
- Mediterranean
- Baby Greens
- Artichoke Delight

- Baja
- Pear & Gorgonzola Panini
- Mega Grilled Cheese
- Roasted Tomato & Mozzarella Panini (DF)
- Eggplant Hummus (DF)
- Cool Cucumber (DF)
- Mighty Mushroom Panini (DF)
- Spicy Hummus Avocado (DF)

*****Disclaimer:** At SDSU, all food is prepared with the highest standards of care and cleanliness. However, please note that cross-contamination may occur in our kitchen, as many of our vendors are third-party and self-operated. We advise individuals with gluten sensitivities or allergies to exercise caution when consuming our food offerings. Thank you for your understanding.