

How to Avoid Gluten on Campus

Delicious Without allergen stations are located in Maplestreet and Western Dining Commons.

- Offers dishes made without gluten-containing ingredients.
- Packaged gluten-free bakery items are available upon request.
- Staff participates in training for food allergies and celiac disease.
- Regularly tested for gluten, sensitive to 5 ppm.
- Has a dedicated storage area and uses dedicated cookware and utensils. All food is prepared and cooked exclusively within the allergen station, separate from the main dining commons kitchen, and is served by staff rather than being self-serve.

delicious
without

Delicious Without retail location in Armstrong Student Center.

SPECIALTY PASTA AND PIZZA STATION IN MAPLESTREET

Offers pasta made without gluten-containing ingredients and cauliflower pizza crust available upon request

*(*at risk for cross contamination)*

SPRIG AND SPROUT

- Grab-and-go options prepared without gluten-containing ingredients *(*at risk for cross contamination)*
- Available at Market Street at MacCracken, Greystone, Dividends, Scoreboard, Pulse Cafe, and King Cafe

Buns made without gluten-containing ingredients are available in all dining commons and select retail locations upon request
*(*at risk for cross contamination)*

Entrées and side dishes made without gluten-containing ingredients are available in all dining commons and retail locations
*(*at risk for cross contamination)*

WHAT'S THE DIFFERENCE BETWEEN "GLUTEN-FREE" AND "AVOIDING GLUTEN"?

Avoiding Gluten means our products do not include any fresh or manufactured food that contains gluten. Gluten-Free means the food item contains less than 20 ppm of gluten, which can only be determined through laboratory testing. Since we prepare products in common kitchens with shared equipment, it is not possible that our products can maintain gluten-free status as established by the manufacturer.

Download the Dine on Campus app or go online at dineoncampus.com/MiamiUniversity and review daily menus and ingredient lists ahead of time.

Please direct any questions regarding an allergy or food ingredients to a dietitian or food service manager on-site. Contact your dietitian: diningdietitian@MiamiOH.edu

