

# How to Avoid Gluten on Campus

## DELICIOUS WITHOUT

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

- Offers entrées, sides, smoothies, and salads 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.
- Uses dedicated storage, kitchen space, cookware, and utensils. All food is served by staff rather than being self-serve.

delicious  
without

## PATIO GRILL

Patio Grill is an allergen-free dining concept located next to Garden Dining Commons.

- Offers entrées, sides, and açai bowls made without gluten-containing ingredients.
- Trained staff prepares meals to order.
- Meals are available for contactless pickup from secure food lockers.



## 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 Market, and Pulse Cafe.

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Breads, buns, and muffins made without gluten-containing ingredients are available in all dining commons and select retail dining 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 dining locations. (*\*at risk for cross contamination*)

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

"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.

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Download the Dine on Campus app or go online at [dineoncampus.com/MiamiUniversity](https://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](mailto:diningdietitian@MiamiOH.edu)

