

Managing Allergens & Special Diets

Step One:

Please self identify your allergy sensitivity or dietary restrictions with Dining Services. The link to our survey is on our website: www.loyola.edu/allergens

Step Two:

Once you complete the form, we will reach out to you with resources and information, or you can set up a meeting with our team to discuss and help you navigate your options.

Step Three:

Ask for a manager or supervisor in the location when inquiring about allergens in dishes or menu items. If you have questions or concerns, regarding policies, procedures, recipes, discrepancies, stock of items - please let us know. We are here to support you.
dining@loyola.edu

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@LOYOLADINING

Website
Homepage -



Allergens Page -



Survey -



QUESTIONS OR CONCERNS?

Email: Dining@loyola.edu

www.loyola.edu/dining

Food Allergy Program

DINING GUIDE

Dining
LOYOLA



Top 9 Allergens

PEANUT



Peanut butter is served in the dining areas in individual packets. Students with a peanut allergy should refrain from eating house-made desserts due to cross-contact.

WHEAT



Ask about Gluten Friendly options at the deli and other stations. Please avoid fried items due to cross-contact from wheat items.

TREE NUT



Tree nuts may be present in select desserts. Students with a tree nut allergy are asked to refrain from eating house-made desserts due to cross-contact.

SOY



Students with soy allergies are asked to check the ingredients for each item that will eat. Soy is found in many of our sauces, margarine and vegetarian protein sources.

SEAFOOD



Entrees with fish as an ingredient are occasionally on the menu. Students with fish allergies are asked to check the menus and ingredients.

SHELLFISH



Entrees with shellfish as an ingredient are rarely on the menu. Students with shellfish allergies are asked to check the menus and ingredients.

EGG



Eggs are present in baked goods and as a binding in some menu items. Students with an egg allergy are asked to refrain from eating baked goods or ask a manager for assistance.

DAIRY



Dairy milk alternatives are available in most of our dining locations. Dining occasionally uses butter in its recipes. Look for the "contains milk" icon if you're unsure.

SESAME



Sesame can be found in sauces, dips, and toppings across dining locations. Our hummus contains Tahini which is sesame seeds ground up. Students with a sesame allergy are asked to check the menus and ingredients.

inspired EATS eat freely

Our Allergen Program...

We take many precautions to manage food allergies:

- We conduct allergen training for all of our cooks twice a year.
- All our managers and supervisors are AllerTrain Certified.
- Managers and supervisors daily check to assure all of our food served include our allergen symbols.
- We use special purple equipment to eliminate cross-contact with the top 9 allergens at various stations, including Inspired Eats, Pizza Station, and Deli.
- We offer tours and meetings with any students to help accommodate requests and allergens.



- Some stations have color coordinated equipment upon request to reduce cross-contact.
- We are always available to discuss concerns, questions or policy - dining@loyola.edu