

Managing Allergens & Special Diets

Step One:

Please self identify your allergen 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

FOLLOW US!



@LOYOLA DINING



Download our FoodU app to view locations, menus, dietary information, and hours of operation

QUESTIONS OR CONCERNS?

Dining@loyola.edu
www.loyola.edu/dining

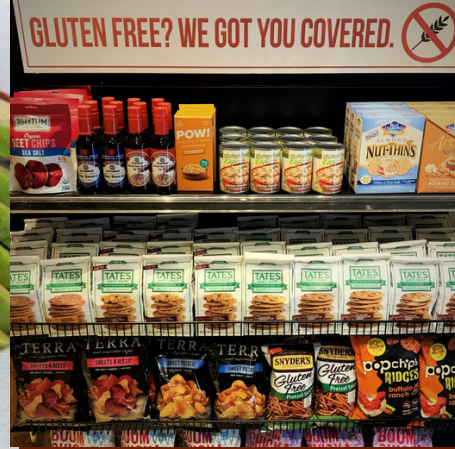
Gluten Friendly

DINING GUIDE

Dining
LOYOLA



Look for this symbol on campus!



OUR SELECTION

IGGY'S MARKET

Breakfast - Iggy's Market has a gluten free waffle maker and waffle mix upon request at the Allergy Friendly Zone. Gluten free muffins and bagels are always available for breakfast. You can also request your breakfast sandwich to be made on gluten free bread or bagel.

Iggy's Dish - we use rice flour in most of our cooking which keeps many menu items gluten free. Look for the gluten friendly symbol on the menu signs.

Newman Deli - we have gluten free bread and rolls for sandwiches. Also, we serve Boar's Head meats which are gluten free.

Bravo Station - our Bravo stations are customizable so depending on the menu item, you can request it as gluten friendly. There are separate pans and utensils upon request to make your dish gluten friendly.

Allergy Friendly Zone - 100% gluten free station, offering an entrée, starch, and vegetable daily.

Fresh Stock Soup - our soups are thickened with rice flour, so unless they have a gluten ingredient, they are gluten friendly.

Salad Bar - our homemade ranch, blue cheese and balsamic vinaigrette are gluten friendly.

Market - there is an entire shelf and freezer dedicated to gluten free items to stock your dorm.

BOULDER CAFE

Breakfast - most General Mills branded cereal such as Chex is gluten free. Gluten free muffins and bagels are always available for breakfast. You can also request your breakfast sandwich to be made on gluten free bread or bagel. Our granola is wheat free, but not certified gluten free.

Loyola Diner - we use rice flour in most of our cooking which keeps many menu items gluten free. Look for the gluten friendly symbol on the menu signs.

Boulder Deli - we have gluten free bread and rolls for sandwiches. Also, we serve Boar's Head meats which are gluten free.

Bravo Station - our Bravo stations are customizable so depending on the menu item, you can request it as gluten friendly. There are separate pans and utensils upon request to make your dish gluten friendly.

Allergy Friendly Zone - 100% gluten free station, offering an entrée, starch, and vegetable daily.

Fresh Stock Soup - our soups are thickened with rice flour, so unless they have a gluten ingredient, they are gluten friendly.

Salad Bar - our homemade ranch, blue cheese and balsamic vinaigrette are gluten friendly.

Dessert - There are Lucy's Cookies, and gluten free brownies available.

OTHER LOCATIONS ON CAMPUS

Boulder 2.0 - You can request your sandwich on gluten free bread, roll or gluten free cauliflower crust for a flatbread. Also, Sunny Side menu items can be customized to be gluten friendly, and there are special pans and utensils to prevent cross contact. There is also a Chobani Bar with yogurt and toppings to build your own yogurt bowl.

Flannery - offer a variety of grab and go salads for the idealMEAL as well as gluten free bread at the deli. There are also some market items that are gluten friendly for stocking your dorm.

Fresh West - Has its own trail mix bar which includes almost all gluten friendly items. Also there are smoothies and smoothie bowls for the idealMEAL which are made customizable, using the fresh ingredients of your choice. At Sunset, get a burrito bowl or salad as a gluten friendly option.

Green Peel - offers acai bowls with a base mix that is completely organic and gluten friendly. Also it offers smoothies which are made customizable, using the fresh ingredients of your choice.

Other - please reach out to us if you have specific questions about brands, recipes or procedures.

Go against the grain