

Celiac Guide @ SDSU Dining

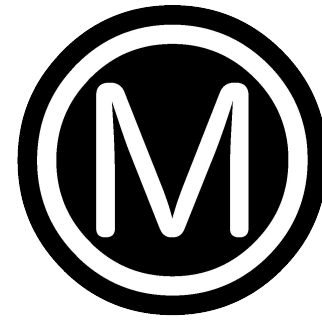
Amanda Nazario, MS, RDN, CSOWM

Disclaimer

At SDSU Dining, our team is committed to clearly identifying our menu items with respect to:

- Their nutritional information.
- Relevant dietary considerations such as whether the items are gluten-friendly, vegan, vegetarian, etc.
- Their ingredients which may cause allergic reactions.

Our team undergoes regular training to ensure accurate labeling and proper food preparation methods aimed at minimizing cross-contact risks. Even with us employing such labelling and food preparation methods, however, some degree of cross-contact is unavoidable. Please note that our dining centers are not certified allergy-free or gluten-free, as some items served may contain allergens. Menu items from our third-party dining partners may have different allergen management practices. SDSU Dining does not design the menus of any of our third-party dining partners and shares them with guests for informational purposes only. Consequently, Aztec Shops, Ltd. and SDSU Dining accept no liability for menu items from our third-party dining partners, cannot independently validate any nutritional information provided by our third-party dining partners, and cannot guarantee that any menu items prepared by our third-party dining partners are free from allergens or safe from cross-contact. Guests should contact each third-party venue directly with any relevant nutritional and allergen-related questions. For additional questions about building a personal meal program focused on specific dietary needs and preferences, we strongly recommend scheduling a meeting with our registered dietitian, Amanda Nazario (aashbynazario@sdsu.edu).



A Z T E C
M A R K E T

Aztec Market

Location: Multiple Campus Locations

- Chocolate & Banana Overnight Oats
- Matcha Overnight Oats
- Strawberry Parfait Pack
- Vanilla Parfait Pack
- Salmon Micro Meal
- Small Tossed Salad
- Cheese & Grape Cup
- Chicken Micro Meal
- All Fruit Cups
- Shrimp Spring Rolls



Broken Yolk

Location: South Campus Plaza

- Spicy Vegan Bowl
- Any Omelet + Fresh Fruit
- Machaca + Corn Tortillas
- Chilaquiles Bowl
- Baja Breakfast Taco
- Gluten-Free Pancakes
- Any Burger or Sandwich Lettuce Wrapped
- Greek Salad
- Very Berry Salad

*** Notify the staff that you have celiac disease and ask them to note it on your order.



Damor Chai

Location: Charles B. Bell Jr. Pavilion

- Pistachio Herb Chicken Salad
- Mandarin Mint Salad
- Berry Goddess Salad



Epic Wings

Location: South Campus Plaza

- Boneless Wings
- Bone-In Wings
- Bleu Cheese Sauce
- Ranch
- Garden Salad
- Fresh Cut Fries

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Eureka!

Location: South Campus Plaza

- Truffle Cheese Fries*
- Crispy Glazed Brussel Sprouts*
- Orange Chili Glaze Wings*
- Firecracker Wings*
- Grilled Broccolini
- Al Pastor Fish Tacos
- Roasted Veggie Tacos
- NY Steak
- Seared Salmon
- Asian Chicken Salad
- Eureka Salad
- All Burgers Lettuce Wrapped

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* Ask for all fried items to be made in separate fryer from gluten-containing foods.



Everbowl

Location: South Campus Plaza

- All items at Everbowl are gluten-free (except the toasts!)

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the grill

at Aztec Shops Terrace

The Grill

Location: Aztec Shops Terrace

- All items at the BYO Stir Fry Station are gluten-free (except for the udon noodles & mongolian sauce).

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The Habit

Location: Conrad Prebys Aztec Student Union

- All Burgers Lettuce Wrapped
- BBQ Chicken Salad (No Dressing)
- Grilled Chicken Salad (No Dressing)
- Garden Salad (No Dressing)
- Santa Barbara Cobb Salad (No Dressing)
- French Fries*
- Sweet Potato Fries*
- All Sundaes (No Cone)

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THE HALAL SHACK

The Halal Shack

Location: Charles B. Bell Jr. Pavilion

- GF Protein Options: Chicken, Hot BBQ Chicken, Falafel, Black Beans, Chickpeas
- All Toppings Gluten-Free
- All Dips Gluten-Free
- All Finished Toppings Gluten-Free (Except Pita Chips)
- All Sauces Gluten-Free
- All Rice Options Gluten-Free

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Rubio's

Location: Charles B. Bell Jr. Pavilion

- Hot Honey Shrimp Bowl
- Grilled/Blackened Salmon Taco
- Grilled/Blackened Wild Mahi Mahi Taco
- Classic Steak & Chicken Taco
- Mexican Street Corn Taco with Shrimp
- Grilled Gourmet Steak, Shrimp & Chicken Taco
- All Salads & Bowls
- All Sides (Except French Fries)
- All Salsas

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Shake Smart

Location: Charles B. Bell Jr. Pavilion

- Chocolate Frosty
- Vanilla Thrilla
- Banana Split
- Strawberry Fields
- PB Squared
- All Greens & Veggies Shakes
- All Exotic Shakes
- BYO Greek Yogurt Bowl (Except Granola & Overnight Oats)

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Starbucks

Location: Conrad Prebys Aztec Student Union

- Potato, Cheddar., & Chive Bakes
- Kale & Mushroom Egg Bites
- Bacon & Gruyere Egg Bites
- Egg White & Pepper Egg Bites
- Berry Trio Parfait
- Oatmeal

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Subway

Location: Charles B. Bell Jr. Pavilion

- All Protein Options Gluten-Free (Except Teriyaki Chicken & Meatballs)
- All Cheese Options Gluten-Free
- All Condiments (Except Teriyaki Sauce) Gluten-Free
- All Vegetable Toppings Gluten-Free

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Sushi One N Half

Location: South Campus Plaza

- All Bases Gluten-Free
- All Protein Options Gluten-Free
- Spicy Mayo & Yuzu Pepper Sauces Are Gluten-Free
- All Toppings Gluten-Free

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Which Wich?

Location: South Campus Plaza

- Make any sandwich a bowlwich to make it gluten-free
- All Protein Options (Except Black Bean Patty & Meatballs) Gluten-Free
- All Cheese Options Gluten-Free
- All Sauced (Except Which Wich & Thousand Island) Gluten-Free
- All Vegetables (Except Crispy Onions) Gluten-Free

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UTK

Location: Next to University Towers

- UTK offers gluten-free buns, noodles, & tortillas for any meal.
- All items @ UTK are build your own. Please contact the Registered Dietitian Amanda Nazario, MS, RDN for any specific questions.

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Aztec Nutrition Center

Location: Sunset Plaza

Aztec Nutrition Center offers gluten-free buns & tortillas for any meal.

- Warrior Bowl
- Wake Up Bowl
- High Protein Overnight Oats
- All Juices & Smoothies
- Med. Fuel Bowl
- Steak & Eggs
- Fresh Start Bowl
- Canyon Run Bowl
- Carrot Fries
- Regular Fries

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SHO Kitchen

Location: West Campus

SHO Kitchen offers gluten-free bread & tortillas for any meal.

- SHOtato Skins
- SHO Garden Salad
- Roasted Chicken
- Black Beans
- Calabacitas
- Potato Salad
- Turmeric Glazed Carrots
- Quinoa Salad

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Mesa Fresh

Location: Sanctuary Suites

All items served at Mesa Fresh are gluten-free!

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Questions?

Amanda Nazario, MS, RDN

SDSU Dining Registered Dietitian

aashbynazario@sdsu.edu



Book an appointment to learn more about navigating dietary needs and food options on SDSU's campus.

eatatsdsu.com/Dietary-Consultations



sdsu dining

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