

Dairy-Free Guide @ SDSU Dining

Amanda Nazario, MS, RDN

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).

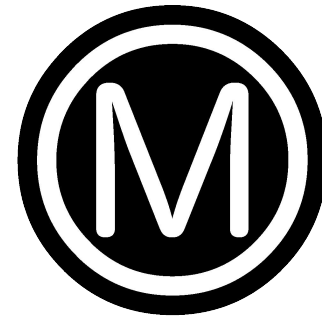


Baba's Pizza

Location: Charles B. Bell Jr. Pavilion

- Opt for their dairy-free cheese option as a topping.

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



A Z T E C
M A R K E T

Aztec Market

Location: Multiple Campus Locations

- All Pre-Cut Fruit Cups
- Matcha Overnight Oats
- Thai Pasta Salad
- White Bean & Kale Salad
- Small Tossed Salad
- BBQ Chicken Wrap
- Grilled Vegetable & Hummus Wrap
- Hummus with Veggies



Big City Bagel

Location: Multiple Campus Locations

- Opt for any bagel sandwich without cream cheese or sliced cheese.
- BCB Fit
- Just The Seeds Avo Toast
- Hot Bae
- Supernova
- Opt for smoothie & acai bowl with dairy-free milk

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Broken Yolk

Location: South Campus Plaza

- Wellness Wrap (No Feta)
- Acai Bowl
- Smoked Salmon Avo Toast
- Classic Avo Toast
- Spicy Vegan Bowl
- Steel Cut Oats
- Two Eggs + Toast + Fruit
- Greek Omelet (No Feta)
- Baja Breakfast Tacos (No Cotija)
- Very Berry Salad (No Goat Cheese)

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Carbonaro's

Location: South Campus Plaza

- Opt for any pasta shape (except ravioli).
- Pomodoro, Arrabbiata, & Aglio E Olio Sauce all dairy-free.
- All vegetable toppings dairy-free

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Eureka!

Location: South Campus Plaza

- Crispy Glazed Brussel Sprouts
- Ahi Poke Stack
- Lettuce Wraps
- Opt for any burger with no cheese
- Napa Chicken Sandwich (No Havarti)
- Al Pastor Fish Tacos (No Crema)
- Cobb Salad (No Blue Cheese)
- Southwest Garden Salad (No Cheese)

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Everbowl

Location: South Campus Plaza

- All items at everbowl are dairy-free!

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The Habit

Location: Conrad Prebys Aztec Student Union

- Opt for any burger or sandwich with no cheese.
- Mango Miso Crunch Salad

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the grill

at Aztec Shops Terrace

The Grill

Location: Aztec Shops Terrace

- Avocado Toast
- TBA Ciabatta
- BYO Stir Fry Bowl (all items are dairy-free).

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THE HALAL SHACK

The Halal Shack

Location: Charles B. Bell Jr. Pavilion

- All Protein Options are Dairy-Free
- All Toppings Dairy-Free (Except Mozzarella)
- Hummus is Dairy-Free
- All Finished Toppings Dairy-Free
- All Sauces Dairy-Free
- All Rice Options Dairy-Free

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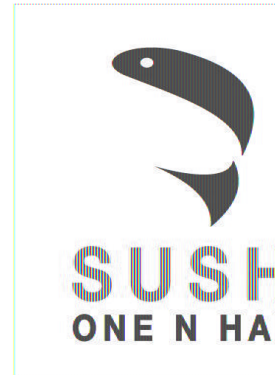


Panda Express

Location: Charles B. Bell Jr. Pavilion

- Chow Mein
- Fried & White Rice
- Super Greens
- Eggplant Tofu
- Black Pepper Chicken
- Kung Pao Chicken
- Teriyaki Chicken
- Mushroom Chicken
- String Bean Chicken
- Broccoli & Beef

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Sushi One N Half

Location: South Campus Plaza

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

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Shake Smart

Location: Charles B. Bell Jr. Pavilion

- Opt for almond or oat milk for smoothies.
- Opt for plant-based protein powder for smoothies.
- Dairy-Free Bowls: Original Acai Bowl, Dragon Bowl, Rawcai Bowl, Buzz Bowl
- Peanut or Almond Butter Toast
- Avo Toast
- BYO Overnight Oats
- BYO Chia Seed Pudding

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Subway

Location: Charles B. Bell Jr. Pavilion

- All Bread Options Are Dairy-Free (Except Italian Herb & Cheese & Flatbread).
- All Protein Options Are Dairy-Free (Except Meatballs)
- All Sauces Dairy-Free (Except Baja Chipotle, Cheddar Cheese, MVP Parm, & Peppercorn Ranch)
- All Veggies Dairy-Free

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Which Wich?

Location: South Campus Plaza

- All Bread Options Are Dairy-Free
- All Protein Options Are Dairy-Free
- All Sauces are Dairy-Free (Except Pesto & Ranch)
- All Vegetables Are Dairy-Free

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UTK

Location: Next to University Towers

- UTK offers a vegan shredded cheese option.
- All items @ UTK are build your own. Please contact the Registered Dietitian Amanda Nazario, MS, RDN for any specific questions.

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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



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