



Oklahoma State University Dining Services understands dietary needs with a gluten intolerance or Celiac disease and how it can affect your overall health and well-being. We offer a variety of menu items daily that naturally do not contain gluten, as well as specifically made gluten-free foods.

UDS understands that eating away from home with food allergies and intolerances can be very challenging and stressful. We are dedicated to providing support to students with food allergies through education, staff training and working with students with food allergies and intolerances.

UDS is currently working on updating a database to help students identify gluten and the nine major allergens (peanuts, tree nuts, soy, wheat, fish, shellfish, dairy, eggs and sesame) in our food options on campus.

The FDA requires labeling for the top nine allergens but does not require labeling for items that contain gluten. The FDA defines gluten-free food as containing less than 200 ppm of gluten. This makes tagging items containing gluten a challenge since gluten-free labeling is not required. We do our research but do not always have complete information.

Although UDS does serve foods that are labeled without gluten, we are not a 100% gluten-free establishment. If you have a food allergy, Celiac disease, serious gluten intolerance or other medically necessary diet needs, please contact the UDS registered dietitian to discuss your options.

## THE NATURAL

The Natural is located in North Dining, our newest dining facility on campus. It was designed to be an allergen-friendly and gluten-friendly concept with a dedicated kitchen to limit the chance of cross-contamination of common allergens and gluten. Certified gluten-free bread, pizza crust and pasta are key ingredients for menu options. Salad dressings and croutons are homemade and do not contain gluten. Vegan and vegetarian options are also offered here.

### FRESH SALADS

#### Southwest Chicken

Romaine lettuce, corn, black beans, tomato, avocado and salsa vinaigrette

#### Chicken Panzanella

Croutons, cucumber, tomato, artichokes, black olives, romaine lettuce, feta and lemon garlic vinaigrette

#### Chicken & Bacon

Mixed greens, cucumber, tomato, corn, carrot, cheddar and green goddess dressing

### PASTA BOWLS

#### BBQ Pork with Cheddar

Lentil pasta with pulled BBQ pork, corn and cheddar cheese

#### Fire-Braised Chicken

Lentil pasta with fire-braised chicken, marinara, artichoke and mozzarella

#### Vegetarian Lentil Pasta

Lentil pasta with marinara, mozzarella, basil and tomato

### ARTISAN FLATBREADS

#### Margherita

Basil, tomato and mozzarella with an Italian salad

#### Mediterranean Chicken

Chicken, tomato, artichoke and mozzarella with a Greek salad

#### BBQ Pulled Pork

Pulled pork, cheddar and BBQ sauce with a house salad

#### Chipotle BBQ Chicken

Chicken, chipotle BBQ sauce, tomato, corn, black beans and mozzarella with a southwest salad

### HOT PANINIS

#### Margherita

Mozzarella, parmesan, fresh tomato and basil

#### Smokehouse

Pulled pork, bacon, cheddar, mayo and BBQ sauce

#### Turkey Cuban

Turkey, pulled pork, Swiss cheese, mustard and dill pickle

#### Sunbutter & Grape Jelly

Sunflower butter and grape jelly

#### Sunbutter, Banana & Honey

Sunflower butter, banana and honey

### COLD SANDWICHES

#### Turkey & Swiss

Turkey, Swiss, lettuce, tomato and mayonnaise

#### Ham & Cheddar

Ham, cheddar, lettuce, tomato, mustard and mayonnaise

#### Sunbutter & Jelly

Sunflower butter and grape jelly

## GLUTEN-FREE BREAD

Gluten-free bread is sold at The Natural and Bread & Beyond.

### INGREDIENTS

Water, modified tapioca starch, white rice flour, potato starch, corn starch, palm oil, evaporated cane juice, contains less than 2 percent of each of the following: millet flour, dried yeast, sorbitan monostearate, modified cellulose, canola oil, sea salt, sorghum flour, xanthan gum, guar gum, rice bran extract, cultured dextrose, calcium sulfate, enzymes, ascorbic acid.

## GLUTEN-FREE HAMBURGER BUNS

Gluten-free hamburger buns are sold at The Natural.

### INGREDIENTS

Water, modified tapioca starch, white rice flour, potato starch, corn starch, palm oil, evaporated cane juice, contains less than 2 percent of each of the following: millet flour, dried yeast, sorbitan monostearate, modified cellulose, canola oil, sea salt, sorghum flour, xanthan gum, guar gum, rice bran extract, cultured dextrose, calcium sulfate, enzymes, ascorbic acid.

## GLUTEN-FREE MUFFINS

Gluten-free muffins are sold at Union Express, Twenty Something, Express It!, Roots and Café Libro.

### BLUEBERRY INGREDIENTS

Organic cane sugar, water, potato starch, sunflower oil, wild blueberries, dried whole egg, glycerine, brown rice flour, inulin, cellulose, sodium acid pyrophosphate, sodium bicarbonate, xanthan gum, sea salt, natural vanilla flavor.

### DOUBLE CHOCOLATE CHIP INGREDIENTS

Water, organic can sugar, sunflower oil, potato starch, dried whole egg, cocoa powder, glycerine, semi-sweet chocolate chips (cane sugar, unsweetened chocolate, cocoa butter), brown rice flour, inulin, cellulose, sodium acid pyrophosphate, sodium bicarbonate, sea salt, xanthan gum, natural vanilla flavor, natural chocolate flavor.

## CONVENIENCE STORE ITEMS

The convenience stores around campus stock a variety of allergen- and gluten-friendly products. Gluten-free items are labeled on their product information. Twenty Something has a dedicated shelving area of gluten-free offerings.

### POPULAR CONVENIENCE STORE ITEMS

- Amy's Frozen Meals
- Cheese sticks
- Fresh fruit
- Food Should Taste Good chips
- Gluten-free cereal
- Gluten-free macaroni and cheese
- Gluten-free muffins
- Grab-and-Go items made in The Natural (Look for the purple label!)
- KIND Bars
- Kize Bars
- Nuts
- Peanut butter
- Popcorn
- Saffron Road meals
- Tasty Bites
- Yogurt

## OTHER GLUTEN-FREE ITEMS

### Freshly Made Microwaveable Meals (Look for the purple label.)

Prepared in The Natural and sold across campus

### Gluten-Free Bun & Grilled Nuggets

Available at Chick-fil-A in the Student Union

### Sunbutter & Jelly Kit

Available at Roots, Café Libro, Twenty Something and Union Express

### Turkey Sandwich

Available at Roots, Café Libro, Twenty Something and Union Express

## HAVE QUESTIONS?

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**UNIVERSITY DINING  
SERVICES**