

Tips For Dining

Look for customizable options at each dining hall or location

Ask the staff about customizable options or if you have any question about ingredients

Check NetNutrition when ordering meals to easily see allergen and ingredient information

Enter your preferences on NetNutrition:

ALLERGIES

- 🥚 Eggs
- 🐟 Fish
- G** Gluten
- 🥛 Milk
- 🥜 Peanuts
- 🌱 Sesame
- 🦀 Shellfish
- 🌿 Soy
- 🌰 Tree Nuts
- 🌾 Wheat

What is Gluten?



Gluten is a protein found in wheat products like bread and pasta

Additional Resources

Ligia Lopes - Administrative Dietitian

Contact her with any questions or concerns

about your dining experience here at UD

Email: lopesl1@udayton.edu

Phone: 937-229-2489

NetNutrition:

netnutrition.udayton.edu

Gluten

Free

Dining at University of Dayton



udayton.edu/diningservices



Marycrest

- Deli and **Sizzlin' Sensations** have GF buns, breads, and wraps
 - Salad bar with a wide variety of toppings
 - **Near and Far:** offers GF pasta
 - Baked potato bar that includes regular or sweet potatoes
 - Daily Specials that change each week, make sure to check the menu and NetNutrition for ingredients
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KU's Toss

- Salad bar with lots of GF veggies and Gf toppings like quinoa
- GF pizza crusts available
- Bop Bowl station is completely GF

The Emporium

- GF breads, buns, and wraps offered at the Deli
 - GF Grab and Go options
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KU's Que

- Rotisserie chicken and veggies are GF
 - A lot of GF options with GF buns and bread
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KU's Spice

- Build your own Asian Rice Bowl with veggies and protein of choice
- Build your own Pasta bowl with GF pasta

VWK

- **Mongolian Grill:** stir fry that includes rice noodles and rice with choice of veggies and protein
- **Sushi:** vegetable roll and customizable options
- **The Grainary:** any deli sandwich can be made GF as well as salads
- **Compass Grill:** customizable Mexican bar including burrito bowls and nachos
- Daily Specials that change each week, make sure to check the menu and NetNutrition for ingredients