

SPECIAL DIETARY OPTIONS

NO GLUTEN ADDED

LION'S DEN - DELI-CRAFT



No Gluten Added means the recipe itself does not include gluten, however, the facility it was produced in may contain gluten in it. If you have Celiac intolerance or gluten sensitivity, use your best judgment according to the severity.

✓ DO

- ★ Tell Team Members About Your Allergy or Intolerance
- ★ Read All Descriptions Carefully
- ★ Ask Questions/Clarifications
- ★ Carry EpiPen
- ★ Always Have Medicine
- ★ Pay Attention to Food Labels
- ★ Introduce Yourself to a Manager
- ★ Ask Team Members for NGA daily options

⊘ DON'T

- ★ Do not hesitate to ask for assistance
- ★ Do not eat anything that you are unsure of
- ★ Do not feel uncomfortable about your special diet needs

FOOD ITEMS TO CHOOSE FROM

SPECIAL DIET PRODUCTS

Must request: Bread, Muffins, etc.

DESSERTS ON ROTATION

Brownies, Cookies, Rice Crispy, etc.

BREAKFAST BOWL

Request No Gluten Added Option

SOUP OF THE DAY

Ask if No Gluten Added is available.

SIDES

Chips, Whole Fruit

ENDURANCE BOWLS

REQUEST

Brown or White Rice, NGA Pasta

BUILD YOUR OWN SANDWICH

Daily Build to order Sandwiches that allows you to customize based on your Special Diet Needs.

NGA PROTEIN

Turkey, Steak, Chicken, Bacon

NGA CHEESE

Cheddar, Mozzarella, Provolone, Swiss

NGA TOPPINGS

Avocado Mash, Lettuce, Tomato, Bell Pepper, Onion.

SPECIAL DIETARY OPTIONS

DAIRY FREE

LION'S DEN - DELI-CRAFT



Dairy free means there has been no milk added to the products. Dairy products include but not limited to cheese, cream, butter, and yogurt.

✓ DO

- ★ Tell Team Members About Your Allergy or Intolerance
- ★ Read All Descriptions Carefully
- ★ Ask Questions/Clarifications
- ★ Carry EpiPen
- ★ Always Have Medicine
- ★ Pay Attention to Food Labels
- ★ Introduce Yourself to a Manager
- ★ Ask Team Members for DF daily options

⊘ DON'T

- ★ Do not hesitate to ask for assistance
- ★ Do not eat anything that you are unsure of
- ★ Do not feel uncomfortable about your special diet needs.

FOOD ITEMS TO CHOOSE FROM

SPECIAL DIET PRODUCTS

Must request: Bread, Muffins, etc.

DESSERTS ON ROTATION

Brownies, Cookies, Rice Crispy, etc.

BREAKFAST BOWL

Request Dairy Free Option

SOUP OF THE DAY

Ask if Dairy Free is available.

SIDES

Chips, Whole Fruit

ENDURANCE BOWLS

Confirm it is Dairy Free.

BUILD YOUR OWN SANDWICH

Daily Build to order Sandwiches that allows you to customize based on your Special Diet Needs.

SANDWICHES CAN BE CHEESELESS UPON REQUEST

CONFIRM IF SPREAD HAS DAIRY IN IT

Can request to substitute condiments

COFFEE CORNERS

Milk Alternatives, Dairy Free Beverages Available

SPECIAL DIETARY OPTIONS

VEGETARIAN

LION'S DEN - DELI-CRAFT



Vegetarian means to abstain from meat products. One type of vegetarianism is lacto-ovo vegetarian. It includes eating plant foods, dairy products, and eggs which applies here.

✓ DO

- ★ Tell Team Members About Your Allergy or Intolerance
- ★ Read All Descriptions Carefully
- ★ Ask Questions/Clarifications
- ★ Carry EpiPen
- ★ Always Have Medicine
- ★ Pay Attention to Food Labels
- ★ Introduce Yourself to a Manager
- ★ Ask Team Members for VEGETARIAN daily options

⊘ DON'T

- ★ Do not hesitate to ask for assistance
- ★ Do not eat anything that you are unsure of
- ★ Do not feel uncomfortable about your special diet needs.

FOOD ITEMS TO CHOOSE FROM

SPECIAL DIET PRODUCTS

Meatless protein is available on campus

DESSERTS ON ROTATION

Request Vegetarian Option

BREAKFAST BOWL

Request Vegetarian Option

SOUP OF THE DAY

Ask if VEGETARIAN is available.

SIDES

Chips, Whole Fruit

ENDURANCE BOWLS

Request Vegetarian Option

BUILD YOUR OWN SANDWICH

Daily Build to order Sandwiches that allows you to customize based on your Special Diet Needs.

SANDWICHES CAN BE CHEESELESS UPON REQUEST

VEGETARIAN OPTION:

Tuscan Cheese Melt

SPECIAL DIETARY OPTIONS

SHELLFISH ALLERGIES

LION'S DEN - DELI-CRAFT



Shellfish allergy is an abnormal response to the consumption of marine animals. This includes shrimp, crab, lobster, squid, oysters and scallops. Fish including salmon, tuna, and mahi-mahi are all acceptable to consume.

✓ DO

- ★ Tell Team Members About Your Allergy or Intolerance
- ★ Read All Descriptions Carefully
- ★ Ask Questions/Clarifications
- ★ Carry EpiPen
- ★ Always Have Medicine
- ★ Pay Attention to Food Labels
- ★ Introduce Yourself to a Manager

⊘ DON'T

- ★ Do not hesitate to ask for assistance
- ★ Do not eat anything that you are unsure of
- ★ Do not feel uncomfortable about your special diet needs.

FOOD ITEMS TO CHOOSE FROM

DELI-CRAFT

Is a *Shellfish-free* friendly eatery

Shellfish is served on campus. Although it is limited to mostly the *Main Dining Commons* it can appear in other menu items.

COMMON ITEMS THAT COULD CONTAIN SHELLFISH AND SHOULD BE AVOIDED

Cajun Shrimp & Grits
Firecracker Shrimp
Cantonese Shrimp
Honey Walnut Shrimp
Garlic Shrimp (Pasta Station)
Sushi
Poke Bowl/Poke Station

SPECIAL DIETARY OPTIONS

NUT ALLERGIES

LION'S DEN - DELI-CRAFT



Nut allergy include any form of tree nut including peanut, walnut, almond, hazelnut, cashew, and pistachio.

✓ DO

- ★ Tell Team Members About Your Allergy or Intolerance
- ★ Read All Descriptions Carefully
- ★ Ask Questions/Clarifications
- ★ Carry EpiPen
- ★ Always Have Medicine
- ★ Pay Attention to Food Labels
- ★ Introduce Yourself to a Manager

⊘ DON'T

- ★ **Always avoid** Baked Goods - request prepackaged from manufacturer that identifies *nut free*
- ★ Do not hesitate to ask for assistance
- ★ Do not eat anything that you are unsure of
- ★ Do not feel uncomfortable about your special diet needs.

FOOD ITEMS TO CHOOSE FROM

DELI-CRAFT

Is a *Nut/Peanut-free* friendly eatery

Peanuts and Tree Nuts are served on Campus. As a general rule we use the name of the nut in the title to assist in identifying.

ALWAYS AVOID BAKED GOODS

Choose prepackaged from manufacturer that identifies nut free

BREADS: Please confirm with manager which breads are safe to consume.

COFFEE CORNERS

Almond beverages are served at these locations.