

# SPECIAL DIETARY OPTIONS

## NO GLUTEN ADDED

### LION'S DEN



**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.

#### DESSERT

Brownies, Cookies, Rice Crispy, etc.

#### BREAKFAST BOWL

Request No Gluten Added Option

#### STACKED

Grilled Cheese - NGA Bread

#### GRILL

REQUEST LETTUCE WRAPPED or NGA Bun

Bacon, Grilled Onion, Red Onions

Lettuce, Tomato, Cheese, Pickles

#### GLOBAL EATS

Brown or White Rice, NGA Pasta Marinara

Stir Fry Vegetables

#### BAJA BEEF BOWL, SALAD, BURRITO

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

#### NGA PROTEIN

Beef Brisket Taco Meat, Carnitas

Pollo Asada, Soyrizo Potato Taco

#### NGA BEANS & RICE

Mexican Rice, Poblano Pepper Rice Pilaf

Mayocoba Beans

Pinto Beans, Black Beans

#### NGA TOPPINGS

Pico De Gallo, Salsa Cruda, Salsa Verde

Shredded Cheese, Shredded Lettuce

Jalapenos, Cilantro & Onions

## SPECIAL DIETARY OPTIONS

# DAIRY FREE

## LION'S DEN



**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.

### DESSERT

Brownies, Cookies, Rice Crispy, etc.

### BREAKFAST BOWL

Request Dairy Free Option

### STACKED

REQUEST NO CHEESE or DAIRY

### GRILL

REQUEST NO CHEESE or DAIRY  
Bacon, Grilled Onion, Red Onions  
Lettuce, Tomato, Pickles

### GLOBAL EATS

Fried Rice, Pasta Marinara  
Stir Fry Vegetables, Vegetable Egg Rolls

### BAJA BEEF BOWL, SALAD, BURRITO

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

### DF PROTEIN

Beef Brisket Taco Meat  
Carnitas, Pollo Asada

### DF BEANS & RICE

Mexican Rice, Poblano Pepper Rice Pilaf  
Mayocoba Beans  
Pinto Beans, Black Beans

### DF TOPPINGS

Pico De Gallo, Salsa Cruda, Salsa Verde  
Shredded Lettuce  
Jalapenos, Cilantro & Onions

# VEGETARIAN

## LION'S DEN



**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

### PROTEIN OPTIONS

Grilled Meatless Chick'n

### GRILL

REQUEST VEGGIE BURGER  
Grilled Onion, Red Onions, Cheese  
Lettuce, Tomato, Pickles

### GLOBAL EATS

Fried Rice, Pasta Marinara  
Stir Fry Vegetables, Vegetable Egg Rolls

### BAJA BOWL, SALAD, BURRITO

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

If *Vegan*, ask the Manager or Chef if the vegetarian entree is also *Vegan*.

### VEGETARIAN PROTEIN

Soyrizo Potato Taco

### VEGETARIAN BEANS

Mayocoba Beans, Pinto Beans

### VEGETARIAN TOPPINGS

Pico De Gallo, Salsa Cruda, Salsa Verde  
Shredded Cheese, Shredded Lettuce  
Jalapenos, Cilantro & Onions

# SPECIAL DIETARY OPTIONS

# SHELLFISH ALLERGIES

## LION'S DEN



**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

### LION'S DEN

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



**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

### LION'S DEN

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