

SPECIAL DIETARY OPTIONS

NO GLUTEN ADDED

LION'S DEN - GLOBAL BOWLS



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, Soyrito 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

DAIRY FREE

LION'S DEN - GLOBAL BOWLS



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 - GLOBAL BOWLS



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 - GLOBAL BOWLS



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.



- ★ 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



- ★ 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 - GLOBAL BOWLS



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