A vertical collage of food items related to gluten. At the top is a black bowl filled with buckwheat groats. Below it, scattered on a white background, are various grains: wheat berries, yellow corn, and wheat stalks. In the center, there are several slices of whole-grain bread with visible seeds. At the bottom, another black bowl is filled with yellow corn. The text is centered in the middle of the image.

USF Dining's Guide to
Gluten
Solutions
Options on Campus

Where to Eat on Campus

With over 30 locations the choices are endless to meet all of your vegan and vegetarian needs.

Marshall Student Center/Argos Area



The Village



Sessums Mall (Education, Business, Arts & Sciences)



Engineering Area



Campus Rec/Yuengling Center Area



USF Health/Morsani Center



USF St. Pete



What is “Made without Gluten”?

According to USF Dining/Aramark standards, the term “Made without Gluten” refers to recipes entirely composed of ingredients classified as “Does Not Contain Gluten”.

Does Not Contain Gluten

The “Does Not Contain Gluten” statement is used when ingredients are verified from the manufacturer as not containing gluten from wheat, barley, rye or any of its derivatives AND meet the Food & Drug Administration (FDA) definition of Gluten-Free Labeling.¹

Tips when dining on campus:

- Ask Employees are to wash hands and change gloves prior to making your order.
- Look on national brand websites for ingredients, nutrition and allergen information.
- Look on www.usfdining.com for residential dining hall ingredients, nutrition and allergen information.
- At our locations, look for purple “Made without Gluten” signage, purple utensils and equipment.



For any nutritional concerns or questions, please contact USF Dining’s Registered Dietitian:

Karina Falcone, MS, RD, LD
falcone-karina@aramark.com
813-546-9298

1. www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/ucm402549.htm.

Disclaimer: Because we operate a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens is possible, Aramark cannot guarantee that any food item will be completely free of allergens.

Tampa Dining Locations

Bento Sushi *The Bullpen MSC*

Wheat-free items:

- Smoked salmon spring roll
- Tuna cucumber roll
- Spicy edamame pack
- Miso soup
- Brown rice salmon avocado roll
- Hosomaki cucumber snack pack
- Vegetable spring roll w/ sweet chili sauce
- BBQ Nigiri pack
- Sides – edamame, pickled ginger, spicy sauce, and sunomono vegetable salad



All orders can be customized! Any changes, substitutions, or exclusions can be made upon request.

Blenz Bowls *MSC Atrium*

- Gluten free granola is available for any bowl



*Blenz
Smoothie Bowl*

BurgerFi *Pinnacle Hall*



- Burgers: *Green Style* burgers
- Toppings: lettuce, tomatoes, pickles, jalapeño peppers, raw and grilled onions, sauerkraut, grilled mushrooms, mustard, ketchup, hot sauce and BBQ sauce
- Cheese: Blue cheese, American cheese, Swiss cheese, White cheddar cheese
- Sauces: BurgerFi sauce, Hellman's mayonnaise, dijon mustard, mustard, ketchup, hot sauce, BBQ sauce & cheese sauce, truffle aioli, spicy mayo and ranch
- Hickory bacon
- Salt and vinegar chips
- Fried egg
- Hash brown
- Hot Dogs: *Green Style*
- Fries
- Fry toppings: Parmesan + herb, cheese, cheese sauce, Cajun seasoning, salt + vinegar, alternative style, urban style and truffle style
- Frozen custards: vanilla and chocolate. Shakes: chocolate, vanilla, black + white, strawberry & coffee mocha
- Custard toppings: hot fudge, caramel sauce, chocolate syrup, vanilla syrup, whipped cream, bananas, cherries, strawberries, colored sprinkles and M&M's

Chick-fil-A

The Bullpen MSC

Certified gluten-free buns available upon request



- Grilled chicken nuggets
- Grilled market salad
- Spicy Southwest salad
- Waffle potato chips
- Fruit cup
- Yogurt parfait
- Ice Dream dessert cup
- Frosted lemonade

Cafe Connect

Engineering Area



- Fresh Fruit
- Grab-n-Go snacks
- Grab-n-Go salads
- Protein snack bars



*Chick-fil-A
Grilled Chicken
Nuggets*

Convenience Stores

813 Eats in MSC, Corner Market in Juniper Hall, Central Market in USF Health WELL & P.O.D. Market in Engineering Building II



Our convenience stores carry a variety of gluten-free options that may include but are not limited to:

- Fresh Fruit
- Grab-n-Go snacks
- Grab-n-Go salads
- Protein snack bars

Einstein Bros Bagels

Morsani



- Whipped cream cheese shmear: plain, garden veggie, honey almond, jalapeno salsa, onion & chive, & strawberry
- Toppings/spreads: butter blend, hummus, avocado, peanut butter, PB & J

Flip Kitchen



Argos Exchange & Juniper Poplar Hall

Core Food Platforms will be featured everyday and Featured Flips will rotate throughout the semester.

Smoothies:

- All smoothies are made without gluten



Flip Kitchen
Wild Strawberry
Smoothie

Moe's MSC Food Court

- Earmuffs served as a salad



Panda Express

MSC Food Court



- White steamed rice
- Sauces in individual packets & those labeled "wheat-free"
- Chili sauce

Panera Bread

MSC Atrium



Panera Bread's Steel Cut Oats and Quinoa Blend may contain traces of wheat.

- All frozen & cold drinks
- Greek yogurt with mixed berries
- Seasonal fruit cup

Salads:

- Caesar (without croutons)
- Fuji Apple
- Green Goddess Cobb
- Seasonal Greens

Panera Green
Goddess
Salad



Papa John's Pizza

MSC Food Court



- Pizza and pan sauce
- Toppings: cheeses, meats & veggies
- Dipping sauces in individual packs & those labeled "wheat-free"
- Dipping sauce: garlic, pizza, cheese & ranch

Pollo Tropical

Sessums Mall



Meat

- White, dark, & grilled chicken breast
- Pulled pork with sautéed onions
- Bacon

Rice & Vegetables:

- White & brown rice
- Yellow rice with vegetables
- Romaine lettuce

Toppings & Sides:

- Black beans
- Diced tomatoes
- Kernel corn
- Sautéed onions
- Sautéed pepper topping
- Caribbean chicken soup

Rocky's Hideout: Boar's Head

MUMA College of Business



Boar's Head

- Boar's Head Meat
- Boar's Head Cheese
- Request a sandwich with a lettuce wrap instead of bread

Starbucks

Library & Pinnacle Hall



- Gluten-Free Marshmallow Dream Bar
- Egg Bites
- Americano
- Espresso
- Nitro Cold Brew (with or without Cold Foam)
- All teas (hot or cold), herbal blends, lemonade

The following beverages do not contain gluten unless made with oat milk:

- Latte/Iced Latte
- Mocha/Iced Mocha
- Macchiato/Iced Macchiato
- Cappuccino/Iced Cappuccino
- Frappuccino®
- Chai Tea Latte/Iced Chai Tea Latte



Starbucks Frappuccino®

Subway

MSC Food Court
& Cooper Hall



- Salads
- All meat, poultry, tuna, & eggs (except: Teriyaki Glazed Chicken Breast, & Meatballs & Marinara)
- All cheese, condiments, dressings & vegetables
- Soups: Broccoli & Cheddar

Chopped Salads are also available to and made to order.

Dining Halls

The Hub



The Hub, located in the Village, showcases modern menu concepts in an all-you-care-to-eat facility.

true balance

everything you want nothing you can't

The True Balance station is The Hub's allergen solution zone.

This station uses a separate kitchen to provide a full menu free of the top 8 allergens: wheat, peanuts, tree nuts, eggs, milk, soy, shellfish and fin fish. True Balance prioritizes avoiding cross contact between food items and service ware, which is why you will get a new teal plate each time you approach this station!

The Hub also provides a variety of grab-n-go made without gluten options including breads, bagels, oatmeals, waffles and desserts. Specially designated equipment and utensils are available for these items.

Juniper Dining



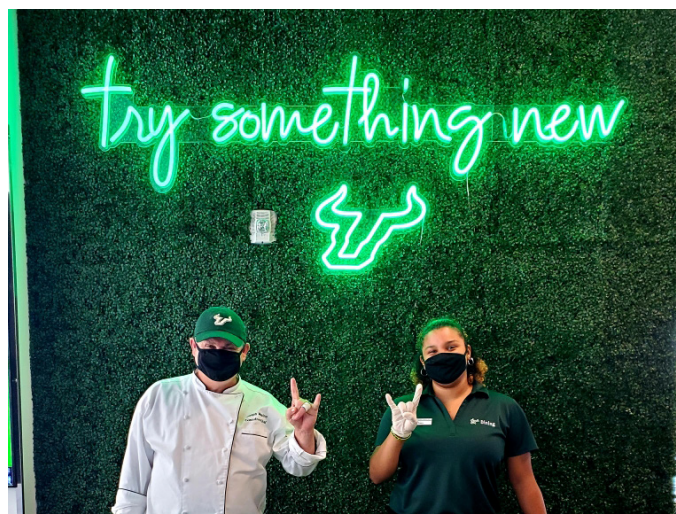
Juniper Dining Hall, located in the Juniper-Poplar Residential Hall, is a true extension of residence life. Juniper's Peace of Mind station provides a full menu free of the top 8 allergens. It also prioritizes avoiding cross contact between food items and service ware and offers some grab-n-go made without gluten items.

Champion's Choice



Champion's Choice Dining Hall, located across from Campus Recreation, features exhibition style cooking using only the freshest of ingredients. Made without Gluten items available upon request and include pasta, pizza dough, bread and buns.

Plus Access is required for dining at Champion's Choice.



St. Pete Dining Locations

727 Eats

University Student Center



Our convenience store carries a variety of gluten-free options that may include but are not limited to:

- Fresh Fruit
- Grab-n-Go snacks
- Grab-n-Go salads
- Protein snack bars

Blenz Bowls

University Student Center



- Gluten free granola is available for any bowl

Bull Market

Lynn Pippenger Hall



- Mixed berries cup
- Fruit melody cup
- Deep River Kettle Chips (zesty jalapeno, salt & vinegar, original salt)
- Any drink made with oat milk, coconut milk, almond milk
- All smoothie flavors

Kahwa Coffee

University Student Center



- Gluten Free Banana Nut Chocolate Chip
- Rosetta's Gluten Free Brownie
- Apple Walnut Oatmeal
- Vermont Maple Oatmeal
- Fruiti Krispies
- Sausage and Bacon Egg Bites

St. Pete Dining Hall

Our St. Pete Dining Hall, The Nest, offers hot and cold vegan/vegetarian friendly items everyday. Visit usfdining.com for daily updates to menus and nutrition and ingredient information.

The Nest

Osprey Suites



THE NEST

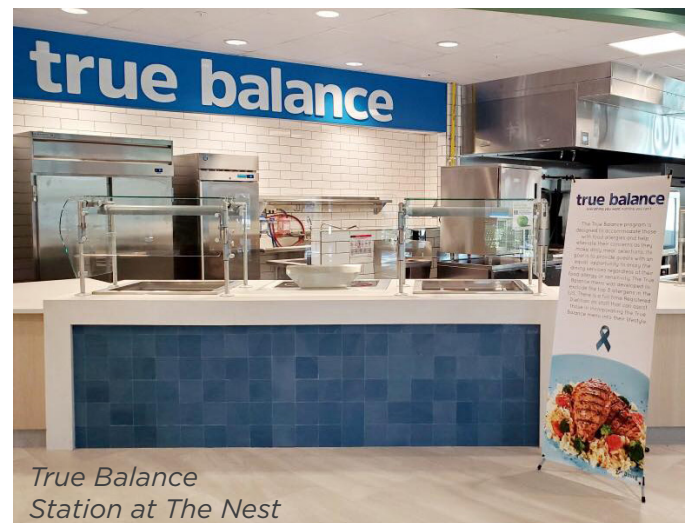
The Nest is USF St. Pete's dining hall, located on the first floor of Osprey Suites. modern menu concepts in an all-you-care-to-eat facility.

true balance
everything you want nothing you can't

The True Balance station is The Nest's allergen solution zone.

This station uses a separate kitchen to provide a full menu free of the top 8 allergens: wheat, peanuts, tree nuts, eggs, milk, soy, shellfish and fin fish. True Balance prioritizes avoiding cross contact between food items and service ware, which is why you will get a new teal plate each time you approach this station!

The Nest also provides a variety of grab-n-go made without gluten options including breads, bagels, oatmeals, waffles and desserts. Specially designated equipment and utensils are available for these items.



True Balance Station at The Nest

Visit www.usfdining.com for daily updates to menus and nutrition and ingredient information.

We Want to Hear from You!

For specific dietary-related questions and concerns, please contact USF Dining's Registered Dietitian:

Karina Falcone, MS, RD, LD
falcone-karina@aramark.com
813-546-9298

For any feedback or questions related to USF Dining, visit YourDiningVoice.com to share your thoughts.

YOUR VOICE COUNTS 



Dining

813-974-4499

dining@usf.edu



usf.dining



/diningusf



@usfdining

*Like any food plan, this should only serve as a general guidelines for adults. These suggestions can be modified according to your own personal needs. This is not personal medical advice. Individuals with specific health needs should consult a registered dietitian or a medical professional knowledgeable about gluten nutrition.