

A vertical collage of food items related to gluten. At the top is a black bowl filled with buckwheat groats. Below it, on the left, are scattered wheat grains and a small pile of yellow corn kernels. In the center, there are several stalks of wheat. On the right, there are several slices of whole-grain bread stacked together. At the bottom, there is another black bowl filled with yellow corn kernels. The background is a plain, light color.

USF Dining's Guide to
Gluten
Solutions
Options on Campus

Where to Eat on Campus

Marshall Student Center/Argos Area



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The Village



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Sessums Mall (Education, Business, Arts & Sciences)



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Engineering Area



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Campus Rec/Yuengling Center Area



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USF Health/Morsani Center



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 at on campus:

- 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.usf.campusdish.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
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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.

813 Eats *MSC Food Court*

- Create your own salad bar
- Grab n Go Salads
- Granola/protein Snack Bars



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
- Butter chicken rice bowl
- 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.



*Chick-fil-A
Frosted
Lemonade*



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, garlic aioli, dijon mustard, mustard, ketchup, A-1 steak sauce, hot sauce, BBQ sauce & cheese sauce
- Hickory bacon
- Salt and vinegar chips
- Fried egg
- BurgerFi Chili
- Hash brown
- Hot Dogs: *Green Style*
- Fries
- Fry toppings: Parmesan + herb, BurgerFi chili + cheese, cheese sauce, Cajun seasoning, salt + vinegar, alternative style, urban 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, peanut butter, bananas, cherries, strawberries, colored sprinkles, M&M's, Reese's Pieces & gummies

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

Einstein Bros Bagels

Morsani



Wheat-Free Items

- Whipped cream cheese shmeared: plain, reduced fat plain, garden veggie, garlic & herb, honey almond, jalapeno salsa, onion & chive, smoked salmon, & strawberry
- Toppings/spreads: butter blend, hummus, avocado, peanut butter, PB & J

Flip Kitchen

Argos Exchange

FLIP KITCHEN

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

Smoothies:

- All smoothies are made without gluten

Salads:

- Roadhouse BBQ Chicken
- SW Chipotle Chicken (without Crisps & Chipotle Ranch)
- Chicken Avocado Cobb
- Buffalo Chicken
- Chicken Caesar
- Strawberry & Kale

Bowls:

- Spicy Korean (without Korean BBQ)
- Mexican (without chipotle ranch)
- Florence
- Baja Queso (without queso & chipotle ranch)
- Buffalo
- KC BBQ
- Power Protein

Gluten-Free Sauces & Dressings:

- Roadhouse BBQ ranch
- Buffalo ranch
- Avocado lime ranch
- Strawberry vinaigrette
- Basil balsamic vinaigrette
- Sweet Baby Ray's BBQ sauce
- Caesar dressing



Jamba Juice *MSC Atrium* & *Toro's in Champion's Choice*



- Classic, Plant-based, and Power Smoothies
- Blissful Bowls
- Fresh Squeezed Juices
- Cayenne shots: ginger lemon & ginger orange

Moe's *MSC Food Court*

- Earmuffs Bowl
- Corn Tortilla Tacos
- Close Talker Southwest Salad (without tortilla salad bowl)



Panda Express

MSC Food Court

- Brown & white steamed rice
- Sauces in individual packets & those labeled “wheat-free”
- Chili sauce
- Hot mustard
- Plum sauce



*Flip Kitchen Buffalo
Chicken Salad*



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
- Turkey chili

Salads:

- Caesar (without croutons)
- Southwest Chile Lime Ranch (without quinoa blend)
- Spicy Thai (without wonton strips, thai dressing & peanut sauce)
- Fuji Apple
- Green Goddess Cobb
- Seasonal Greens

Papa John's Pizza MSC Food Court



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

Papa John's Pizza



Pollo Tropical

Sessums Mall



CITRUS MARINATED CHICKEN

Meat

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

Rice & Vegetables:

- White rice
- Yellow rice with vegetables
- Brown rice
- Romaine lettuce

Toppings & Sides:

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

P.O.D. Markets

*Engineering Building II,
Juniper-Poplar Hall, USF
Health WELL, Argos Exchange*



Our P.O.D. Express markets always carry a variety of sandwiches, wraps, pasta dishes and snacks.

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



Rocky's Hideout: Boar's Head



MUMA College of Business

- Boar's Head Meat
- Boar's Head Cheese

Starbucks *Pinnacle Hall, Library & Juniper-Poplar 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

Subway *MSC Food Court & Cooper Hall*



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

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.



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 7 allergens: wheat, peanuts, tree nuts, eggs, milk, soy 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 Gluten-Solutions station features a variety of meals and baked goods made without gluten.

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.

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
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813-546-9298

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



813-974-4499

dining@admin.usf.edu



usf.dining



/diningusf



@usfdining

*Like any food plan, this should only serve as a general guidelines for adults. The plan 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 vegan nutrition.