

# avoiding gluten?

## top tips to avoid gluten while dining in our facilities

### BE PATIENT AND PROACTIVE

We want to know that your nutritional needs are being met and we are happy to accommodate those needs. Handling allergies sometimes requires us to prepare meals upon request, change gloves, wash hands, and procure fresh pans and/or utensils. Be patient, and understand that these are steps we take to insure your health and safety.

### LOOK FOR A SUPERVISOR

Supervisors wear black shirts and are always available to help you.

### LOOK FOR THE ICON

Items that are made without gluten-containing ingredients are labeled on our website as well as our digital menus to help you avoid gluten.

### PLAN AHEAD

Take advantage of the feature on our café website that helps you filter out items based on dietary preference. A list of items made without gluten-containing ingredients can be generated with the click of a button.

### TALK TO US

Please let our managers know you have a dietary restriction so that we can schedule a “special diets interview” with you. Also, please let your server know if you have any allergies prior to ordering.

### DO YOUR RESEARCH

Know what grains are safe. Amaranth, millet, quinoa, rice, buckwheat, and corn are all naturally free of gluten. Be sure when purchasing retail products that they are certified free from gluten. Learn more on our website: [redlands.cafebonappetit.com](http://redlands.cafebonappetit.com)

### MINIMIZE YOUR RISK

Students with food allergies are encouraged to be self-advocates when managing their dietary conditions to promote safety and minimize the risk of reaction. If your physician has prescribed medication for treating accidental exposures to your allergen, please make sure to carry that medication with you at all times. You never know when you might need it!

## what you should know

Menu options prepared without gluten-containing ingredients are labeled 

However, due to our open kitchens that handle gluten, we cannot guarantee that items made without gluten-containing ingredients are “gluten-free,” as defined by the FDA. We make every effort to avoid gluten cross-contact; however there is always the potential for cross-contact with other gluten-containing food items, particularly in our self-serve facilities. We encourage guests to speak to the chef or manager regarding any questions about ingredients.

### TO LEARN MORE

Please visit us online at [redlands.cafebonappetit.com](http://redlands.cafebonappetit.com) and click on “wellness”.

### CONTACT US

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bon appétit  
at the university of redlands  
has options for you!



*Bon Appétit at the University of Redlands is pleased to offer the following options for dining while avoiding gluten at: Irvine Commons, the Plaza Café, the Plaza Market, University Club and Bulldog Café*

### *irvine commons*

**Surf** – featuring local produce from the Sustainable University of Redlands Farm. This station is a great place for students trying to avoid gluten. SURF offers hot entrées and sides, as well as cold composed salads. The fare changes daily, but there is always an assortment of salads and fresh local vegetables made without gluten-containing ingredients.

**Salad Bar** – our salad bar is full of seasonal, locally sourced ingredients and always offers beans, quinoa, whole grain composed salads, proteins, and dressings made without gluten-containing ingredients.

**Pacific Rim Sushi** – nothing beats fresh fish! Just steer clear of the crab, it does contain gluten. Tamari sauce without gluten is available upon request.

**Classics** – enjoy comfort foods like pasta and chicken fried steak with mashed potatoes. Most of our gravies, sauces and breading are made with corn starch and should be safe, but always double check with a manager. Pasta that is made without gluten-containing ingredients is available upon request.

**Mundo Latino** – brings big flavor with a variety of Mexican and Latin favorites. Those avoiding gluten can choose from a variety of proteins along with local vegetables and traditional toppings like guacamole, salsa, and cheese. Corn tortillas that are made without gluten-containing ingredients are available upon request.

**Pacific Rim Bowls** – offer Asian themed bowls with an assortment of proteins and vegetables served with rice, noodles, or salad. We provide plenty of options that are made without gluten-containing ingredients. Kimchee and the black bean szechuan and teriyaki sauces do contain regular soy sauce, so opt for barbecue ginger or sweet and sour sauce instead. Tamari sauce without gluten is available upon request.

**California Grill** – offers grilled chicken, hot dogs, and burgers. Sides include green salads, whole grain composed salads or roast potato wedges. Fryers are a source of cross-contact so opt for roasted potato wedges instead of French fries. Bread and buns that do not contain gluten are always available.

**Exhibition** – this station offers Pho, Mongolian, Ramen, Curry, and Olives (Italian) on a bi-weekly rotation. If you're avoiding gluten, skip the ramen bar. Most of the ramen broths contain soy sauce. Pho, Mongolian, Curry, and Olives will offer many options to anyone avoiding gluten.

### *the plaza*

**Ovens** – if you're hungry for pizza, Ovens is the place to go. We provide a pizza crust made without gluten-containing ingredients. Just ask and our chefs will make it to order. Please allow up to 20 minutes for pizza to cook.

**Sizzling Salads** – features specialty salads each day, like chicken Caesar or pork Szechuan. Salad dressings are made without gluten-containing ingredients. Just ask the cashier to make yours without gluten.

**Pasta Al Fresco** – open every night featuring made to order meatless pasta dishes. Sauces and toppings are made without gluten-containing ingredients. We purchase gluten-free pasta and prepare it to order upon request.

**PC Subs** – our sandwich shop stocks breads that are made without gluten-containing ingredients so don't hesitate to stop in for your favorite sandwich.

### *plaza market*

**The Market** – the market stocks a large variety of products for those avoiding gluten or with other food allergies. In the market you will find cereals, candies, condiments, cookies, frozen foods, energy bars, breads, and locally sourced, seasonal produce.

**Fried Indulgence** – if you're looking for hot finger foods then check out the Plaza Market. Chicken fingers made without gluten-containing ingredients are available upon request.

### *the university club*

The University Club is a full-service restaurant that offers a variety of options if you're avoiding gluten. Our chefs are also more than happy to customize meals to suit your individual needs. Just ask your server.

### *bulldog café*

Bulldog Café is our official campus coffee shop and offers lattes, smoothies and grab and go snacks.

