

# HALAL ITEMS

## ADAMS MARKET

### Express It!

- Fresh fruit (whole)
- Sushi with Gusto® Sushi
- Saffron Road® Frozen Entrées
- Tasty Bites® Microwaveable Meals

## KERR-DRUMMOND

### Country Barbeque Co.

- Dinner plate, sandwich, wrap, salad or potato with pulled chicken
- Baked or sweet potato
- Salad

### Linguetti's

- Spaghetti with marinara
- Cheese pizza with vegetarian toppings

### The 405 Deli

- Create-your-own sandwich
- Create-your-own-salad

### Twenty Something

- Sushi with Gusto® Sushi
- Saffron Road® Frozen Entrées
- Tasty Bites® Microwaveable Meals
- Kize Bars (without vanilla extract)
- Fresh fruit (whole)

## NORTH DINING

### Dash

- Greek yogurt or ice cream smoothies
- Frozen lemonade

### The Natural

- Sunbutter and honey panini
- Sunbutter and grape jelly panini
- Sunbutter and jelly cold sandwich
- Customize your salad, gluten-free pasta bowl, flatbread pizza, hot panini or cold sandwich by choosing your cheese
- All breads, buns and pizza crusts are Halal-friendly

### Road Trip

- Cheese or vegetable pizza

### Zest

- Create-your-own pasta bowl, rice bowl or salad (omit feta cheese)
- All meats are Halal-certified

## STUDENT UNION

### Bread & Beyond Deli

- Create-your-own sandwich
- Hummus or egg salad sandwich
- Chicken salad made with Halal-certified chicken

### Mambo Italiano

- Pasta with marinara sauce or Halal-certified alfredo sauce

- Halal-certified chicken
- Cheese or vegetable pizza
- Broccoli

### Passport

- Basmati or brown rice
- Vegetable fried rice
- Tofu stir fry with vegetables
- Rotating weekly menu with Halal-certified chicken curry, fish, vegan and vegetarian menu options

### Shake Smart

- Shakes and smoothies (choice of milk)
- Bowls Made Your Way (choice of milk)
- Peanut butter or almond butter sandwich

### Union Chophouse Taqueria

- Bowl-Rito with Halal-certified chicken or grilled vegetables (no cheese)

### Union Express

- Veggies with hummus
- Peanut Butter Snack
- Tasty Bites® Microwave Meals
- Sushi with Gusto® Sushi
- Saffron Road® Frozen Entrées
- Fresh fruit (whole)

## OTHER LOCATIONS

### Café Libro

- Fresh fruit (whole)
- Sushi with Gusto® Sushi
- Veggies with hummus

## HAVE QUESTIONS?

Patty Anson, UDS Registered Dietitian

405-744-4424 | panson@okstate.edu