Gluten-Friendly Dining on Campus

Oklahoma State University Dining Services understands dietary needs with a gluten intolerance or Celiac disease and how it can affect your overall health and well-being. We offer a variety of menu items daily that naturally do not contain gluten, as well as specifically made gluten-free foods.

UDS understands that eating away from home with food allergies and intolerances can be very challenging and stressful. We are dedicated to providing support to students with food allergies through education, staff training and working with students with food allergies and intolerances.

UDS is currently working on updating a database to help students identify gluten and the eight major allergens (peanuts, tree nuts, soy, wheat, fish, shellfish, dairy and eggs) in our food options on campus.

The FDA requires labeling for the top eight allergens but does not require labeling for items that contain gluten. The FDA defines gluten-free food as containing less than 200 ppm of gluten. This makes tagging items containing gluten a challenge. We do our research but do not always have complete information.

Although UDS does serve foods that are labeled gluten-free, we are not a 100% gluten-free establishment. If you have a food allergy, Celiac disease, serious gluten intolerance or other medically necessary diet needs, please contact the UDS registered dietitian to discuss your options.

The Natural

The Natural is located in North Dining, our newest dining facility on campus. It was designed to be an allergen-friendly and gluten-friendly concept with a dedicated kitchen to limit the chance of cross-contamination of common allergens and gluten. All menu items at The Natural are gluten-friendly. Vegan and vegetarian options are also offered here.

**FRESH SALADS**
- **Southwest Chicken:** Romaine lettuce, corn, black beans, tomato, avocado, salsa vinaigrette
- **Chicken Panzanella:** Croutons, cucumber, tomato, artichokes, black olives, feta, lemon garlic vinaigrette
- **Chicken & Bacon:** Mixed greens, cucumber, tomato, corn, carrot, cheddar, Green Goddess dressing

**ARTISAN FLATBREADS**
- **Margherita:** Basil, tomato, mozzarella, Italian salad
- **Mediterranean Chicken:** Chicken, tomato, mozzarella, Greek salad
- **BBQ Pulled Pork:** Pulled pork, cheddar, BBQ sauce, house salad
- **Chipotle BBQ Chicken:** Chicken, chipotle BBQ sauce, tomato, mozzarella, southwest salad

**HOT PANINIS**
- **Margherita:** Mozzarella, parmesan, fresh tomato, basil
- **Smokehouse:** Pulled pork, bacon, cheddar, BBQ sauce
- **Turkey Cuban:** Turkey, pulled pork, Swiss cheese, mustard, dill pickle
- **Sunbutter & Grape Jelly:** Sunflower butter, grape jelly
- **Sunbutter, Banana & Honey:** Sunflower butter, banana, honey

**COLD SANDWICHES**
- **Turkey & Swiss:** Turkey, swiss, lettuce, tomato, mayonnaise
- **Ham & Cheddar:** Ham, cheddar, lettuce, tomato, mustard, mayonnaise
- **SB & J:** Sunflower butter, grape jelly

**Gluten-Free Bread**

Gluten-free bread is sold at The Natural and Bread & Beyond.

**INGREDIENTS**

Water, modified tapioca starch, white rice flour, potato starch, corn starch, palm oil, evaporated cane juice, contains less than 2 percent of each of the following: millet flour, dried yeast, sorbitan monostearate, modified cellulose, canola oil, sea salt, sorghum flour, xanthan gum, guar gum, rice bran extract, cultured dextrose, calcium sulfate, enzymes, ascorbic acid.
Gluten-Free Hamburger Buns

Gluten-free hamburger buns are sold at The Natural.

**INGREDIENTS**
Water, modified tapioca starch, white rice flour, potato starch, corn starch, palm oil, evaporated cane juice, contains less than 2 percent of each of the following: millet flour, dried yeast, sorbitan monostearate, modified cellulose, canola oil, sea salt, sorghum flour, xanthan gum, guar gum, rice bran extract, cultured dextrose, calcium sulfate, enzymes, ascorbic acid.

Gluten-Free Muffins

Gluten-free muffins are sold at Union Express, Roots and Café Libro.

**BLUEBERRY INGREDIENTS**
Whole egg, organic cane sugar, wild blueberries, potato starch, sunflower oil, glycerine, whole grain rice flour, chicory inulin, cellulose fiber, baking powder, baking soda, emulsifier, sea salt, xanthan gum, natural vanilla bourbon flavor, citric acid.

**DOUBLE CHOCOLATE CHIP INGREDIENTS**
Whole egg, organic cane sugar, chocolate chips, sunflower oil, potato starch, cocoa, glycerine, whole grain rice flour, chicory inulin, cellulose fiber, baking powder, baking soda, emulsifier, chocolate flavor, salt, xanthan gum, natural vanilla bourbon flavor, instant coffee, citric acid.

Convenience Store Items

The convenience stores around campus stock a variety of allergen- and gluten-friendly products. Gluten-free items are labeled on their product information.

**POPULAR CONVENIENCE STORE ITEMS**
- Amy’s Frozen Meals
- Cheese sticks
- Fresh fruit
- Popcorn
- Glutenfreeda burritos
- Gluten-free cereal
- Gluten-free macaroni and cheese
- Gluten-free muffins
- Modern Oats (certified gluten-free oats)
- KIND Bars
- Kize Bars
- Nuts
- Peanut butter
- Pop Chips
- Pretzels
- Saffron Road meals
- Tasty Bites
- Yogurt

Other Gluten-Free Items

**Udi’s Gluten-Free Bun** | Available at Johnny Rockets in the Student Union  
**Sunbutter & Jelly Kit** | Available at Roots, Café Libro, Twenty Something and Union Express  
**Turkey Sandwich** | Available at Roots, Café Libro, Twenty Something and Union Express

Meet With Our Dietitian

Students with gluten intolerances, gluten sensitivities or other allergies can schedule a meeting with the dietitian or speak with a dining manager or chef of the specific location to consult about further options.

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