



THE MARKETPLACE

Student Activities Center - 1st Floor

Made-without-gluten bread and buns are available. Check the menu for possible options at each station.

Ask a supervisor to prepare your selection without gluten.

DAILY MENU

Visit louisville.edu/dining for daily menus.



THE VILLE GRILL

All Conscious Kitchen menu selections and items at Gluten Solutions corner are made-without-gluten. Made-without-gluten bread and buns available. A variety of menu items can be made-without-gluten. Ask a supervisor to prepare your menu selection without gluten.

DAILY MENU

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ABOUT THIS GUIDE

Our Campus Dietitian, Executive Chef, and the UofL Dining team work hard to make sure there are healthy, nutrient-dense options available for every lifestyle. If you have questions or concerns, please reach out to us.

This brochure serves as a guide to help identify some of the nutrient-dense made-without-gluten options available on campus. Due to the open-air nature of our kitchens, please be advised that products prepared in our kitchens may have come in contact with common food allergens, including gluten. Menu items are subject to change.

SCHEDULE YOUR APPOINTMENT

This guide was created by our Registered Dietitian and is meant to be a quick, easy way to find made-without-gluten options at our dining locations. If you need additional assistance, please contact our Registered Dietitian at: bit.ly/ULDietitian_booking

GUIDE UPDATED FALL 2023

FOR MORE INFO & COMPLETE MENUS, VISIT:
LOUISVILLE.EDU/DINING

CONNECT WITH US!



MADE WITHOUT GLUTEN

DINING GUIDE





CHICK FIL A

Student Activities Center - 1st Floor

BEVERAGES: All beverages, Milk, and Simply Orange Orange Juice

BREAKFAST: Bacon Slice, Sausage Patty, Hash Browns, Hash Brown Scramble Bowl (with Grilled Filet or Sausage), Greek Yogurt Parfait (without toppings)

LUNCH/DINNER: Grilled chicken (no bun or sub gluten free bun), Grilled Nuggets, Market Salad (without toppings), Cobb Salad and Spicy Southwest Salad (with Grilled Nuggets, Grilled Filet, or no chicken)

SIDES: Fruit Cup, Side Salad (without toppings), Waffle Potato Fries, Greek Yogurt Parfait (without toppings), Kale Crunch

DIPPING SAUCES/DRESSING: BBQ, Chick Fil A, Honey Mustard, Honey Roasted BBQ, Polynesian, and Zesty Buffalo Sauces; Avocado Lime Ranch, Creamy Salsa, Light Italian, Fat Free Honey Mustard, and Garden Herb Ranch Dressings, Light Balsamic and Zesty Apple Cider Vinaigrettes



EIFFEL PIZZA

Student Activities Center - 1st Floor

*Wings and all sauces are made-without-gluten. High risk for cross contamination with flour. Ask staff about preparation methods.



EINSTEIN BROS. BAGELS

Bingham Humanities Building

EGGS: Fresh Cracked Egg, Egg White, Fried Egg Patty

SIDES: Fruit Cup, Twice Baked Hashbrowns, Kettle Brand Kettle Chips

*All cream cheese shmears, spreads, cheeses, meats, sauces, vegetables, and drinks are made-without-gluten.



LUEBERRY

Student Recreation Center

*All smoothies are made-without-gluten. Bowls can be made-without-gluten by omitting granola. In-house, made-without-gluten granola is available upon request and if supply is available.



STARBUCKS

S.A.C. East, Ekstrom Library,
H.S.C. Campus Bookstore

BREAKFAST: Rolled & Steel-cut Oatmeal, Strawberry Overnight Grains, and all Egg Bites

PACKAGED: Avocado Spread, Justin's Organic Dark Chocolate Peanut Butter Cups, Squirrel Brand Fruit & Nut, Hippeas, Salt & Vinegar and Perfectly Salted Starbucks Kettle Potato Chips, Country Archer Original Beef Jerky and 100% Natural Turkey Jerky Hickory Smoke

BARs: That's It, This Bar Saves Lives, Marshmallow Dream, Kind, and Perfect Bar Refrigerated Protein Bars

*All drinks except those with caramel are made-without-gluten. Steam wands are shared between drinks and pose a risk for cross-contact. *The Berry Trio Parfait does not list wheat as an allergen, but contains barley malt syrup.



SUBWAY

Davidson Hall

MEATS: Bacon, Cold Cut Combo, Genoa Salami, Black Forest Ham, Italian BMT, Pepperoni, Roast Beef, Rotisserie Style Chicken, Spicy Italian, Steak, Tuna Salad, Oven Roasted Turkey Breast, Veggie Patty

CHEESES: American, Parmesan, Pepperjack, Provolone, Shredded Mozzarella, Swiss

CONDIMENTS & DRESSINGS: Buffalo Sauce, Honey Mustard Sauce, Light Mayonnaise, Mayonnaise, Yellow Mustard, Oil Blend, Red Wine Vinegar, BBQ Sauce

VEGETABLES: Banana Peppers, Black Olives, Cucumbers, Green Peppers, Jalapeno Pepper Slices, Lettuce, Onions, Pickles, Smashed Avocado, Spinach, Tomatoes

*The applesauce is made-without-gluten.



WENDY'S

Student Activities Center - 1st Floor

SALADS (WITHOUT CHICKEN): Apple Pecan Chicken Salad, Strawberry fields Chicken Salad, Taco Salad

SALAD DRESSINGS/TOPPINGS: Light Spicy Asian Chili, Pomegranate, and Italian Vinaigrettes; Lemon Garlic Caesar, Ranch, Light Ranch, Light Honey French, Thousand Island, and BBQ Ranch Dressings; Spicy Roasted Cashews, Roasted Pecans, and Sunflower Seeds

PROTEINS: Applewood Smoked Bacon, Hamburger Patty

SIDES: Chili, Apple Slices, Baked Potato, Sour Cream & Chives Potato, Bacon & Cheese Baked Potato, Garden Side Salad (no croutons)

CONDIMENTS: American Cheese, Cheddar Cheese Sauce, Asiago Cheese, Light Sour Cream, Mustard, Ketchup, Mayonnaise, Lettuce, Red Onion, Crinkle-Cut Pickles, Tomato, Smoky Honey Mustard Sauce, Hot Chili Seasoning, Ranch Sauce, Buttery Best Spread

DESSERTS: Chocolate and Vanilla Frosty

BEVERAGES: All Carbonated Soft Drinks, Teas, Milk, Lemonade, and Strawberry Lemonade

*Fries are cooked in same oil as other allergen containing foods.



PANDA EXPRESS

Student Activities Center - 1st Floor

White Steamed Rice; Sweet & Sour, Chili, Plum, and Hot Mustard Sauces are all made-without-gluten.



ZEN SUSHI

The Marketplace

*The Boba Milk Teas are made-without-gluten. The only gluten-containing ingredients are soy sauce and tempura. Ask the Manager, Chef Jon, to prepare you a made without gluten roll or poke bowl with specially designated gluten-free equipment.



DUTHIE DASH

Duthie Center for Engineering

LOUIE'S CORNER

Student Activities Center - 1st Floor



P.O.D. | GRAB & GO

Academic Building, Davidson Hall, UTA

FRESH: York Street Garden Salad and Gluten Free Sandwiches, True Fruit Cups, Cheesewich Salami & Colbyjack Sandwich, Oven Roasted Turkey Breast, and Oscar Mayer Bacon

DAIRY: Milk, Silk Almond Milk, Yoplait, Chobani Greek Yogurt and Flip Almond Coco Loco, String Cheese/Cheese Sticks, Cracker Barrel & Babybel Cheese, F'real Milkshakes (except Oreo); all shakes may come in contact with wheat from manufacturing and blending)

PACKAGED: All varieties of Lays, Doritos, Cheetos & Miss Vickies chips; Ruffles; Fritos; Veggie Straws; Boom Chicka Pop & Skinny Pop Popcorn, P3 Packs, Oh Snap! Products, Harvest Snaps, Apples & Cinnamon and Maple & Brown Sugar Quaker Instant Oatmeal, Honey Nut Cheerios, Rice Chex

BARs: Fit Crunch, Clif, Kind, Luna, Think!, RX, Power Bars, Quest, Met RX, and One

SPREADS & CONDIMENTS: JIF Peanut Butter, Nutella, Smuckers Jelly, Hershey's Syrup, Honey, Kraft Ranch & Mayo, Heinz Mustard & Ketchup, and Frank's Red Hot, Tostitos Salsa, Queso & Dips

CANDY: Snickers (all variations), Reese's Cups, Milky Way, 3 Musketeers, Mr. Goodbar, Hershey's Chocolate, Lifesaver Gummies, M&Ms, Swedish Fish, Jolly Ranchers, Butterfinger, Payday, Almond Joy, Awake Chocolate, Skittles, York, Black Forest Gummies, Welch's Fruit Snacks, Reese's Pieces, Hershey's Kisses, Starburst, Rice Krispies Treats

MICROWAVE MEALS: Idahoan Microwave Potatoes; Barilla Gluten Free Penne; Amy's Gluten-free Pad Thai, Rice, Mac & Cheese, Chinese Noodles & Veggies, and Cheddar Cheese Burrito