

WHAT IS “MADE WITHOUT GLUTEN”?

According to UofL 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. We rely on our vendors’ allergy warnings and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens is possible, we cannot guarantee that any food item will be completely free of allergens.

TIPS WHEN DINING ON CAMPUS

- Ask employees to wash hands and change gloves prior to making your order.
- Look on national brand websites for ingredients, nutrition, and allergen information.
- Look for the “Made without Gluten” label on our menu, purple utensils, and equipment.



For any nutrition questions or concerns.

Please contact UofL Dining at dining@louisville.edu

YOUR VOICE COUNTS!



Have feedback or questions?
Scan the QR code to share your thoughts.

CONNECT WITH US!

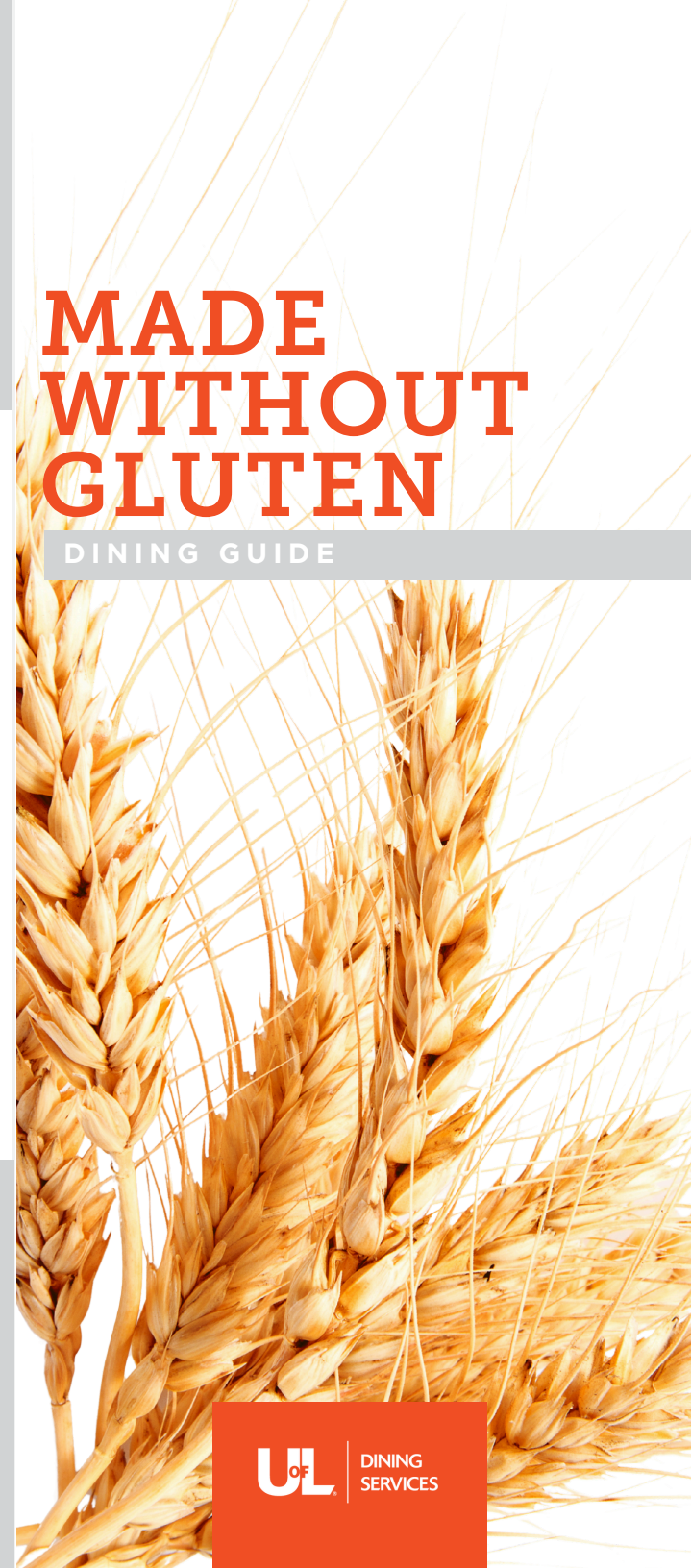


[@uofldining](https://www.instagram.com/uofldining)

GUIDE UPDATED SPRING 2026

MADE WITHOUT GLUTEN

DINING GUIDE



UL OF
DINING SERVICES

WHERE TO EAT ON CAMPUS

With over 20 locations the choices are endless to meet all of your made without gluten needs.

VILLE GRILL

DINING HALL

THE VILLE GRILL

The Ville Grill showcases modern menu concepts in an all-you-care-to-eat facility.



The Conscious Kitchen station is Ville Grill's allergen solution zone.

This station uses a separate kitchen to provide a full menu made without the top 9 allergens: wheat, eggs, milk, peanuts, tree nuts, fish, shellfish, soy, and sesame. Conscious Kitchen prioritizes avoiding cross contact between food items and service ware, which is why you will notice the purple coded equipment specifically only used in this venue.



The Gluten Solutions station offers a variety of made without gluten items, including Silk Milk, Made Without Gluten Cereal, & more.

RETAIL



SUBWAY

Student Activities Center

- Salads
- All meat, poultry, tuna, and eggs (except: Teriyaki Glazed Chicken Breast and Meatballs & Marinara)
- All cheese, condiments, dressings, and vegetables (except: Sweet Onion Teriyaki)



STARBUCKS

Student Activities Center, Ekstrom Library, Health Science Campus

- 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® (except cookie toppings)
- Chai Tea Latte/Iced Chai Tea Latte



CHICK FIL A

Student Activities Center, Health Science Campus

- Grilled Chicken Nuggets
- Grilled Market Salad
- Spicy Southwest Grilled Salad
- Waffle Potato Chips
- Fruit Cup
- Ice Dream Dessert Cup
- Frosted Lemonade

Certified gluten-free buns available upon request.



PANDA EXPRESS

Student Activities Center

- White Steamed Rice
- Chili Sauce
- Sauces in individual packets and those labeled "wheat-free"



EINSTEIN BROS. BAGELS

Student Activities Center

- Whipped Cream Cheese Shmear: Plain, Garden Veggie, Honey Almond, Jalapeno Salsa, Onion & Chive, and Strawberry
- Eggs
- Toppings and Spreads: Butter Blend, Hummus, Avocado, Peanut Butter, and PB&J

RETAIL



FRESHENS

The Marketplace

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

All smoothies are made without gluten.

RETAIL



DUTHIE DASH

Duthie Center for Engineering



LOUIE'S CORNER

Student Activities Center



P.O.D. MARKET

Academic Building, Davidson Hall, University Tower Apartments

Our convenience stores carry a variety of made without gluten options that may include but are not limited to:

- Fresh Fruit
- Grab-n-Go Snacks
- Grab-n-Go Salads
- Protein Snack Bars

Please visit the National Brands websites for the most updated information. *Like any food plan, this should only serve as a general guideline for adults. These suggestions 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 gluten nutrition.