

Surfing Through Dining: *Gluten-Free* Edition



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

Navigating The Commons

1

Look for Items Labeled “Made Without Gluten”

Food items made without gluten will have the “Made Without Gluten” icon next to the label

2

Check out the True Balance Station

This station is a dedicated space always free of gluten and the top nine allergens: (wheat, soy, milk, eggs, fish, shellfish, peanuts, tree nuts, and shellfish).

3

Use the Allergen Filter on the Online Menu

Use the allergen filter on the online menu to filter out food options prepared with gluten



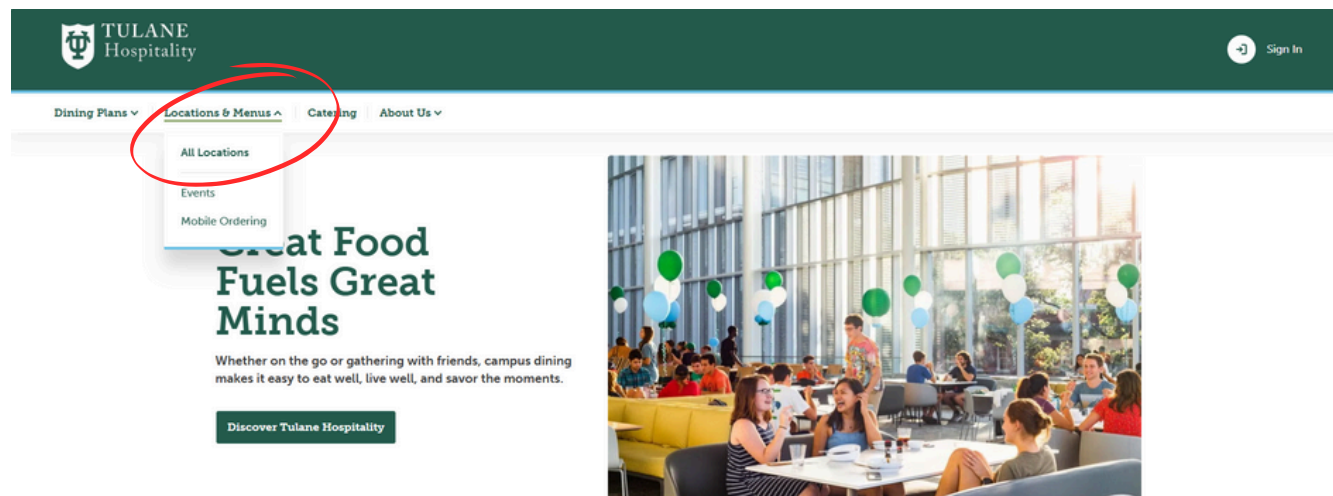
Utilize the Online Menu

1

go to tulane.mydininghub.com

2

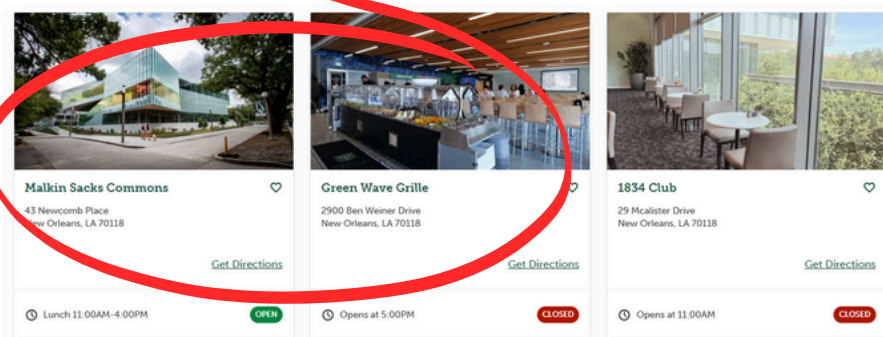
Click on “Locations and Menus” > “All Locations”



3

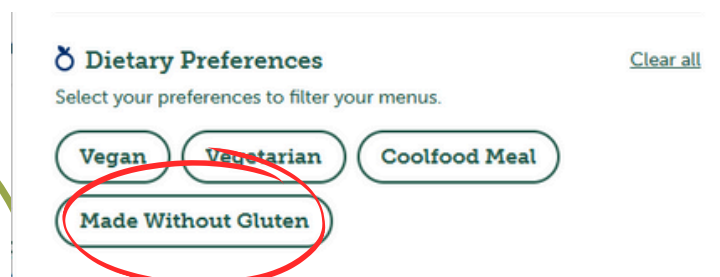
Click on your desired location

All Locations



4

Click on “My menu preferences” and chose “made without gluten”



Stress-Less Pantry

1

A Dedicated Space for Gluten-Free Products

This Pantry is designed for guests with a medical need for gluten free and allergen-friendly food options

2

Carefully Curated Options

Here you will find a wide variety of gluten-free options designed to supplement the dining hall offerings

3

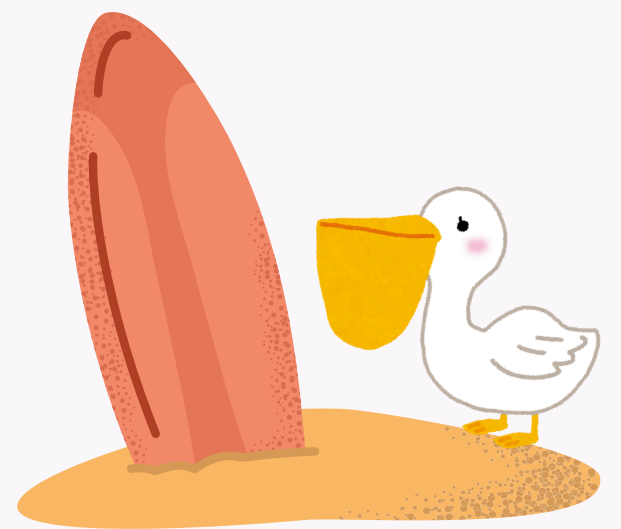
Includes Appliances

In the pantry, you will find a dedicated gluten-free microwave, pop up toaster, and toaster oven

[click here to apply](#)

The Surfing Pelican

- 1** Has a dedicated gluten free section with lots of GF snacks such as gluten-free Oreos and crackers!
- 2** Has lots of gluten-friendly grab and go options such as protein smoothies and premade snack packs!



Rimon

At Tulane Hillel

1

A menu that offers many items made without gluten

2

Has Gluten-free Bread and Pita substitution Options for Sandwiches and Sides

3

Lots of Gluten-free salad and smoothie options (such as the Superfood Salad and Berry Smoothie)

Wildflower

in the LBC

1

Get any of their amazing toasts (such as avocado and wildflower) on gluten free bread

2

Check out the bowls and salads for lots of gluten free options- just ask for it without the croutons and bread!

3

Lots of Smoothies that are gluten free as well, such as the Hullabaloo-berry and Staw-nana!



Tips for Reducing Cross-Contact

1

Ask the employees to change thier gloves and use new utensils

2

Apply for access to the stress less pantry if you need access to designated gluten free equipment

3

Items from self-serve stations can be offered from behind service line if requested

4

Take extra precautions at stations where cross-contact might occur - speak to an employee if you are sensitive to cross-contact

[click here to apply for access to stress less pantry.](#)

Other Advice

For Gluten free students

- 1** Double check labels and ingredients which are available at tulane.mydininghub.com
- 2** Schedule a meeting with our Dietitians to talk about additional options
- 3** If you require additional accommodations, make an appointment with the Goldman Center

[click here to make appointment](#)

Kaiten Zajac MS, RD, LDN

| Summer McNeill MS, RD, LDN



Meet the Dietitians



- Nutrition Consultations
- Cooking Classes
- Dining Hall Tours
- Dietary Preferences

Text Us: (504)-900-8656 Site: <https://tulane.mydininghub.com/> Instagram: @tulanehospitality

Other Gluten-Friendly Options

1

Shake Smart- Lots of good gluten-friendly shakes and yogurt bowl options- just order without the granola!

2

Halal Shack- gluten-friendly bowl options- Just make sure not to get the Gyro Beef!

3

Make a gluten-friendly sandwich at the "Social Deli" station in the Commons by getting gluten free bread from the Stress-less Pantry!