Gluten-Free Residential Options

This is a guide to managing a gluten-free diet at the U of M. Gluten is a protein found in all forms of wheat (including durum, semolina and spelt), rye, oats, barley and related grain hybrids such as triticale and kamut. Students with special dietary concerns are encouraged to ask servers to prepare dishes without sauces and in a clean pan if desired. Mix and match at different stations to get the most out of your residential restaurant.

Drinks

- Milk (excluding Chocolate)
- Smoothies
- Fruit Juices
- Tea
- Coffee
- Carbonated Soft Drinks (excluding Root Beer)

Sides

- Red Beans & Rice
- Steamed Vegetables
- Corn on the Cob
- Jamaican Rice
- Baked Potato
- Grilled Ham
- Hash browns
- Mashed Potatoes
- Creole Vegetables & Rice
- Stuffed Black Bean & Rice Peppers

Entrees

- Carved-Herb Roasted Turkey
- Baked Herb Chicken
- Carved Southwest Chicken
- Shrimp & Tomato Risotto
- Carved Cranberry Glazed Pork Roast
- Ham
- Pork Loin
- Vegan Jambalaya
- Eggs and omelets
- Bacon
- Turkey Sausage Links
- Garlic Pork with Green Beans
- Create-Your-Own Salad with Vinaigrette dressing, excluding crunchy toppings
- Expo Station – request made-to-order individual portion
- Carved Roast Beef
- Beef and Chicken Taco Meat
- Hard Shell Corn Tacos

Snacks

- Dannon Vanilla Yogurt
- Hummus
- Pears
- Apples
- Bananas
- Peaches
- Oranges
- Dried Fruit
- Carrots
- Celery
- Aged Cheese such as Cheddar or Swiss
- American Cheese
- Peanut Butter
- Popcorn
- Potato Chips
- Olives
- Pickles

University Dining Services
University of Minnesota
Driven to Discover℠
dining@umn.edu
http://www.umn.edu/dining

These values are based on standard recipe formulation. Minor acceptable variations can be expected due to product assembly, seasonal influences and regional suppliers. Menu items included in the brochure may or may not be offered in this location.