

GLUTEN-FREE FRIENDLY @ ARNOLD

This list is intended as a guide and does not represent the complete variety of options available in all locations. Menus are subject to change at any time without notice. Students are directed to utilize the posted menus and recipe tags physically present in the dining halls for the most accurate information. Further assistance may be provided by contacting the UHDS nutritionist, Bailey Taber, at bailey.taber@oregonstate.edu, or at 541-747-3915.

Global Fare - Breakfast & Rotating Dinner Specials

Global Fare offers a wide variety of rotating, gluten-free food options that will be available throughout each term. The available options can be seen on our website or in-person.

Breakfast

Entrees

- o Tofu Scramble

Sides

- o Scrambled Eggs

Nori Grill - Asian Rice Bowls & BYO Ramen Bowls

Asian Rice Bowls

Chicken Teriyaki Bowl

Beef Teriyaki Bowl

Fried Tofu Teriyaki Bowl

Spicy Korean Pork Bowl w/ Kimchi

BYO Ramen

Noodles

- o Rice Noodles

Broth

- o Shoyu Broth
- o Miso Broth

Protein

- o Tofu
- o Chicken Breast
- o Pork Belly

All Toppings are GFF

Sides

Togarashi Tots

The Grill - BYO Burgers & Fries

Bun

- o GF Hamburger Bun

Protein Options

- o Beef Patty
- o Grilled Chicken Breast
- o Lamb Patty
- o Bacon

All Cheese, Toppings, and Sauces are GFF

Fries (fried in a designated GFF/VGN fryer)

The Deli & Salad Bar - BYO Sandwiches, Salads, and Acai Bowls

The Arnold Dining Center deli and salad bar offers gluten-free bread options for sandwiches. The available sandwich toppings and salad bar offerings can be seen on our website or in-person.

GLUTEN-FREE FRIENDLY @ MCNARY

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East Side Eats - Breakfast & Stir Fry Bar

Breakfast

Entrees

- GF Waffle

Sides

- Bacon
- Chicken Sausage Link
- Pork Sausage Link
- Jasmine Rice
- Roasted Root Vegetables
- Scrambled Eggs

Grab & Go Options

Stir Fry

Base

- Jasmine Rice
- Brown Rice

Proteins

- Shrimp
- Tofu
- Asian Beef
- Garlic Herb Chicken

Sauce

- Sweet Teriyaki Sauce

Five-Four-One - Organic Grain Bowls, Pasta, Pizza, Soups & Salads

Grain Bowls

Signature Bowls

- Mary's Peak (quinoa, chickpeas, roasted beets, grilled kale, green onion, pumpkin seeds, cilantro, cranberries)
- Fitton Green (jasmine rice, tomato & corn salsa, black beans, avocado)
- Bellfountain (quinoa, daikon radish, carrots, green onion, cucumber, edamame, nori)
- Northwest (quinoa, chickpeas, roasted red pepper hummus, avocado, cherry tomatoes, red onion, cucumber, fresh mint)

Add-On Proteins

- Roasted Chicken Breast
- Baked Tofu

All Sauces, Dressings, and Curries are GFF

Pasta (can be made with extra veggies & protein in place of pasta)

Roasted Vegetables

Sauce Options

- Pomodoro Sauce
- Garlic Cream Sauce
- Hazelnut Pesto
- Olive Oil Blend

Proteins

- Roasted Chicken Breast
- Italian Sausage
- Shrimp
- Baked Tofu

Pizza

GFF Pizza Crust

All pizza toppings are GFF except for the vegan seitan protein

Calabaloo's - BYO Burger Grill

GFF Hamburger Bun

Protein Options

- Beef Hamburger Patty
- Chicken Breast
- Beyond Burger

All Cheeses, Veggies, and Sauce Options are GFF

GFF French Fries

GFF Chicken Strips

Calabaloo's has dedicated GFF fryers for fries & chicken strips

GLUTEN-FREE FRIENDLY @ MPW

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Ring of Fire - Asian Noodle Bowls

Noodles

- Rice Noodles

Broth

- Shoyu
- Vegetable Pho Broth

Proteins

- Marinated & Roasted Tofu
- Pork Belly
- Grilled Shoyu Chicken Thighs

All Bowl Toppings are GFF

Cooper's Creek - BYO Grain Bowls

Base

- Turmeric Quinoa
- Brown Rice
- Lentils
- Romaine Lettuce

Proteins

- Roasted Chicken
- Smoked Tofu

All Bowl Toppings are GFF

Sauces

- Creamy Cilantro Lime Dressing
- Creamy Chipotle Dressing
- Lemon Curry Dressing

Serrano Grill - Breakfast & BYO Burritos/Bowls

Breakfast

Entree

- Tofu Scramble

Sides

- Scrambled Eggs
- Bacon
- Pork Sausage Patty
- Chicken Sausage Link

Lunch/Dinner

Base

- GF Tortilla
- Cilantro Lime Rice
- Spanish Rice
- Proteins (rotating menu)
 - Chicken Tinga
 - Vegan Chorizo Crumbles
 - Carne Asada
 - Barbacoa
 - Pork Carnitas
 - Shrimp

All Burrito/Bowl Toppings are GFF

Clubhouse Deli - Breakfast, Weekend Brunch, BYO Sandwich Bar, & Salad Bar

Breakfast

BYO Oatmeal featuring GFF oats and your choice of toppings

Cereal

- GFF Cinnamon Granola
- Lucky Charms
- Honey Nut Cheerios

Variety of Fruit and Grab & Go options

Weekend Brunch

Waffle Bar

- GF Waffles
- Toppings: Maple Syrup, Strawberries, Chocolate Syrup, Whipped Topping

Bagel Bar (No GFF Bagels available @ Clubhouse Deli)

- Variety of house-made cream cheese spreads to pair with GFF bagels you can buy from EBGB's

Yogurt Parfaits

BYO Sandwich Bar

Bread

- GF White Bread
- GF 7 Grain Bread

All Proteins, Veggies, and Spreads are GFF

Salad Bar

All Toppings & Dressings are GFF (be aware of cross contact sensitivity)

Tomassito's Italian Café

*Can Order Pasta Bowls w/o Pasta & Substitute Extra Protein/Veggies

Sauce

- Pomodoro Sauce
- Garlic Cream Sauce

Proteins

- Italian Sausage
 - Grilled Chicken Breast
- Rotating Roasted Veggies
- Broccoli, Butternut Squash, Zucchini & Yellow Squash, Brussels Sprouts, Onions, Mushrooms

GLUTEN-FREE FRIENDLY @ MEMORIAL UNION

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Off the Quad - Breakfast & Lunch

Breakfast

- Acai Bowl (acai sorbet topped with GFF granola, banana, blackberries, pineapple, coconut flakes)
- Chocolate Chip Berry Jam Overnight Oats
- Peanut Butter Jelly Overnight Oats

Lunch

- House-Made Tomato Soup
- BYO Bowl (*all bases, proteins, and toppings are GFF*)
- BYO Wrap - Order with GFF tortilla (*all proteins & toppings are GFF*)

Sides

- Tortilla Chips & Choice of Salsa
- Cranberry Pecan Spinach Side Salad
- Hazelnut Romesco Side Salad
- Oven Roasted Potato Wedges w/ Ranch

North Porch - Asian Rice Bowls

BYO Rice Bowl

Base

- o Jasmine Rice
- o Brown Rice

Protein

- o Thai BBQ Chicken
- o Marinated & Roasted Tofu

Sauce

- o Yellow Curry Sauce

All toppings except for the fried wontons are GFF

Beverages

- Thai Iced Tea