



# EATING SAFELY ON CAMPUS WITH SPECIAL DIETARY NEEDS

We strive to provide a large selection of products for customers with special dietary needs. Despite making every precaution, we cannot guarantee that our items are free of trace amounts of peanuts, tree nuts, wheat, gluten, dairy, eggs, soy, shellfish, fish or other allergens.

## HOW TO ORDER IF YOU HAVE SPECIAL DIETARY NEEDS

*While potential allergens are used in all of our venues, it may be possible to compose a meal suitable for your needs.*

1. Always ask to speak to the chef or manager in charge.
2. Alert them to the fact that you have a food allergy or other special dietary need.
3. If you cannot tolerate any cross contact, be sure to let them know.
4. Ask if the food was cooked on a shared surface such as a griddle or fryer.
5. Ask if they are able to prepare a meal for you that is cooked with separate, sanitized utensils & pan.

## ADDITIONAL HELPFUL TIPS

### PEANUTS/TREE NUTS

- If you have a peanut or tree nut allergy, we strongly discourage you from eating at Nekter at Shop Café and Fertitta. Both venues carry many items that contain both ingredients.
- The safest eatery on campus for those with a peanut or tree nut allergy is Parkside Dining Hall because they do not use any nuts as ingredients.
- Peanuts are not used in the facility where Urban Masala Indian foods are produced. You may find these dishes at Tutor Café and Seeds Marketplace.

### GLUTEN

- Seeds Marketplace and Starbucks both have a variety of packaged, gluten free snacks. Seeds also carries salads and hot food that do not contain gluten as an ingredient.
- Verde is a good place to compose burrito bowls, tacos and salads that don't use gluten ingredients.
- Urban Masala Indian Cuisine at Tutor Café and Seeds does not use gluten in any of their entrees or lassi.
- Students registered with the Dietitian and the DSP office may eat from the Allergen Awareness Zone at Parkside Dining Hall and the Gluten Awareness Zone at Everybody's Kitchen.
- Tutor Café, Seeds, Law School, and Popovich can all custom make salads to order.

### DAIRY/EGGS/SOY/FISH/SHELLFISH & OTHER POTENTIAL ALLERGENS

- Parkside Restaurant has the only Allergen Awareness Zone on campus. This station does not use dairy, eggs, soy, fish, shellfish, wheat, gluten, peanuts, tree nuts or sesame.
- Lemonade, located on the 2nd floor of the Ronald Tutor Campus Center, and all Residential Dining venues label their food for allergens they may contain as ingredients.
- Tutor Café, Seeds, Law School, and Popovich can all custom make salads and sandwiches to order.

### VEGAN/VEGETARIAN

- All venues on campus have a variety of vegan and vegetarian meals and/or snacks.
- Many of our vegan/vegetarian students love the variety of options at Lemonade.
- While all Residential Dining venues have an array of vegan options, the USC Village Dining Hall has a station 100% dedicated to plant based cuisine.

*If you have questions about eating on campus with special dietary needs, please contact the  
USC Hospitality Registered Dietitian, Lindsey Pine at [lpine@usc.edu](mailto:lpine@usc.edu)*



# DINING IN THE RESIDENTIAL DINING HALLS WITH SPECIAL DIETARY NEEDS

We are happy to accommodate a wide variety of special dietary needs! It is encouraged that students get to know our managers, chefs & the dietitian so that they may accommodate your special dietary needs.

## MENU LABELING

Dishes prepared in Parkside, Everybody's Kitchen and USC Village Dining Hall are clearly labeled if they contain any of the eight major allergens as ingredients.

Knowing that many of our students abstain from pork products, dishes containing pork are marked as well.



## SUSTAINABILITY

We encourage students to cultivate an awareness regarding the food they consume. Please visit [hospitality.usc.edu/responsibility/](http://hospitality.usc.edu/responsibility/) to read about our green initiatives and food philosophy.

## ALLERGEN ZONES

We are proud to offer our "Allergen Awareness Zone" at Parkside Restaurant. This station does not use any products containing the top 8 allergens, gluten and sesame as ingredients. Everybody's Kitchen provides a small Gluten Awareness Zone containing gluten free packaged items. *Please contact the dietitian if you need access these stations. Medical documentation is required.*

To register for the Allergen Awareness Zone, Gluten Awareness Zone or any other special dietary accommodation, please visit [dsp.usc.edu/register/](http://dsp.usc.edu/register/) and create a profile. Print the "Special Dietary Needs" form and have your medical physician fill it out. Full instructions are on the form.

## NUTS AND PEANUTS

Parkside Restaurant is the only facility on campus that does not use any products containing peanuts and tree nuts as ingredients. Please note that ingredients may still be produced in a facility that handles tree nuts/peanuts. If you have a severe allergy, it is recommended that you register for the Allergen Awareness Zone.



## VEGAN & VEGETARIAN

Parkside, Everybody's Kitchen, and USC Village Dining Hall are all pleased to offer a large variety of vegan and vegetarian items. These items are labeled at the point of service and online.



## ONLINE MENUS

All menus are posted on our USC Hospitality website at <http://hospitality.usc.edu/residential-dining-menus/>. Items are marked if they are vegan, vegetarian, contain pork, the top 8 allergens, gluten, and sesame.

Our staff is here to help you! Please contact Lindsey, the Hospitality Dietitian, with any questions regarding special dietary needs at [Lpine@usc.edu](mailto:Lpine@usc.edu).

Also, be sure to visit the "Dietitian" page on the USC Hospitality website for additional information. <http://hospitality.usc.edu/dietitian/>

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