

SIUE Dining Services - Gluten-Free Options

Dining Services supports students who follow a gluten-free diet by providing clearly labeled menu options across campus. Gluten-free selections are available daily and identified to help students make informed dining decisions.

Our gluten-free offerings include a rotating variety of entrées and sides prepared using gluten-free ingredients. Menu items may include proteins, vegetables, rice-based dishes, and other naturally gluten-free options. As menus change, gluten-free items are marked with a gluten-free icon.

To support safe dining practices, SIUE Dining Services utilizes extensive allergen labeling across digital signage, physical signage, Nutrislice menus, and on food packaging. When necessary, staff use color-coded utensils and equipment to help avoid cross-contamination, change gloves between tasks, and thoroughly clean and sanitize all work areas prior to preparing gluten-free items. Team members also complete additional allergen awareness trainings and certifications to ensure best practices are followed.

Gluten-free choices are available throughout our dining venues, with many stations offering components that allow students to build meals aligned with their dietary needs or request modifications to make items gluten-free or gluten-sensitive.

Union Station and Chimega Mart offer a wide variety of sealed, certified gluten-free products for added convenience and assurance. In Center Court Grab n Go locations, students will find clearly labeled specialty gluten-free items, including snacks, salads, and prepared meals.

Several dining locations provide customizable options:

At Boss Burgers, guests may request a gluten-free bun, no bun, or a lettuce wrap.

At the Daily Deli, gluten-free bread is available, and staff will switch knives, cutting boards, and gloves prior to preparing sandwiches. For guests with severe gluten intolerance, warming sandwiches is not recommended due to the possibility of trace gluten particles in shared ovens.

Kamayan features gluten-free entrée options, as well as offerings at the Garden Patch.

At Chick-fil-A, guests may choose grilled items and request a gluten-free bun if desired.

Many items at Cocina are naturally gluten-free and rotate regularly.

While we take care in reviewing ingredients and preparation practices, students with celiac disease or severe gluten sensitivities are encouraged to communicate directly with dining staff. Questions or requests for support can be shared at suedining@siue.edu or with Executive Chef Drake at Dutech@siue.edu.

