



## PEANUTS & TREE-NUT ALLERGIES

# WHAT ADVICE DO WE HAVE FOR YOU?

### FOOD COURT AT REBER-THOMAS:

1. *Simple Servings*: a station serving lunch and dinner, 7 days per week; foods free of all common allergens except fish. You will have an entrée, a vegetable, and grain or starch. We also offer Sun Butter and a small salad bar at this station.
2. If cross contact is a concern in your situation, please avoid the breads and spreads station. If you'd like a bagel, English muffin, or bread, please ask a server to get an untouched package for you.
3. Use caution at our internationally inspired stations like **Global Fusion**.
4. If tree nuts or peanuts are a concern, please be cautious to consume any baked goods prepared on campus as the risk of cross contact exist in the on-campus bakery.
5. Please see the digital menu boards or food identifiers at each station before taking the dish. It will list the recipe title, nutritional breakdown, and list any of the top 8 allergens.

### RETAIL:

1. Please be aware of the high risk of cross contact in Auntie Anne's and Einstein's Bagels. If you have a severe tree nut allergy, it is recommended to avoid both locations.
2. Star Ginger's grill and pho bowls are safe for a customer with peanut and tree nut allergies. The broths and marinades do contain soy, fish, and wheat, however.
3. Use caution when ordering a drink or smoothie at a place that also offers a tree nut milk (almond or soy milk). Such places would be Natural!, Dunkin', Starbucks, and Argo Tea.
4. The pesto used at Woodfire contains pine nuts. If you see pesto offered anywhere else on campus as a special, please ask a server or staff for more information regarding food served in that location.
5. We sell homemade granola bars around campus (The Grid, Woodfire, Hilltop). A couple varieties include walnuts and other tree nuts, so please ask your server for more information.

All food supervisors, chefs, and managers on this campus have some formal training on identifying food allergens and how to avoid cross contact.

**\*This list is subject to change during the course of the school year. For the most accurate information, please speak with our dietitian.**