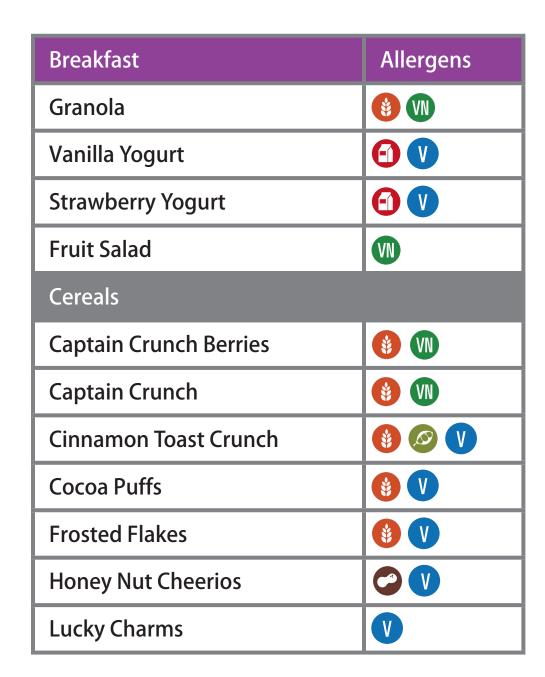
## CNutrition and CAllergen Information

## STANDARD MENU ITEMS



Milk & Ice Cream Bar	Allergens
Milk (Skim, Low Fat, Whole)	<b>(1)</b>
Chocolate Milk	
Soy Milk	
Chocolate Soy Milk	
Soft Serve Ice Cream	<b>(1)</b>
Ice Cream Cone	<b>(3) (2) (1)</b>
Chocolate Sprinkles	Ø W
Rainbow Sprinkles	
Oreos	(§ O VN
Chocolate Syrup	W
Strawberry Syrup	W
Butterscotch Syrup	<b>a</b> v
Cherries	W

Worry-Free Station	Allergens
Gluten-Free Granola	V
Rice Milk	VN
Gluten-Free Bread	
Gluten-Free Hamburger Bun	
Gluten-Free Hot Dog Bun	
Gluten-Free Bagels	00
Gluten-Free Blueberry Muffins	00
Rice Chex	V
Peanut Butter	OV
Jelly	
Cream Cheese	<b>(1)</b>
Butter	<b>(1)</b>

Look for these icons at your favorite NC State Dining locations to determine what ingredients or allergens may be present in your food.

**Gluten/Wheat** 

Dairy

Egg

Peanuts or Tree Nuts

Pork

Fish or Shellfish

Soy

V Vegetarian

VN Vegan

K-K TOTK	
Salad Bar	Allergens
Dressings	
Blue Cheese	
1000 Island	OV
French	V
Italian	W
FF Italian	W
Ranch	<b>900</b>
FF Ranch	<b>(1)</b>
Caesar	<b>90</b>
Balsamic Vinaigrette	Ø VN
FF Raspberry Vinaigrette	VN
FF Honey Mustard	000
Herb Vinaigrette	V
Toppings	
Bacon Bits	
Turkey Ham	none
Chicken Strips	none
Cheddar Cheese	<b>(1)</b>
Cottage Cheese	<b>(1)</b>
Feta Cheese	
Blue Cheese	
Hummus	
Wonton Strips	
Croutons	
Quinoa	

Deli Bar	Allergens
Ham	
Salami	
Turkey	none
Roast Beef	
American Cheese	<b>1 1 1</b>
Swiss Cheese	<del>O</del> V
White Bread	<b>O</b> V
Wheat Bread	(i) (i) (ii)
Neomonde Bread	
Chicken Salad	<b>900</b>
Tuna Salad	000
Pimento Cheese	000
Condiments	1
Honey Roasted Peanut Butter	OV
Sour Cream	<b>9 v</b>
Margarine	W Ø
Mustard	W
Mayonnaise	OV
Ketchup	W
Cocktail Sauce	( V
BBQ Sauce	<b>W</b>
Honey Mustard	<b>W</b>
Tartar Sauce	<b>80 V</b>
Boom Boom Sauce	<b>800</b>
Gluten Free Tamari	
Guacamole	VN

\*Options may vary between dining locations

Edamame

Disclaimer: NC State Dining makes effort to identify ingredients that may cause allergic reactions for those individuals with food allergies. Items marked gluten friendly are made with no gluten-containing ingredients. Effort is made to thoroughly train our food production staff on the severity of food allergies. Because of the number of meals served and the number of items used each day, along with food product changes from our food vendors, it cannot be guaranteed that every allergen in the food served will be identified and labeled. The possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice also exists. Customers concerned with food allergies must be aware of this risk. NC State Dining cannot assume any liability for adverse reactions to food consumed, or items one may come in contact with while eating at any NC State Dining facility or catered event. Students/Campers with life threatening food allergies who may need to use an EpiPen should be carrying their own. NC State Dining staff is NOT trained to administer EpiPens and CANNOT provide or administer them.