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STANDARD MENU ITEMS

Breakfast	Allergens
Granola	 
Vanilla Yogurt	 
Strawberry Yogurt	 
Fruit Salad	
Cereals	
Captain Crunch Berries	 
Captain Crunch	 
Cinnamon Toast Crunch	  
Cocoa Puffs	 
Frosted Flakes	 
Honey Nut Cheerios	 
Lucky Charms	

Milk & Ice Cream Bar	Allergens
Milk (Skim, Low Fat, Whole)	 
Chocolate Milk	 
Soy Milk	 
Chocolate Soy Milk	 
Soft Serve Ice Cream	 
Ice Cream Cone	  
Chocolate Sprinkles	 
Rainbow Sprinkles	 
Oreos	  
Chocolate Syrup	
Strawberry Syrup	
Butterscotch Syrup	 
Cherries	

Worry-Free Station	Allergens
Gluten-Free Granola	
Rice Milk	
Gluten-Free Bread	 
Gluten-Free Hamburger Bun	
Gluten-Free Hot Dog Bun	 
Gluten-Free Bagels	 
Gluten-Free Blueberry Muffins	 
Rice Chex	
Peanut Butter	 
Jelly	
Cream Cheese	 
Butter	 

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




















































Vegetarian



Vegan

Salad Bar	Allergens
Dressings	
Blue Cheese	    
1000 Island	 
French	
Italian	
FF Italian	
Ranch	  
FF Ranch	 
Caesar	  
Balsamic Vinaigrette	 
FF Raspberry Vinaigrette	
FF Honey Mustard	  
Herb Vinaigrette	
Toppings	
Bacon Bits	
Turkey Ham	none
Chicken Strips	none
Cheddar Cheese	 
Cottage Cheese	 
Feta Cheese	 
Blue Cheese	  
Hummus	 
Wonton Strips	 
Croutons	  
Quinoa	 
Edamame	 

Deli Bar	Allergens
Ham	
Salami	
Turkey	none
Roast Beef	 
American Cheese	 
Swiss Cheese	 
White Bread	  
Wheat Bread	  
Neomonde Bread	  
Chicken Salad	  
Tuna Salad	  
Pimento Cheese	  
Condiments	
Honey Roasted Peanut Butter	 
Sour Cream	 
Margarine	 
Mustard	
Mayonnaise	 
Ketchup	
Cocktail Sauce	 
BBQ Sauce	
Honey Mustard	
Tartar Sauce	  
Boom Boom Sauce	  
Gluten Free Tamari	 
Guacamole	

*Options may vary between dining locations

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.