

Managing Allergens & Special Diets

Step One:

Please self identify your allergen or dietary restrictions with Dining Services. The link to our survey is on our website:
www.loyola.edu/allergens

Step Two:

Once you complete the form, we will reach out to you with resources and information, or you can set up a meeting with our team to discuss and help you navigate your options.

Step Three:

Ask for a manager or supervisor in the location when inquiring about allergens in dishes or menu items. If you have questions or concerns, regarding policies, procedures, recipes, discrepancies, stock of items - please let us know. We are here to support you.
dining@loyola.edu

FOLLOW US!



@LOYOLA DINING



Download our FoodU app to view locations, menus, dietary information, and hours of operation

QUESTIONS OR CONCERNS?

Dining@loyola.edu
www.loyola.edu/dining

A background image of a variety of nuts, including almonds, walnuts, cashews, and hazelnuts, in shades of brown and tan.

*Nut
Allergy*

DINING GUIDE

Dining
LOYOLA

Look for these symbols on campus!



OUR SELECTION

IGGY'S MARKET

Iggy's Market occasionally offers nuts on the menu but all menu signs will be labeled with the peanut or tree nut symbol. If you have specific questions about dishes, just ask for a manager, chef or supervisor.

Breakfast - we offer peanut butter on the bagel station as self serve. Our granola does contain coconut.

Allergy Friendly Zone - this station is free of nuts and tree nuts. We have special equipment to prepare the dishes to prevent cross contact.

Dessert - All our desserts are prepared in the same area and on the same equipment that sometimes produces nut desserts. We offer Lucy's Cookies which are prepackaged and produced in a nut free facility.

Market - check the labels for the list of ingredients.

BOULDER GARDEN CAFE

Boulder Garden Cafe is our nut free facility except for a few exceptions which include coconut and some individually packaged options. See specifics below:

Breakfast - we offer peanut butter and nutella in individual packets to prevent cross-contact. Our granola does contain coconut.

Boulder Grille - we do have fried coconut shrimp on the grille one day and it will be labeled as so. If you have any questions about cross contact of fried food, ask for a manager, chef or supervisor.

Loyola Diner - we do use coconut milk in our curry recipe which is on our menu a few times. It will be labeled as so.

Allergy Friendly Zone - this station is free of nuts and tree nuts. We have special equipment to prepare the dishes to prevent cross contact.

Dessert - All our desserts are prepared in the same area and on the same equipment that sometimes produces nut desserts. Also, many of the ingredients used to make desserts are made in facilities that have nuts. We offer Lucy's Cookies which are prepackaged and produced in a nut free facility. They are on the Allergy Friendly rack by the milk in Boulder.

OTHER LOCATIONS ON CAMPUS

Boulder 2.0 - There are occasionally tree nut or peanut specials Hot Deli, and Sunny Side. These items are labeled with symbols and include the name of the nut in the menu title. Both the Chobani Bar and Trail Mix Bar contains nuts which are labeled. The Med. Salad Bar has almonds as a topping option, but no nuts in the composed salads or grains.

Flannery - there are no nuts in Flannery except some of the market items which have it labeled as a ingredient.

Fresh West - the trail mix bar does contain nuts which are labeled. Also, notify the server of your nut allergy and request allergen free equipment to get your smoothie. At Sunset, there are no nuts on the menu for dinner.

Green Peel - notify the server of your nut allergy and request allergen free equipment to get your smoothie. Also, the Acai blend is nut free. Our granola is Ginger Hemp from Michele's Granola which is nut free except for coconut.

Other - please reach out to us if you have specific questions about brands, recipes or procedures.