

Eating with Allergies on Campus

We take allergy concerns very seriously. We work with each food allergic student individually to guide them on how to best navigate dining on campus. This process starts with a meeting with our Campus Dietitian. Please connect with us using the contact information below so we can best assist you and your specific allergy concerns.

Contact Us

Still have questions or concerns? Our team is here to help you navigate eating on campus!

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A GUIDE TO EATING ON CAMPUS

DIETARY PREFERENCES, INTOLERANCES, & RESTRICTIONS



This guide is for guests who have non-allergy related dietary concern, preferences and restrictions. This guide is not meant for those who have severe allergic reactions to foods or for whom cross contact of food is a concern. If you'd like to speak with our Registered Dietitian or Food Service Managers, please reference the back of this brochure.



Vegan & Vegetarian



Raptor Dining Hall

- Vegan chicken patties, tenders, and vegetarian black bean burgers are available daily at Under the Hood.
- A vegetarian or vegan entree rotates at the Main Ingredient station at every meal period.
- Vegetarian sandwiches are available to order at Scarlet Bread Company.
- Our Greens & Grains station contains a variety of options to build a vegan or vegetarian salad.

Scarlet Food Court

- Vegan chicken patties, tenders, and vegetarian black bean burgers are available daily at Under the Hood.
- Pizza is available daily at Baba's Pizza.
- Vegetarian sandwiches & vegan salads are available to order at Scarlet Bread Company.

Third St Market

- At least one vegan and vegetarian grab-and-go option is available as a microwaveable meal, sandwich, snack, or salad.

Halal & Kosher

If you require Kosher meals, please reach out to our management team.

Raptor Dining Hall

Allofour beef, chicken (except all types of chicken patties & tenders), shellfish, fish and lamb products in Raptor Dining Hall are purchased from a certified halal vendor. You can find these halal meats at the following stations: Street Eats, Main Ingredient, Under the Hood, Scarlet Bread Company, Greens & Grains, Fama (pizza).

Scarlet Food Court

All of our beef, chicken (except all types of chicken patties & tenders), shellfish, fish and lamb products in Scarlet Food Court are purchased from a certified halal vendor. This includes our beef pepperoni, grilled chicken, beef sausage, beef hamburgers, steaks and shrimp.



Healthy Eating

- Plan in advance, visit our online menus at <https://rucamden.campusdish.com/>.
- When you get to the dining hall, do a loop to see all the options. Ask yourself: What looks good? What does my body need? What do I feel like eating?
- Try to include foods from all 5 food groups! As you observe the dining hall options during your walk through, acknowledge and observe what menu items we have from each food group. We have a variety at each meal, and they rotate daily.
- Hydrate – We need H2O for digestion, respiration, temperature regulation, joint lubrication, and all metabolic processes in the body! Water is optimal, but other hydrating beverages and foods include juice, tea, coffee, soup, and fresh fruits and vegetables.
- Keep fun foods in – When we place negative labels on foods, we desire them more. If you give yourself unconditional permission to eat any food you truly want, it is easier to include those foods in reasonable amounts and at times that make sense for your body.
- Feeling like something sweet? Consider evaluating all your sweet options including whole fruit, fruit juice, & sweet dessert options.

Gluten Sensitivity



Raptor Dining Hall

Introducing a brand-new station called "Stress Less Zone". This station contains no gluten, no peanuts and no tree nuts and features a dedicated gluten free toaster. In addition, it contains gluten free cereals, breads and desserts. We also feature plant-based milks like oat or soy. Our Under the Hood and Scarlet Bread Company stations carry gluten free breads for burgers & sandwiches.

Scarlet Food Court

- Cauliflower crust available upon request at Baba's Pizza.
- Gluten free buns available upon request at Under the Hood.
- Gluten free bread & wraps available upon request at Scarlet Bread Company.
- Bowls made at Food Lab can be made without gluten.

Third Street Market

Some of our grab-and-go items available daily do not contain gluten ingredients (please reach out to our dietitian and/or managers for details).

We rely on our vendors' allergy warnings and ingredient listings. Because ingredient substitutions, recipe revisions as well as cross-contact with allergens are possible we cannot guarantee any food item will be completely free of allergens or gluten.