

ALLERGEN-FRIENDLY DINING

BC Dining takes extensive precautions when preparing and serving food to ensure as little cross contamination with allergens as possible. The Plain and Simple dinner station at Lower Live, Carney, and Stuart is always free of gluten and the Top 9 Allergens. Additionally, using our online menu, students can use the allergen filter to check for Top 9 Allergen-free offerings, as well as mustard and sulfites.



Did You Know?

You can find many allergen free treats and baked goods in the gluten-free freezers!



- **Granola** is also nut-free, though it is made in a bakery that processes peanuts, tree nuts, and soy.
- **Non-dairy milk is available** at Lyons, Carney, Lower, Stuart, and Addie's and can be used to make lattes. **There is always a risk of cross-contact on the latte machine**
- Menu items containing nuts and shellfish are identified with signage in the dining halls in **red font** and on the online menu.
- BC Dining does not serve open containers of nuts or nut butter.

Contact Us

- Have any questions, comments, or concerns? Please email us at: BCDining@bc.edu
- Join our allergy e-list by clicking [here](#), or visit the Wellness tab on the BC Dining website.
- Find us on social media! [@bc_dining](#)



Make An Appointment

Christina Karalolos - MS, RD, LDN
 Administrative Dietitian
 BC Dining
 Email: christinakaralolos@bc.edu



Meal Accommodation Policy

Follow BC's Meal Accommodation Policy (which can be found [here](#), or by visiting the Wellness tab on the BD Dining website), which includes meeting with our dietitian and registering with the Disabilities Services Office. You can seek meal accommodations, such as receiving a brown-bag lunch for a BC-sponsored event, a personalized menu with meals made separately, or pre-ordering an allergen-free meal.

If you aren't sure what an item contains or have other questions, don't hesitate to ask a manager! Carry epinephrine if it is prescribed for treatment of an allergic reaction.

In the case of an allergic reaction, call BC Police at 2-4444 and administer epinephrine.