

Did you know?

When getting food in the dining hall, you can request servers to change their gloves to **prevent cross contact**

JUST ASK
A SERVER



ONLINE MENU

Using our online menu, students can use the allergen filter to check for gluten-friendly options, labeled:



BC DINING
FEED YOUR MIND.

“It is our mission to make healthy, delicious, and sustainable food for the BC community”

Make An Appointment



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

Contact Us

Email: BCDining@bc.edu

Find us on social media!
[@bc_dining](#)



BC DINING 



**EAT.
DRINK.
TALK.
THINK.**

Learn more about how you can navigate your dietary restrictions with BC Dining.

GLUTEN-FRIENDLY DINING

GLUTEN-FRIENDLY DINING



We use the term "gluten-friendly" instead of gluten-free

Gluten-friendly foods are **free from sources of gluten**, but may be manufactured or prepared in facilities where cross-contact with food products containing gluten may be possible.

The Plain and Simple dinner station at Lower Live, Carney, and Stuart is always free of gluten & the ...

Top 9 Allergens

We like to make this distinction for the sake of transparency and awareness.



MIX IT UP!



Explore the many different dining halls across campus to increase the variety of options!

GLUTEN-FRIENDLY DINING ON-CAMPUS

Lower, Carney, Stuart



Lower Live, McElroy, and Stuart have dedicated gluten-free freezers, toasters, and microwaves.

- Lyons also has a dedicated gluten-free refrigerator.
- You can find baked goods and treats such as brownies, cookies, bagels, and muffins in the gluten-free freezers as well as frozen prepared meals and GF nuggets.
- The gluten free refrigerators contain dinner and hamburger rolls to add to your dining meals to make it gluten-friendly.



- GF fried chicken options with Haley Janes during Hillside dinner hours. We utilize a dedicated Gluten Free Fryer at this location.
- All delis in Stuart, Lower Live, and McElroy can make GF sandwiches with the choice of white bread, wheat sliced bread or a wrap.
- Hillside Cafe can also make GF sandwiches at the dedicated gluten-free station.
- The Chestnut Hill Grill at Lower offers Gluten Friendly options each night at dinner.



Gluten-Friendly Emails

Each week, we send out **special emails** highlighting gluten-free menu options. In these emails you can also find ingredient information, product changes, culinary showcase menus, and information about our focus groups.

Focus groups are held once a semester where students have the opportunity to share their feedback with the senior dining leadership.

Sign up for our e-lists to stay updated with the latest information.



Some gluten-free Grab N' Go items include:

- ★ Chili Lime Tofu Plate
- ★ Edamame cups
- ★ Fiesta Bean salad
- ★ Hummus dips

ADDITIONALLY!

You can also find pre-made sandwiches and salads such as the **GF Whole Grain Turkey Sandwich** or the **Apple Walnut Harvest Salad**.