

GLUTEN-FRIENDLY DINING

We use the term "gluten-friendly" instead of gluten-free because 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. Additionally, Boston College Dining Services uses wheat and gluten-containing foods in meal preparation. At BC Dining, we like to make this distinction for the sake of transparency and awareness of the possibility of cross-contact.



The Plain and Simple dinner station at Lower Live, Carney, and Stuart is always free of gluten and the Top 9 Allergens.

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



Customizable salads, bowls, and entrées are typically a safe and delicious GF option!



Did You Know?

Eagle's Nest dining hall in McElroy offers gluten-free bread in the sandwich line—just ask a server!

Contact Us

- Have any questions, comments, or concerns? Please email us at: BCDining@bc.edu
- Join our GF 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

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BC Dining
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- Lower Live, Carney, and Stuart have **dedicated gluten-free freezers, toasters, and microwaves.**
 - You can find treats and baked goods in the gluten-free freezers.
- When making homemade foods, BC uses **GF soy sauce.**
- All **granola** offered on campus is gluten-free.
- Hillside offers **GF paninis**
- Some **GF grab n' go items** include:
 - Fresh fruit salad
 - Edamame
 - Premade sandwiches and salads, such as the Turkey & Swiss Sandwich or the Apple Walnut Salad
 - Yogurt
 - Hummus