

Gluten-Free Dining Guide



Worry-Free Zone

Located in the Food Hall @ Sadler, our “Worry-Free Zone” offers a number of prepackaged gluten-free products including:

- Bread products
- Snack items
- Desserts
- Cereals

This area also provides a toaster designated solely for items and products that are made without gluten. While there is no designated zone in Commons Dining Hall, prepackaged gluten-free products may be requested at the True Balance Station.



True Balance

At both dining halls, our True Balance station is dedicated to menus omitting the top 9 food allergens plus gluten. These foods are also prepared at this station to reduce risk of cross-contact, common in a shared kitchen. We continuously train our employees to reduce risk of cross contact through best practices of cleaning and sanitizing tools correctly and frequently changing gloves.



Other Available Options

We do our best to offer options made without gluten for every meal period outside of the True Balance station. At both facilities, we offer:

- Rice
- Quinoa
- Gluten-free deli meat
- Gluten-free bread and pasta (upon request)
- Gluten-free cereal
- Gluten-free salad dressings
- Gluten-free vegetable, chicken, and beef bases in all recipes



Cross Contact

As with most dining establishments that are not exclusively gluten-free, there is a possibility of cross-contact. Our kitchen equipment is used to prepare a variety of dishes, including those that contain gluten. While we take every precaution to minimize risk, we cannot guarantee complete elimination of cross-contact. However, what we can guarantee is that our team is trained and educated on best practices for food safety, including the implementation of corrective actions when necessary.

To reduce the risk of cross contact:

- Ask a dining employee to change their gloves, use new utensils or a fresh pan at made-to-order stations.
- Speak to a dining employee if you need access to allergy-friendly designated equipment.
- Take extra precautions at all stations where cross-contact may be more likely to occur, such as the bakery, salad bar, and grill.
- Take caution with deep-fried foods. Frying oil is reused; this can lead to cross-contact because food fried in oil releases some of its protein, which is then absorbed by other foods fried in the same oil.
- Take caution with bakery items. All of our bakery items are prepared on-site and have the potential to have come in contact with other ingredients in the kitchen



Available Resources

Our online menus are available on <https://williamandmary.campusdish.com/> and are updated daily for each meal period to ensure accuracy, so you can always check before you go. The website page also has an interactive allergen filter where you can set specific rules to find foods that meet your dietary needs and preferences. Look out for the “Made Without Gluten” icon on our website and digital TV signage. As a reminder, foods prepared without gluten containing ingredients may not be ‘gluten-free’ since recipes are prepared in open kitchens where cross-contact is possible. You can always reach out to an employee in a Golden Apron or utilize our texting service by texting ‘WMDINING’ to 78779 if you have any questions or concerns.

