

Dietary Restrictions & Eating on Campus



Dining Services

*Have eating restrictions?
Let a dining supervisor or
manager know!*

*We are more than happy
to help you find
options that fit your needs.*



**Don't be shy,
self-identify!**

LOOKING FOR HALAL OPTIONS?

We have a menu in Social House at TJ dedicated to providing options. Find out more by visiting dining.mst.edu under the wellness and dietary restriction tabs.



LOOK FOR THESE ICONS:

VG

VEGAN

V

VEGETARIAN

AG

AVOIDING
GLUTEN

PR

GOOD SOURCE
OF PROTEIN

CF

CLIMATE
FRIENDLY

**Where to
find these
icons:**

- Dine on Campus menu online or on the app
- The menu screens in Social House at TJ

delicious without

Delicious Without is a station in Social House at TJ that provides a safe space for all those with any allergies or dietary restrictions. This station follows the following principles:

1. Foods made without the nine major allergen containing ingredients or gluten
2. Emphasis on single-source ingredients to avoid hidden additives or seasonings
3. Full ingredient disclosure available for guests upon request
4. Trained station associates highly knowledgeable about food allergens and cross-contact prevention

HAVE CONCERNS OR JUST WANT TO LEARN MORE?
EMAIL JAMES PALEN AT JAMES.PALEN@COMPASS-USA.COM OUR CAMPUS EXECUTIVE CHEF AND ALLERGEN EXPERT FOR A GUIDED TOUR OR SIMPLY TO ASK ANY QUESTIONS.

573-341-7928

KNOW YOUR **FOOD**

FIND DETAILED NUTRITIONAL AND MENU INFORMATION ON DINE ON CAMPUS AND LOOK FOR THESE ICONS:

VG

VEGAN

V

VEGETARIAN

AG

AVOIDING GLUTEN

PR

GOOD SOURCE OF PROTEIN

CF

CLIMATE FRIENDLY

Healthy
EATING ON CAMPUS

MISSOURI
S&T | Dining Services

SCAN THE QR CODE TO SEE
MORE INFORMATION:

