

# 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](http://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 BRITTANIE KIRCHER AT  
[BRITTANIE.KIRCHER@COMPASS-USA.COM](mailto:BRITTANIE.KIRCHER@COMPASS-USA.COM) OUR  
DINING DIRECTOR AND ALLERGEN EXPERT FOR  
A GUIDED TOUR OR SIMPLY TO ASK ANY  
QUESTIONS.

573-341-6450

# 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:

