

Gluten-Free

Dining Guide

W&M Dining is committed to providing inclusive dining experience that meet the diverse needs of our student community. We're proud to offer a variety of **made-without-gluten (MWOGL)** options.

True Balance

At Commons Dining Hall and Marketplace, 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. We continuously train our employees to reduce risk of cross-contact through best practices of cleaning and sanitizing tools correctly and frequently changing gloves.

Stress-Less Zone

Located in Commons Dining Hall, our "**Stress-Less Zone**" offers a variety of **prepackaged gluten-free products**, including bread items, snacks, desserts, cereals, waffles, plant-based milk alternatives, and condiments. This area also features a **toaster** and **microwave** designated exclusively for gluten-free items to help reduce cross-contact.

Additional Options

Several of our retail locations offer expanded selections without gluten. Town Center Cold Pressed provides **gluten-free bagels** upon request, while at the Food Hall @ Sadler, guests can enjoy The Halal Shack's signature **Gluten-Free Bowl**, customize any taco or burrito from Vivi's Mexican Cuisine into a bowl, or choose from Giacamino's Italian Market's sandwich bowls and signature salads.



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Questions?

Connect with us!



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Cross-Contact

As with any dining facility that is not exclusively gluten-free, there is always a possibility of cross-contact. Our kitchen equipment is used to prepare a wide range of dishes, including those containing gluten. While we take extensive precautions to reduce this risk, **we cannot guarantee complete elimination of cross-contact.** What we can guarantee is that our team is thoroughly trained in food-safety best practices and follows strict procedures, including corrective actions when needed, to support guests with dietary restrictions.

To help reduce the risk of cross-contact:

- Ask a dining employee to change their gloves or use clean utensils or a fresh pan at made-to-order stations.
- Speak with a dining employee if you need access to allergy-friendly, designated equipment.
- Use extra caution at stations where cross-contact is more likely, such as the bakery, salad bar, and grill.
- Be mindful of deep-fried foods. Because frying oil is reused, proteins from gluten-containing items can transfer to other foods cooked in the same oil.
- Use caution with bakery items. All baked goods are prepared on-site and may have come into contact with gluten-containing ingredients during production.

Available Resources

Our online menus are updated daily at <https://williamandmary.mydininghub.com/en>, so you can always check what's being served before you arrive. The site also includes an interactive allergen filter that allows you to set specific dietary preferences and identify foods that meet your needs. Look for the **"Made Without Gluten" icon** on both the website and our digital TV signage.

Please keep in mind that items with MWOOG containing ingredients may still come into contact with gluten in our open kitchens. If you have any questions or concerns, you can always speak with an employee in a Golden Apron or use our text assist by sending **"WMDINING"** to **78779**.



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