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SDSUDINING.COM



SDSUJACKSDINING



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SEARCH JACKS' DINING

Check out the Healthy for Life touchscreen kiosk for Larson Commons nutritional information



ERBERT & GERBERTS

Vegetables
Turkey
Ham
Provolone cheese
Beef
Cheddar cheese

Sauces: Mayo

Example Order:

- Boney Billy: turkey, mayo, lettuce and tomato (on gluten free bread)
- Comet Morehouse: ham, provolone, mayo, lettuce and tomato (on gluten free bread)
- Jacob Bluefinger: provolone, avocado, mayo, lettuce and tomato (on gluten free bread)
- Cheddar Cheese and Broccoli Soup

JAVA CITY- WAGNER

Iced or Hot:
Cafe Mocha
Cafe White Mocha
Mayan Mocha
Cafe Latte
Caramel Macchiato
Java City Coffee
Hot Chocolate
Javalanche: mocha, white mocha, caramel, cocoa bean and mint

DAIRY BAR

Same as coffee drinks as Java City
All flavors of ice cream except for any variations of cookies and cream

dining options MADE WITHOUT GLUTEN INGREDIENTS



Jacks' Dining

Questions or Concerns?

Please Contact

sdsu.campusdining@sdstate.edu

The following list contains foods that are made without gluten containing ingredients. This is not the same as gluten-free. While the ingredients listed for these items may not include anything that contains gluten, we cannot guarantee that these items did not come into contact with gluten during production. Due to the nature of our locations and open kitchens, there is a risk with any prepared food that cross contamination may occur. Risk can be reduced if a guest makes the servers aware of gluten needs, but with any food prepared on-site risk cannot be completely eliminated.

CHICK-FIL-A

Chargrill Chicken Filet (no bun)
Grilled Market Salad
Fruit Cup
Waffle Fries

Sauces: Salad-Avocado Lime Ranch, Buttermilk Ranch, Zesty Apple Cider Vinaigrette, Light Italian, reduced fat Raspberry Vinaigrette

PANDA EXPRESS

White Steamed Rice
Brown Steamed Rice

Sauces: Sweet and Sour, Plum sauce, and Chili sauce

EXTREME PITA

Gyro	Mushroom
Steak	Bean Salad
Chicken	Black Olives
Bacon	Pickles
Turkey	Banana Peppers
Ham	Jalapeno Peppers
Broccoli	Pineapple
Shredded Carrots	Cucumber
Green Pepper	Tomato
Onion	Romaine Lettuce
Tuna	

Sauces: Tzaziki, Extreme Pita Sauce, Balsamic Vinaigrette, Light Mayo, Ranch, Spicy BBQ, and Chipotle Mayo

Pitas are not gluten-free
Ask to be made into a salad

Example Order:

-Grilled Chicken Salad: tomato, cucumber, mushroom, romaine lettuce and tzaziki sauce
-Philly Steak Salad: tomato, cucumber, mushroom, romaine lettuce, red onion, green pepper, mozzarella and extreme pita sauce
-Veggie Salad: tomato, onion, mushroom, romaine lettuce, cucumber, green pepper and balsamic vinaigrette

*Hummus is produced in factory that also uses dairy products

UNION COFFEE

Hot or Iced Coffee
Coffee w/milk
Hot Chocolate
White Hot Chocolate
All Espresso
Vanilla Latte
Caramel Latte
Mocha

WEARY WIL'S

Nutritional information coming soon.

EINSTEIN BROS. BAGELS

Hot or Iced:

Brewed Coffee
Espresso Single
Americano
Cafe Latte
Cappuccino
Cafe Mocha
Dark Chocolate Mocha
White Chocolate Mocha
Caramel Macchiato

Sugar Free Vanilla Latte
Vanilla Latte
Sugar Free Vanilla Hazelnut Latte
Vanilla Hazelnut Latte
Dark Hot Chocolate
White Hot Chocolate
Chai Tea Latte
Lemonade Blackberry
Orange Juice
Fruit Cup

GRILLE WORKS

-Double Cheese Burger: lettuce, tomato, pickle, onion, ketchup, mayo (on gluten free bun)
-Grilled Chicken Breast: lettuce, tomato, mayo (on gluten free bun)
-Malibu Veggie Burger: lettuce, tomato, cucumber and reduced fat raspberry vinaigrette (on gluten free bun)

CALIENTÉ

Pinto beans
Vegetables
Pico de gallo
Chicken
Nacho cheese
Monterey cheese
Cheddar cheese
Ground taco beef
Corn salsa
Sour cream

Example Order:

-Pork Tacos: pinto beans, lettuce, pico de gallo and cheese (on gluten free tortilla)
-Chicken Quesadilla: chicken, nacho cheese, monterey jack or cheddar cheese, pico de gallo and sour cream (on gluten free tortilla)
-Ground Beef Tacos: black beans, lettuce, black olives and cheese (on gluten free tortilla)
-Taco Salad (without the shell): ground taco beef, lettuce, black olives, guacamole, black bean, corn salsa, pico de gallo, and salsa
-Cheese Quesadilla: portobello mushroom, monterrey jack or cheddar cheese and a side of guacamole (on gluten free tortilla)

THESE & THOSE NOODLES

Vegetables
Sausage
Chicken
Gluten free noodles

Sauces: Marinara

Example Order:

-Chicken and marinara w/ broccoli, garlic, onion and peas (on gluten free noodles)
-Sausage and Marinara w/ black olives, mushroom and garlic (on gluten free noodles)
-Marinara w/ carrots, broccoli, garlic and onions (on gluten free noodles)
-Broccoli, carrots, garlic, onions, mushroom, sauteed in olive oil (on gluten free noodles)

WRAPS & MORE

Vegetables
Turkey
Cheddar cheese
Ham
Swiss cheese
Chicken breast
Provolone cheese
Gluten free bread
Gluten free wrap

Sauces: BBQ, Raspberry Vinaigrette, Mayo

Example Order:

-Ham and Swiss Sandwich: lettuce, pickles and mayo (on gluten free bread)
-Chicken Breast Wrap: cheddar, lettuce, tomato, BBQ sauce (on gluten free bread)
-Turkey and Provolone: lettuce, tomato, cucumber and reduced fat raspberry vinaigrette (on gluten free bread)

MORE DINING OPTIONS MADE WITHOUT GLUTEN INGREDIENTS CAN BE FOUND ON THE BACK