



Avoiding Gluten in the Dining Halls

True Balance is a station where our dining team prepares special selections from ingredients without most common food allergens. Here you'll find delicious dishes made without the top 8 most common food allergens - egg, milk, peanut, tree nuts, shellfish, sesame, soy and wheat - as well as gluten.

Within the Tempe campus, True Balance offerings are available at breakfast, lunch and dinner.

For additional information, please reach out to
SunDevilDining@asu.edu

BARRETT
DINING CENTER

**GORDON
COMMONS**

 **Hassayampa**



Manzanita
Dining

PITCHFORKS 

Citrus Dining Pavilion

*Verde Dining
Pavilion*

**TOOKER HOUSE
DINING**

Dining halls that feature True Balance:

Tempe – Tooker, Hassayampa, Manzanita, Pitchforks, Barrett dining halls

Downtown Phoenix – Gordon Commons

Polytechnic – Citrus Dining Pavilion

West – Verde Dining Pavilion

Hassayampa



Breakfast:

- Eggs
- Bacon
- Sausage
- True Balance
- MWOG bread/toaster
- Fruit
- MWOG waffle mix/maker

Brunch:

- Fruit
- Eggs
- MWOG pizza *(Upon Request)*
- Salad
- MWOG bread

Lunch:

- True Balance
- MWOG bread
- MWOG pizza *(Upon Request)*
- Fruit
- Salad

Dinner:

- True Balance
- MWOG bread
- MWOG pizza *(Upon Request)*
- Fruit
- Salad

Manzanita



Breakfast:

- Eggs
- Bacon
- MWOG bread

Brunch:

- Eggs
- MWOG options at Stir fry/Wok station
- MWOG bread
- MWOG buns at Grill
- MWOG Penne at Action Station

Lunch:

- MWOG bread
- MWOG options at Stir fry/Wok station
- MWOG buns at Grill
- MWOG Penne at Action Station

Dinner:

- MWOG bread
- MWOG options at Stir fry/Wok station
- MWOG buns at Grill
- MWOG Penne at Action Station

Barrett



Breakfast:

- MWOG bread
- Fruit
- Omelet
- Cream of rice

Brunch:

- MWOG bread
- MWOG pizza *(Upon Request)*
- Gelato
- MWOG tortilla
- Grill- MWOG Bun

Lunch:

- True Balance
- Fruit
- Stir fry options
gluten friendly soy sauce, Brown Rice, Sweet chili sauce, Garlic chili sauce, Rice stick noodles, MWOG Penne
- Salad options
- Sushi
(gluten friendly soy sauce upon request)
- MWOG bread
- Grilled chicken breast
(Upon Request)
- MWOG pizza *(Upon Request)*
- Gelato
- MWOG tortilla
- Grill- MWOG Bun

Dinner:

- True Balance
- MWOG bread
- Grilled chicken breast
(Upon Request)
- MWOG pizza *(Upon Request)*
- Gelato
- MWOG tortilla
- Grill- MWOG Bun

Tooker



Breakfast:

- MWOG bread
- Eggs
- True Balance
- Fresh fruit

Brunch:

- MWOG bread
- True Balance
- MWOG Pizza *(Upon Request)*
- Grilled burgers with MWOG bun
(Upon Request)
- Grilled chicken with or without MWOG bun
(Upon Request)
- Fresh fruit
- Salad options

Lunch:

- True Balance
- MWOG bread
- MWOG Pizza *(Upon Request)*
- Grilled burgers with MWOG bun
(Upon Request)
- Grilled chicken with or without MWOG bun
(Upon Request)
- Fresh fruit
- Salad options

Dinner:

- True Balance
- MWOG bread
- MWOG Pizza *(Upon Request)*
- Grilled burgers with MWOG bun
(Upon Request)
- Grilled chicken with or without MWOG bun
(Upon Request)
- Fresh fruit
- Salad options

Pitchforks



Breakfast:

- Eggs
- Bacon
- MWOG bread
- International: Omelet Bar & Eggs to order.
- Vegan Station – Inquire
- Breakfast Waffles: MWOG
- MWOG bread and tortillas
(Upon request)

Brunch:

- MWOG bread
- MWOG chips and tortillas
(Upon Request)
- Eggs
- Asian Station:
 1. Broths – Inquire
 2. Pho noodles
 3. Rice
 4. Protein entrées – Inquire
 5. Tamari gluten friendly soy sauce sauce daily.

Lunch:

- MWOG chips and tortillas
(Upon Request)
- International: MWOG hamburger buns I/W Tortelloni Pasta available per request.
- Vegan Station – Inquire
- Asian Station:
 1. Broths – Inquire
 2. Pho noodles
 3. Rice
 4. Protein entrées – Inquire
 5. Tamari gluten friendly soy sauce sauce daily.

Dinner:

- MWOG chips and tortillas
(Upon Request)
- MWOG bread
- Vegan Station – Inquire
- Asian Station:
 1. Broths – Inquire
 2. Pho noodles
 3. Rice
 4. Protein entrées – Inquire
 5. Tamari gluten friendly soy sauce sauce daily.



MWOG = Made w/o Gluten

*Due to ongoing supply chain disruptions requiring ingredient substitutions, allergen and ingredient information on menu boards, recipe cards, and website may not be current. If you or someone in your party has a food allergy, please contact a food service manager, chef or dietitian on site.