

# DINING WITH A FOOD ALLERGY

## Talk To Us

about any restrictions to your diet.

### PLANNING IS ESSENTIAL



Use the Bite app to plan what you'll eat at Riverview Cafe at the Hilltop Center. The app is free, and it's compatible with iPhones and Android devices. When viewing menus in the app, start with food you know is safe for you to eat. Then use the "menu controls" feature – the button in the top right corner – to highlight dishes with allergens, so you know what food to avoid. Finally, look for food you could eat with slight modifications to the recipe, such as baked fish without bread crumbs if you have a gluten intolerance. The app also lists nutritional information, enabling you to count calories and even upload food you consume to your Fitbit.

### TIMING IS EVERYTHING

Avoid eating at a dining location right before it closes, as food that's on the menu may have sold out and been replaced with another dish. The earlier you arrive at a dining location, the better the chances of finding something you can eat. View Blugold Dining's hours of operation: [tiny.cc/BlugoldDiningHours](http://tiny.cc/BlugoldDiningHours)

### COMMUNICATION IS KEY

Meet with Riverview Cafe Executive Chef Debbie Allen to create a plan outlining when you'll typically eat and where you'll typically eat on campus. Most students with the Platinum meal plan have breakfast at Riverview Cafe at the Hilltop Center, lunch at Marketplace at Davies Center (using their one block meal per weekday) and dinner at Riverview Cafe. But no two students are alike, with different class schedules, different extracurricular activities and different eating habits.

Riverview Cafe is equipped with back-of-the-house storage space that students with verified allergies – a doctor's note must be submitted to Blugold Dining at [dining@uwec.edu](mailto:dining@uwec.edu) – can access for gluten-free meals, and special meals are routinely prepared for other students with allergies. If you tell Chef Debbie what type of food you can and can't eat, she'll put a plan in place to meet your needs. And if you tell Chef Debbie when you'll usually be eating at Riverview Cafe, she can ensure food is available for you when you arrive, reducing your wait time. Don't be bashful about communicating with Chef Debbie!

### ALWAYS CARRY YOUR MEDICATION

Your parents are totally right about this! You're not likely to go anywhere on campus without your Blugold Card or your cell phone, right? Put just as much importance on your medication. Keep your medication with you at all times, and make a habit of checking it, so you know when to order a refill.

Where can I eat on campus? Turn to flip side 

I have a food allergy! Whom should I call?

Debbie Allen

Riverview Cafe

Executive Chef

715-836-2186

[allenda@uwec.edu](mailto:allenda@uwec.edu)



# RIVERVIEW CAFE, HILLTOP CENTER

**Riverview Grill:** Items made to order normally include milk, wheat, soy and gluten. No peanut or tree nut ingredients are used. If you have a gluten intolerance, bring your gluten-free bread or gluten-free roll to the grill and request that your burger or sandwich be prepared in a separate pan. If you're lactose intolerant, check the label on the bread and request that your burger or sandwich be prepared in a separate pan.

**West Avenue Deli:** No peanut or tree nut ingredients are used. If you have a gluten intolerance, bring your gluten-free bread or gluten-free roll to the deli and request that your sandwich fillings be taken from the backup supply. If you're lactose intolerant, check the label on the bread and request that your sandwich be prepared with meat from the backup supply.

**Pizza Fresca:** No peanut or tree nut ingredients are used. Gluten-free and milk-free pizza crust is available upon request. The pizza is prepared in a dedicated oven using a separate pan, and it takes 15 minutes to bake, so please plan ahead.

**Salad Bar:** Single-ingredient fruit and vegetables are housed at one end of the self-serve salad bar, away from composed salads, dressings and croutons to prevent contact with major allergens and gluten. No peanut or tree nut ingredients are used. If you're allergic to any items on the salad bar, Riverview Cafe staff can prepare a salad for you in an allergen-free environment.

**Desserts:** All desserts are prepared in an onsite bakery, in an environment that contains milk, eggs, wheat, soy, peanuts and tree nuts. Talk to Chef Debbie about which desserts are safe for you!

# MARKETPLACE, DAVIES CENTER

**Blu Flame Grill:** Items made to order normally include milk, wheat, soy and gluten. Gluten-free and milk-free buns and bread are available upon request. Grill chefs can prepare all food, except bacon, on separate equipment, with dedicated tools. They also can prepare some fryer items in a dedicated fryer.

**Erbert and Gerbert's Bistro:** Gluten-free and milk-free bread is available free of charge – it's normally \$1.99 – for students with gluten-free access cards; to request a card, please submit a doctor's note to Blugold Dining at [dining@uwec.edu](mailto:dining@uwec.edu). Five sandwiches – the Boney Billy, Comet Morehouse, Girf, Jacob Bluefinger and Narmer – can be prepared at a different station, with dedicated tools, using separate ingredients. All other sandwiches can be prepared on gluten-free and milk-free bread, however, the sandwich fillings contain gluten.

**D'Italia:** Gluten-free and milk-free pizza crust is available upon request. The pizza is prepared in a dedicated oven using a separate pan, and it takes 15 minutes to bake, so please plan ahead. Gluten-free noodles also are available upon request. Tell the grill chef you have an allergy, and your order will be prepared at a different station, with dedicated tools, using separate ingredients. The pasta bakes contain allergens, so avoid them.

**Mongolian Grill:** Gluten-free sauce is an option at the create-your-own stir fry station, and gluten-free noodles are available upon request. Tell the grill chef you have an allergy, and your order will be prepared at a different station, with dedicated tools, using separate ingredients. The premade entrees contain allergens, so avoid them.

**Salad bar:** The soup and salad bar contains milk, eggs, wheat, soy, fish, shellfish, peanuts and tree nuts. Premade salads, with ingredients listed on the packages, are available inside the Simply to Go cooler.

**Desserts:** All desserts are prepared in an onsite bakery, in an environment that contains milk, eggs, wheat, soy, peanuts and tree nuts. To find out which desserts are safe for you, please contact Lower Campus Supervisor Dan Raney at 715-836-2307 or [raneyd9173@uwec.edu](mailto:raneyd9173@uwec.edu).

## LOOK FOR THESE SYMBOLS ON OUR MENUS



**Gluten Free**



**Vegetarian**



**Mindful (Healthy option)**