

# Gluten-Free Friendly at NAIT

A list of gluten-free friendly food options on campus

## Centre for Applied Technology (CAT)

### One World:

- Tex Mex Burrito Bowl: chicken, beef, or veggie
- All Burgers, if asked for on a gluten-free bun
  - French Dip - ask for NO onion ring, as it contains gluten.
  - Alberta – ask for NO BBQ sauce.

### The Corner Store:

#### Breakfast:

- Classic Breakfast Bowl
- Mediterranean Breakfast Bowl
- Southwest Breakfast Bowl

All Rio Vida products



#### CRAVE features:

- Coconut Chicken & Lentil Curry with Quinoa
- Spicy Southwest Chicken Bowl
- Butter Chicken with Jasmine Rice – NO naan
- Mexicali Chicken Salad
- Lentil Kale Burger – ask for a GF bun
- Balsamic Steak au Poivre
- Sweet Thai Tofu Bowl
- Chicken and Shrimp Jambalaya

### Starbucks, Subway, Tim Hortons:

See “Franchises” section (pgs. 3-4)

## *What do we mean by “Gluten-Free-Friendly”?*

Food Services takes extra care to use foods that naturally do not contain any gluten. We trust that products obtained from suppliers labeled as gluten free do not contain any gluten; however, we must use the term “Gluten-Free-Friendly” (GFF) because cross-contamination is always a possibility in a food service facility. Therefore, we cannot guarantee that the product is 100% gluten free.

## Common Market (O building)

### Bodega/Kudos:

- Greek Salad

### Corner Grill:

#### Breakfast Sandwiches/Wraps:

– Ask for a GF bun:

- Breakfast Sandwich
- Breakfast Wrap
- Egger – ask for NO sausage
- 2 Egger – ask for NO sausage
- BCLT
- Value Breakfast

#### Breakfast:

- Breakfast Bowl
- Early Riser – ask for NO sausage and NO toast
- Sides: bacon, eggs, hash browns



*eat AT NAIT is proud to provide alternative choices to meet the needs of all our customers.*

Look for the 'Gluten-Free-Friendly' label on Grab 'n Go items!



**GF FRIENDLY**

#### Lunch

– Ask for a GF bun:

- All Day Breakfast Sandwich
- Triple Decker Club
- All Burgers

**Green & White Salad Bowl:** Salads change daily. Look for the GFF label on the green salad bowls.

#### The Blue Plate:

- GF buns available upon request.
- Soups – check daily

#### Starbucks

See “Franchises” section (pgs. 3-4)

#### Bytes (HP centre)

##### e.terra:

- Bibimbap – ask for beef or chicken to be grilled (does not come with these normally)
- Butter Chicken – NO naan
- Panang Chicken – NO naan
- Rice Box (beef, chicken, or deluxe veggie) – ask for GFF sauces
- GFF Sauces: Sriracha, Red Thai Curry, WINGS wheat-free soy sauce (individual packages)

#### Square Root:

##### Breakfast:

- Chocolate Quinoa Bowl

##### Lunch:

- Mediterranean Baked Sweet Potato
- Golden Lentil & Cauliflower Curry
- Buddha Bowl

#### Booster Juice and Tim Hortons:

See “Franchises” section (pgs. 3-4)

#### Fresh Express (U building)

- Please refer to items listed under Grab 'n Go. Selection may vary.
- Chef's Special – check daily.



## Embers (Y building)

- Please refer to items listed under Corner Grill and Grab 'n Go. Selection may vary.

## Patricia and Souch Campus

### PLATES, Elements:

- Please refer to items listed under Corner Grill and Grab 'n Go. Selection may vary.

## Grab 'n Go

### Salads:

- Hearty Chef's Salad
- Chef's Salad
- BBQ Chicken Salad
- Strawberry, Chicken & Spinach Salad
- Mediterranean Chickpea Salad

### Sandwiches: (on GF bun)

- Ham & Cheddar
- Egg Salad
- Tuna Salad

### Snacks:

- Garden Veggies and Dip
- Roasted Red Pepper Hummus & Veggies
- Market Fresh Fruit

## Franchises

### Booster Juice:

- All Smoothies EXCEPT Sonic Boom and Acai Energy Bowl
- All Juices
- GFF Boosters: Density, Boogle, Combo, Energy, Power, Warrior, Soy Protein, Chia Seed, Whey Protein, and Hemp

- Specialty Items: Matcha Shaker Shot, Lemon Shot, Ginger Shot

### Starbucks:

#### Drinks:

- All Starbucks drinks EXCEPT for Caramel Macchiato, Maple Macchiato, Hot Chocolate with Caramel, Caramel Frappuccino, and Caramel Cream Frappuccino

#### Food:

- Zesty Chicken & Black Bean Salad Bowl
- Hearty Veggie & Brown Rice Salad Bowl
- Chicken & Quinoa Protein Bowl
- Lentils & Vegetable Protein Bowl
- GF Marshmallow Dreamy Bar

**NOTE:** All Starbucks steamed milk drinks are prepared using the same steam wand, and all Starbucks Frappuccino's are prepared with the same blenders. Therefore, there is a high risk for cross-contamination.

### Subway:

- Salads: Chicken & Bacon Ranch, Cold Cut Combo, Black Forest Ham, Italian BMT, Roast Beef, Spicy Italian, Oven Roasted Chicken, Subway Club, Italian B.M.T., Steak & Cheese, Tuna, Turkey Breast, SubwayMelt, Veggie Delite
- All sauces
- All vegetables
- 6" gluten free bun available
- All Meat/Poultry/Eggs EXCEPT Teriyaki-Glazed Chicken Strips, Meatballs Marinara and Falafel

- Soups: Black Bean, French Onion (no cheese/croutons), Mediterranean, Spicy Chicken Tortilla, Tomato Basil

### Tim Hortons:

#### Drinks:

- All drinks EXCEPT Oreo Iced Cappuccino

#### Soups:

- Cream of Potato Leek
- Hearty Potato Bacon
- Turkey & Wild Rice
- Chili
- Creamy Sundried Tomato

#### Other:

- Garden Salad
- Hash Browns
- Individual: Egg Omelette, Bacon, Sausage, Seasoned Sliced Steak, Processed Cheese

#### Toppings

- All cream cheese spreads
- Butter and margarine

*All franchise information obtained from company websites. Please refer to these websites for more details or product information.*



### Contact Us!

Questions about gluten-free eating, or the food options available on campus? Feel free to contact NAIT's Registered Dietitian:

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