

Navigating Options



For those serious about limiting cross contact, **Simple Servings** is the place to go.

There is a made-to-order stir fry and rotating lunch/dinner offering. Be sure to also request access to **Simple Zone**, where we stock the pantry with gluten-free breads, snacks, and convenience foods.

Looking for gluten-free carbs?
Brown rice and white rice are always available in rice cookers at **UCook**.
Look for salads based with quinoa, amaranth, corn, or rice at **Ray's Salad Bar**.



Quick and easy gluten-free breakfast?
Create a high-protein yogurt parfait using Greek yogurt, flax seeds, peanut butter, banana, and a drizzle of honey.
Located at the **front of Ray**,
*near **Sips & Bliss**.*