

health wellness

meet the dietitian

Our Health & Wellness Manager, Registered Dietitian, Maddie Ring is available to aid guests with dietary allergies or preferences. Maddie is available to provide nutrition counseling and dining hall tours to familiarize guests with dining opportunities.

You can contact her via email at:
ring-madelyn@harvesttableculinary.com



nutrition

Healthy dining options are vital for overall wellbeing and health. The EU Dining team works closely to ensure a variety of nutrient-dense options are provided across campus everyday. In addition, dietary and allergen information is available through our website and digital boards at all times. Through the website, guests have access to nutrition labels that contain analyzed nutrition information and list the top 9 allergens present for each recipe. Guests can filter our menus for certain preferences and allergens through the dietary filter tab to ease navigating food options. In our restaurants guests can refer to the digital menu boards for allergen statements and iconography to indicate specific dietary preferences.

menu icons

Our website and digital menu boards utilize iconography to quickly convey menu information to make decision making easy for guests. Our icons displayed include vegetarian, vegan, made without gluten, Coolfood, organic, local and plant forward.

Flip the page to learn more!



allgood

Enjoy allergy friendly dishes from allgood, located in Lakeside Dining Hall. Allgood serves nutritionally balanced, scratch made, and chef curated dishes that are made without the top 9 allergens.

This station features crafted dishes and made to order options prepared with designated utensils and equipment. In addition, our associates serving you at this station have completed allergen safety training.

Allgood provides guests with the EU Dining experience through allergy friendly dishes.

menu transparency

Online interactive menus available at eudining.com are easily accessible from your computer or mobile device. View our daily menu offerings for all campus locations to help you plan out the week!

McEwen Food Hall
McEwen Dining Hall

SELECT YOUR ALLERGIES **DIETARY PREFERENCES KEY**

Egg Shellfish Vegan Coolfood

Soy Peanut Vegetarian Organic

Wheat Tree Nuts Local

Milk Sesame Made Without Gluten

Fish Plant Forward

Search titles and ingredients...

Found 224 results

X CLEAR FILTERS

McEwen Food Hall features a dynamic 'food hall' feel with each station h excitement—with responsibly sourced ingredients. The open-concept kit

Al Dente serves authentic, fresh, fresh pasta—the kind that's made in-hou specials, so you'll never know what's coming next (unless you look it up, breads—ask nicely and they might even decorate a cupcake especially fo staples while Sunrise Omelet Bar fries and folds custom omelets to-orde

Never a dull moment and always great food.

Diced Grilled Chicken
Diced roasted fresh chicken breasts and thighs

Amount Per Serving 3 oz

Calories 180

Calories from Fat 0

Total Fat	7 g	11%
Saturated Fat	2 g	10%
Trans Fat	0 g	0%
Cholesterol	125 mg	42%
Sodium	75 mg	3%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	0%
Protein	27 g	54%

Ingredients: BONELESS SKINLESS CHICKEN THIGHS, CHICKEN BREAST

Harvest Table Culinary Group relies on our vendors' allergy warnings and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens is possible, Harvest Table Culinary Group cannot guarantee that any food item will be completely free of allergens.

In-depth nutrition information

for each menu item, including a manufacturer-provided ingredient listing and allergen information. Click the menu item to access.

Dietary filters (circled at left) are available on all menus, to navigate the daily offerings based on your restrictions and/or preferences and easily access full ingredient listings for each item.

Allergen filters are available for all Top 9 Allergens. When selected, each menu item containing the chosen allergen will be automatically grayed-out for ease of searching dining options.

Dietary preferences, such as vegan, vegetarian, and made-without-gluten, are identified with icons on all digital platforms. When the preference filter is selected, all other options will be grayed-out.

Digital signage at each food station in in our residential dining locations highlights basic nutrition information and indicates whether any of the Top 9 Allergens are present in each recipe.

Dietary icons identify menu items that are suitable for a particular dietary preference.



Vegan menu items contain no animal products of any kind. No meat, fish, poultry, eggs, dairy products, honey, or gelatin.



Vegetarian menu items contain no meat, fish or poultry. May include eggs, dairy products, and honey.



Made Without Gluten menu items are made with ingredients that do not contain wheat or gluten. We have implemented processes and procedures to minimize the risk of cross-contact.



Local menu items are made and/or grown in North Carolina or within 150 miles of Elon University.



Organic menu items are USDA Certified Organic.



Plant Forward menu items are made in-state or within a 150 mile radius.



Coolfood meals have a low carbon footprint approved by the World Resource Institute.

The Burger Joint

BURGER JOINT

AMERICAN CHEESE
Contains: Soy, Milk

MADE WITHOUT GLUTEN HAMBURGER ROLL

GROUND BEEF PATTY

NINTH STREET BAKERY BRIOCHE BUN
Contains: Egg, Wheat, Milk

TURKEY BURGER

BBQ CHICKEN

PICKLED RED ONION

HUMANELY RAISED GRASS-FED BEEF
Joyce Farms Winston-Salem, NC

Vegan Vegetarian Local Organic Sustainable Seafood Made Without Gluten Plant Forward

2,000 calories a day is used for general dietary, but calorie needs vary. Visit eudining.com for more nutritional information.