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

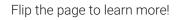
Our website and digital menu boards utilize iconography to quickly convey menu information to make decision making easy for guests. Our icons displayed include vegetarian, vegan, made without gluten, Coolfood, organic, local and plant forward.

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!

I DINING		Diced Grilled Chicken Diced roasted fresh chicken breasts and thighs	
McEwen Dining Hall	n Food Hall	Amount Per Serving 3 oz Calories 180 Calories from Fat 0	
Egg Shellfish	DIETARY PREFERENCES KEY	Total Fat 7 g	11%
Soy Peanut	🗆 🦁 Vegetarian 🛛 🔳 Organic	Saturated Fat 2 g Trans Fat 0 g	10%
🗆 Wheat 🛛 🗌 Tree Nuts	🗆 🧕 Local	Cholesterol 125 mg	42%
🗆 Milk 🛛 Sesame	🗆 🛞 Made Without Gluten	Sodium 75 mg Total Carbohydrate 0 g	3%
🗆 Fish	🗆 🝘 Plant Forward	Dietary Fiber 0 g	0%
Search titles and ingredients		Sugars 0 g	0%
Found 224 results		Protein 27 g	54%
X CLEAR FILTERS		Ingredients: BONELESS SKINLESS CHICKEN THIGHS, CH	ICKEN BREAST
McEwen Food Hall features a dynamic 'food hall' feel with each station h excitement—with responsibly sourced ingredients. The open-concept kitk 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, i breads—ask nicely and they might even decorate a cupcake especially fo staples while Sunrise Omelet Bar fries and folds custom omelet to corde		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.	
Never a dull moment and al	ways great food.		

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 grayedout for ease of searching dining options.

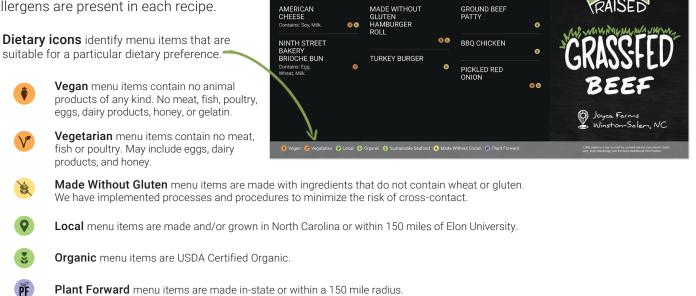
Dietary preferences, such as vegan, vegetarian, and made-without-gluten, are identified with icons on all digital platforms. When the preference filter is selected, all other options will be grayed-out.

The Burger Joint

BURGER JOINT

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.

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