

## MARKETPLACE GLUTEN-FREE (GF) GUIDE

This list is partial and will be a work in progress. Please forward your name to [jrun@oxy.edu](mailto:jrun@oxy.edu) if you would like to receive updates as the guide changes.

Please use this guide to help you with gluten free choices in the Marketplace. There are of course many other items which are safe for gluten free diets, but these are items that have been confirmed from their ingredients, and specialty items purchased-in specifically for gluten free dining. Underlined items are available, you just need to ask for them.

- **Salad Bar**

**YES**

All Fruits and Vegetables  
Shredded Cheeses  
Balsamic Vinaigrette  
Lemon Basil Vinaigrette

**NO**

Ranch Dressing  
Italian Dressing  
Fat Free Honey Dijon

- **Deli Station**

**YES**

Deli Turkey  
Smoked Turkey  
Roast Beef  
Ham  
Gluten Free Bread and Toaster  
Gluten Free Bagel

**NO**

Deli Chicken

- **Pasta Station**

**YES**

Gluten Free Pasta

- **Pizza Station**

**YES**

Gluten Free Pizza Crust \*  
(This can take a little longer, but worth the wait)

- **Bakery**

**YES**

Flan  
Vegan Brownie & Banana Bread  
Vegan White Choc. Cranberry Cookie

- **Specialty Stations**

**YES**

Tuesday Dinner Chicken Strip Station  
Monday & Wednesday Stir Fry to Order  
Wednesday Dinner Organic Potato Bar

- **Grill Station**

**YES**

Montreal Chicken  
Salmon  
French Fries  
Organic Top Sirloin  
Hamburgers/Hot Dogs (substitute the deli GF bread for a bun)  
Refried Beans  
Corn Tortillas

**NO**

Mashed Potatoes

- **Soups**

**YES** One GF Soup Lunch & Dinner M-F

- **Cereal**

**YES**

Erewon's Rice Twice (2 varieties)  
Cream of Rice Hot Cereal (occasionally)

- **Grab and Go Items**

**YES**

Think Thin Bars - Fruit Leather – Most Nu-Go Bars – Most Koyo Rice Cakes – Chobani Greek Yogurt – King Henry Trail Mixes & Nuts  
Lara Bars - Kozy Shack Rice Pudding  
Nana's Cookies - Apple Chips –Divine Chocolates – Organic Peanut Butter, Jam and Salsa –Dr. McDougall's Soups  
Mrs. May's Nut Crunches – Kettle Corn  
Pop Chips – Sensible Snacks Popcorn

- **Amy's Frozen Items**

**YES**

Garden Lasagna  
Mac & Soy Cheese  
Baked Ziti Bowl  
Shepherds Pie  
All Mexican Meals (Enchilada Meal and Sante Fe Bowls)  
All Indian Meals (Mattar Tofu and Paneer Tikka)

\* Item also available at the Tiger Cooler