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managing  
food allergies  
on campus

**HARVEST  
TABLE**  
CULINARY GROUP

UNIVERSITY OF  
**R** Redlands

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# our commitment

The Table understands the complexities of learning to navigate dining on campus with food allergies. We want to be your partner managing food allergies/food-related medical conditions by providing you with the tools and support necessary to dine safely on campus. Our Registered Dietitian and Executive Chef work together to craft specific allergen friendly recipes and menus full of flavor, without sacrificing convenience.

Health and wellness is fundamental. The Table recognizes that health and wellness is universal but may look different for each guest. We feel communication and transparency are essential for you to nourish well on campus. We have a comprehensive program that supports accurate ingredient and nutrition information listed for each menu item.

We rely 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.

“ We believe that wholesome nutrition is essential to health & wellbeing. That’s why we are committed to nourishing each and every guest by providing them with nutritionally balanced options that fit each and every need. ”

ANDREW COYLE, RDN  
HEALTH & WELLNESS MANAGER



# menu transparency

We provide you with the essential tools to make informed dining decisions.

**Online interactive menus** available at dining.redlands.edu are easily accessible from your computer or mobile device. You can view our daily menu offerings for all Redlands Dining campus locations to help you plan out the week!

**HARVEST TABLE** COLIARY GROUP | UNIVERSITY OF Redlands

LOCATIONS > The Table at Irvine Commons

## The Table at Irvine

Hunsaker University Center East

**SELECT YOUR ALLERGIES**

- Egg
- Soy
- Wheat
- Milk

**DIETARY PREFERENCES**

- Fish
- Shellfish
- Peanut
- Tree Nuts
- Vegan
- Vegetarian
- Smart Choice

Search titles and ingredients...

Found 235 results

X CLEAR FILTERS

**BREAKFAST (7AM-9:30AM)** | LUNCH

**THE GRILL**

Bulldog Breakfast Burrito | Bacon, Egg & Cheese

**SAUTE**

Click your toppings and style of Egg for a fresh made to order Omelet

### Cage-Free Egg

**Allergens**  
Egg

**Amount Per Serving** ½ cup

**Calories** 160

**Calories from Fat** 90

Total Fat	10 g	15%
Saturated Fat	3.5 g	18%
Trans Fat	0 g	0%
Cholesterol	420 mg	140%
Sodium	160 mg	7%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	0%
Protein	15 g	30%

**Ingredients:** Egg Liquid Whole Cage Free (Cage Free Whole Eggs, Citric Acid, 0.15% Water).

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## 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 to easily access full ingredient listings for each item.

**Allergen filters** are available for all Top 8 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 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. Can 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.

\*Refer to page 7.

### This statement is present on each nutrition label and throughout our dining locations:

All recipes on residential menus are analyzed for nutritional content and ingredient statements as provided by our vendors and manufacturers. We work hard to provide accurate menu transparency throughout dining locations by aligning our efforts as a culinary team with our vendors.

*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.*

If you have questions or concerns regarding menus, please contact the registered dietitian at [coyle-andrew@harvesttableculinary.com](mailto:coyle-andrew@harvesttableculinary.com).



# safety at the table

Community dining is an important part of social interaction and relationship building on campus. We understand that this style of dining can be stressful for students with food allergies, since you are relying upon others to prepare your foods safely, and upon your peers to take precautions in order to prevent cross-contact at self-service stations.

## **Steps we take to reduce your risk of an allergic reaction:**

- Requiring extensive and ongoing food allergy training for the entire dining team.
- Providing separate service utensils for each item and changing them frequently.
- Changing gloves and utensils between preparing recipes or different food items.
- Following recipes as written so as to not introduce any item that is not on the digital ingredient list.
- Performing frequent audits to ensure recipe adherence and assess production processes to prevent cross-contact.
- Continuously evaluating our processes and procedures to improve our operations.

## **Steps you can take to reduce your risk of an allergic reaction:**

- Communicate with your dining team! We love getting feedback on what is working well and areas for improvement. You are the expert in your food allergy or dietary restriction, and you might offer a suggestion that can benefit yourself and other students on campus.
- Take caution with self-serve stations and don't be afraid to speak up! Whether it's asking an employee to change their gloves, utensils, or to retrieve a fresh pan from the behind the line, we're here to make you feel safe while dining on campus.

Check online menus at [dining.redlands.edu/menu-hours](http://dining.redlands.edu/menu-hours) before dining to identify foods that best accommodate your needs.

If you have questions, email our Registered Dietitian, Andrew or ask to speak with the manager on duty.



## Be your best advocate.

- **We love feedback!** If you have questions or concerns regarding the ingredients in a particular food or if you notice something that is problematic for your allergy, please contact our Registered Dietitian or ask to speak with the manager on duty so that we can promptly address your concern.
- **Formulate a plan!** Take a few minutes to create an emergency care plan (see removable card on page 8). Consider educating a trusted peer regarding your allergy and care plan, in case of an emergency. If you have been prescribed a medication or an EpiPen, carry it with you at all times.
- **Know the numbers!** If you are exhibiting symptoms of a suspected allergic reaction, including anaphylaxis, call 911 or indicate to someone nearby to call for you. Be sure to follow your emergency care plan!
- **Follow up!** If you experience a suspected allergic reaction, first seek medical attention, then notify the Registered Dietitian or the dining management team as soon as possible so we can follow up.

# allergen specifics

## How we approach each of the Top 9 Allergens in our dining locations.



**Peanuts** and peanut products are used as ingredients in several of our recipes. Along with peanut butter and peanut toppings, guests with a peanut allergy are advised to take caution with other offerings such as bakery items and Asian dishes where peanuts may be included in sauces.



**Tree nuts** are also used in many of our dishes such as bakery and dessert items, and any menu items that contain coconut or coconut milk.



**Fish** entrees are an occasional menu offering, but other dishes may also contain fish sauce, Worcestershire sauce, curry paste, or Caesar dressing.



**Shellfish** as an ingredient is sometimes on the menu. Additionally, although not technically considered a shellfish allergen by the Food and Drug Administration (FDA), some dishes may contain mollusks such as clams, mussels, oysters, or scallops. Mollusks will be identified in the ingredient statements online, as provided by the vendor.



**Soy** and soybean oil are present in a large variety of products, most notably manufactured products and fryer oil. This item is flagged on digital platforms as provided by the vendor. Take note, the FDA exempts highly refined soybean oil from being labeled as an allergen.





**Milk** and milk-based products are used as ingredients in many menu items. Plant based milk options are readily available.



**Eggs** are another common allergen that can be present in offerings such as baked goods, desserts, and mayonnaise. You are encouraged to check the ingredient information of items you wish to eat on our digital media.



**Wheat** is a common grain found across campus locations in pasta and baked goods, but may also be present in certain salad dressings, sauces, soups, and casseroles. **Gluten** is the protein found in wheat, barley, rye, and sometimes oats. You can find made-without-gluten items easily using the dietary filter and designated icon.



**Sesame** seeds and tahini are common sesame ingredients. Sesame oil is not highly refined and therefore should also be avoided, if severely allergic.

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# allgood

**allgood** is designed as a comprehensive solution to accommodate for all top 9 food allergens. Think of this as a kitchen-within-a-kitchen with dedicated chefs, cooking ware, serving ware, and even oven mitts set apart for specific needs. allgood can be found in The Table @ Irvine Commons and is open for lunch and dinner 7 days a week. Menus can be found on the website as well as digital signage in our restaurant.

# our locations



**The Table @ Irvine Commons** is the main dining location on campus. With over nine different stations, the all-you-care-to-eat location features a variety of food and a menu that the chefs make daily. Whether its a grilled burger, a ice cream cone, or a salad featuring our house made dressing, The Table has a bit to offer everyone.

**Launch Kitchen** is a full kitchen that offers grilled sandwiches, burgers, wraps, salads, and will feature different restaurant concepts that will rotate every few months. Harvest Table's talented chefs have created menu concepts from all over the globe to bring authentic, local ingredients to our guests with the ability to personalize their meals. There are also convenience store items if you are just looking for something to grab and go, snacks or select dorm room essentials are all available to purchase with your meal plan declining dollars.



**The Den** is a coffee shop and café. The Den is the “must stop” for the campus community. This spot is a great place to gather and relax on campus. Serving up, hand-crafted beverages, featuring local Redlands Wild Goose Coffee Roasters and Summit Tea Company. Gourmet sandwiches, and salads from Redlands Olive Avenue Market, house-made breakfast sandwiches, burritos, pastries, poke, and featured drink of the month with a fun creative sticker. It's a cool place just to hang out, enjoy a meal or snack with your favorite drinks or a local adult beverage from Hangar24.

*For more information on locations, including hours and meal plans, visit [dining.redlands.edu](http://dining.redlands.edu).*



THE  
**TABLE**  
AT IRVINE COMMONS

**LAUNCH**

— A TEST & GUEST KITCHEN —

*the*  
**DEN**  
AT REDLANDS

# resources

## You have access to a team of experts that will ensure you have an enjoyable, safe dining experience on campus:

- **Registered Dietitian** – Set up an individual appointment with our campus Registered Dietitian (RD). The RD is here to provide evidence-based nutrition recommendations that will help you navigate dining on campus.
- **Executive Chef** – Our Executive Chef has years of training and experience working with individuals dietary restrictions and personal preferences. Do a quick meet and greet with Chef Robert Sevaly to ask questions and address concerns regarding food procurement, preparation, and service standards.
- **Culinary Team** – Our Registered Dietitian and Executive Chef will introduce you to location managers and sous chefs who can assist with day-to-day requests such as access to individually packaged foods to replace bulk items that have a higher likelihood of cross-contact (e.g., packets of cream cheese, jelly, or butter).
- **Campus Health Services** – Be sure to reach out to campus health services and notify them of your allergy. Review our policies and procedures with your physician and know how to properly use prescribed medications to treat an allergic reaction.
- **Campus Disability Services** – Alert disability services to your food allergy to begin discussions on how to navigate accommodation requests and additional resources while on campus.



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**PLACE  
PICTURE  
HERE**

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

Allergy to: \_\_\_\_\_

Weight: \_\_\_\_\_ lbs. Asthma:  **Yes (higher risk for a severe reaction)**  **No**








**NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRINE.**

**Extremely reactive to the following allergens:** \_\_\_\_\_

**THEREFORE:**

- If checked, give epinephrine immediately if the allergen was **LIKELY** eaten, for **ANY** symptoms.
- If checked, give epinephrine immediately if the allergen was **DEFINITELY** eaten, even if no symptoms are apparent.





**FOR ANY OF THE FOLLOWING:  
SEVERE SYMPTOMS**

 <b>LUNG</b> Shortness of breath, wheezing, repetitive cough	 <b>HEART</b> Pale or bluish skin, faintness, weak pulse, dizziness	 <b>THROAT</b> Tight or hoarse throat, trouble breathing or swallowing	 <b>MOUTH</b> Significant swelling of the tongue or lips
 <b>SKIN</b> Many hives over body, widespread redness	 <b>GUT</b> Repetitive vomiting, severe diarrhea	 <b>OTHER</b> Feeling something bad is about to happen, anxiety, confusion	<b>OR A COMBINATION</b> of symptoms from different body areas.

↓                      ↓                      ↓

1. **INJECT EPINEPHRINE IMMEDIATELY.**
2. **Call 911.** Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders arrive.
  - Consider giving additional medications following epinephrine:
    - » Antihistamine
    - » Inhaler (bronchodilator) if wheezing
  - Lay the person flat, raise legs and keep warm. If breathing is difficult or they are vomiting, let them sit up or lie on their side.
  - If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
  - Alert emergency contacts.
  - Transport patient to ER, even if symptoms resolve. Patient should remain in ER for at least 4 hours because symptoms may return.

**MILD SYMPTOMS**

 <b>NOSE</b> Itchy or runny nose, sneezing	 <b>MOUTH</b> Itchy mouth	 <b>SKIN</b> A few hives, mild itch	 <b>GUT</b> Mild nausea or discomfort
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**FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPINEPHRINE.**

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**FOR MILD SYMPTOMS FROM A SINGLE SYSTEM AREA, FOLLOW THE DIRECTIONS BELOW:**

1. Antihistamines may be given, if ordered by a healthcare provider.
2. Stay with the person; alert emergency contacts.
3. Watch closely for changes. If symptoms worsen, give epinephrine.

**MEDICATIONS/DOSES**

Epinephrine Brand or Generic: \_\_\_\_\_

Epinephrine Dose:  0.1 mg IM     0.15 mg IM     0.3 mg IM

Antihistamine Brand or Generic: \_\_\_\_\_

Antihistamine Dose: \_\_\_\_\_

Other (e.g., inhaler-bronchodilator if wheezing): \_\_\_\_\_

\_\_\_\_\_



# we're here to help!

If you have a severe food allergy, intolerance, celiac disease, or any other concern, please contact our registered dietitian for an individualized assessment of your dining options on campus.

Campus Registered Dietitian  
coyle-andrew@harvesttableculinary.com

Campus Emergency Contact  
911

In case of emergency, keep your completed care plan on you at all times, along with an Epi-pen if been prescribed one by your physician.

