

UNDERSTANDING ALLERGEN LABELING

THE TOP 8 ALLERGENS (and gluten)



EGG



FISH



MILK



PEANUTS



SHELLFISH



SOY



TREE NUTS



WHEAT



GLUTEN

These icons mark menu items that contain the corresponding allergen.

LABELED FOOD TRAITS



VEGETARIAN

Dishes labeled Vegetarian do not contain any meat, fish or poultry.



VEGAN

Dishes labeled Vegan use only plant-based ingredients that do not include any animal products.

Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. We attempt to provide nutrition and ingredient information that is as complete as possible.

NUTRITION RESOURCES

NETNUTRITION

Find complete ingredient lists and nutrition labels for every item and recipe served in Anderson Commons online. NetNutrition is accessible from any computer, smartphone or via the kiosk located in Anderson Commons.

Learn more online
ConcordiaCollege.edu/ds

REGISTERED DIETITIANS

Concordia College Dining Services has registered dietitians available for student nutrition counseling and special diet accommodations. To schedule an appointment email diningservices@cord.edu.

