**Have a food allergy or dietary restriction?** Dining Services staff is able to safely and reasonably guide and accommodate students and athletes.

Below are resources we have available to help you eat safely in our dining halls.

If you feel you will require resources or a level of safety beyond what is described below, make sure to indicate this on your Medical Authorization and Health History forms and you will be contacted by a Dining Services’ Dietitian.

If you do not hear from Jessie Curran, Dining Services’ Dietitian, at least one week prior to your arrival be sure to email jessie_curran@brown.edu

**MyMeal** is an online tool that can help you make smart, healthy choices in Brown dining units.

- Use it to view menus items and their entire ingredient list
- Use the screening tool to identify foods with common allergens

**Cafe Bon Appetit** is our online menu. The descriptions given on Cafe Bon Appetit are restaurant style; they provide a description of the meal, but not all details of ingredients. If you need to know all ingredients in a meal, MyMeal is where you will find that information.

Items that are made without gluten containing ingredients are designated on posted menus and online with this icon:

*Important information about this icon: Menu options prepared without gluten-containing ingredients are labeled, however, due to our open kitchens that handle gluten, we cannot guarantee items are "gluten-free", as defined by the FDA. We make every effort to avoid gluten cross-contact, however there is always a potential this could occur particularly in self-serve areas. You need to assess your level of comfort before making any food selections.*

Vegan options are designated on posted menus and online with this icon:

Vegetarian options are designated on posted menus and online with this icon:

Halal entrees are designated on posted menus and online with this icon:

*All our fresh chicken products in all dining locations are now Halal. Halal grilled chicken is offered at the Sharpe Refectory (the “Ratty”) and Verney-Woolley (“V-dub”) daily. Breaded chicken items, like chicken tenders, are not Halal at this time.*
Food Allergy Disclaimer
Brown Dining Services makes every effort to accommodate the various dietary requirements of our customers and handles food allergies seriously. Every effort is made to instruct our staff regarding the potential severity of food allergies. Brown Dining Services staff consults individually with students with food allergies to minimize allergic reactions. Please be advised that our menu items may contain allergens, may have come in contact with items containing allergens, and there is always a risk of contamination or cross contact. In addition, the potential does exist, that food manufacturers may change their formulation or manner of processing without our knowledge. We do not guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Customers with concerns need to be aware of these risks. Brown Dining Services will assume no liability for any adverse reactions that may occur in the dining facilities.