

Dining in the Residential Dining Halls with Special Dietary Needs

We are happy to accommodate a wide variety of special dietary needs! It is encouraged that students get to know our managers, chefs & dietitian so that they may accommodate your special dietary needs.

Menu Labeling

Dishes prepared in Parkside, Everybody's Kitchen and Café 84 are clearly labeled if they contain any of the eight major allergens as ingredients.

Knowing that many of our students abstain from pork products, dishes containing pork are marked as well.



Sustainability

We encourage students to cultivate an awareness regarding the food they consume. To better educate our customers, we display sustainability information regarding our LSO Program (Local, Sustainable, and/or Organic) within the dining halls. We consider "local" to be within 250 miles of USC.



Allergen Zones

We are proud to offer our "Allergen Awareness Zone" at Parkside Restaurant. This area remains free of ingredients containing all of the top 8 allergens, plus gluten and sesame, at all times. Everybody's Kitchen provides a small Gluten Awareness Zone containing gluten free packaged items. **Please contact the dietitian if you need access to this station. Medical documentation is required.**

To register for the Allergen Awareness Zone, Gluten Awareness Zone or any other special dietary accommodation, please visit <https://dsp.usc.edu/register/> and create a profile. Print the "Special Dietary Needs" form and have your medical physician fill it out. Full instructions are on the form.

Nuts and Peanuts

Parkside Restaurant is the only facility on campus that does not use any products containing peanuts and tree nuts as an ingredient. Please note that ingredients may still be produced in a facility that handles tree nuts/peanuts. If you have a severe allergy, it is recommended that you register for the Allergen Awareness Zone.

Kosher

Seeds Marketplace and Coffee Bean & Tea Leaf at the Ronald Tutor Campus Center offers a variety of Kosher items available for purchase with cash, credit card, discretionary or dining dollars.

Vegan & Vegetarian

Parkside, Everybody's Kitchen, and Café 84 are all pleased to offer a large variety of vegan and vegetarian items. These items are labeled at the point of service.



Online Menus

All menus are posted on our USC Hospitality website at <http://hospitality.usc.edu/residential-dining-menus/>. Items are marked if they are vegan, vegetarian, or contain pork.

Menus can also be found on a free app called EATS, available for download from the Apple App store.

Our staff is here to help you! Please contact Lindsey, the Hospitality Dietitian, with any questions regarding special dietary needs. Lpine@usc.edu

Also, be sure to visit the "Dietitian" page on the USC Hospitality website for additional information. <http://hospitality.usc.edu/dietitian/>

We strive to provide a large selection of products for customers with special dietary needs. Despite taking every precaution, we cannot guarantee that our items are free of trace amounts of peanuts, tree nuts, wheat, gluten, dairy, eggs, soy, fish, shellfish, or other allergens.