

Hospitality Services Gluten-Free Options

East Meets West Bistro – Mary Keyes Residence Building

- Pad Thai. Vegetable /Shrimp/Chicken
- Singapore Noodles
- Fried Rice > Special / Veg / Chicken
- Teriyaki chicken
- Mongolian Beef
- Hot & Sour Soup
- Fussili – Primavera
- Penne – Custom
- Hamburger & Hamburger Bun (5 Styles)
- Fresh Cut Valley Grow Fries
- Chicken Wings
- Tomato Soup
- Cobb Salad
- Kale Crunch salad
- Queen of Greens Salad
- Garden Salad. lemon dressing
- Butter Chicken. Basmati (omit Naan Bread)
- Rostisserie Chicken, Vegetable. Potato
- Omega Salmon Filet. Grilled Vegetable, Potato
- Graduate steak, Grilled Vegetable, Potato

My Mini Mac – Mary Keyes Residence Building

We serve the following 'Indulgables' Brand gluten-free items:

- Muffins
- Cookies
- Biscotti
- Brownies
- Truffle Cups

Bridges Café – Refectory Building

- Pasta Bar or Stir Fry Bar with choice of rice/noodles 4 gluten free sauces
- Bridges Salad
- Quinoa Salad
- Greek Salad
- Bruschetta & Feta on Rice Bread
- Daily soups (at least 1 gluten free daily)
- Chili on Rice bread & Roasted Portobello Mushroom Sandwich with feta, balsamic red onion, roasted red pepper and feta on rice bread.
- Chili on Corn Chips
- Every Friday curry and rice special are gluten free.
- Roti Filling on Brown rice.
- Hummus with Nacho chips
- Other items that can be made gluten free upon request

La Piazza – McMaster University Student Centre

- Hammertown Deli - Gluten Free bun option, Roast Beef, Turkey and Ham sliced meats are gluten free
- Continental Drift - Rice and Noodle option - Tomato Sauce
- Global Delight - Butter Chicken Meal including Chana Masala and Basmati Rice; Fresh Roasted Chicken with potato sides and vegetable offerings
- Creation X - We offer a gluten free bun - This will allow for a few of our offerings to be gluten free such as Herb and Halal chicken on a bun, Canadian Bacon Egg and Cheddar Melt, BLT, Souvlaki or Steak on a bun
- Salad bar has a large amount of gluten free options
- Dessert/Snack – ‘Indulgables’ Brand offerings and Kind bars

Centro – Commons Building

- Food Nations - gluten free pizza crust
- Sammich Deli - Gluten free bread, wrap and bun available. Turkey, ham and Chicken strips Gluten free.
- Pas Noodle - Rice and Corn pasta available. Pesto and tomato sauces.
- Centre Stage – Chicken Caesar Wrap, Crunchy Chicken Tortilla Chicken Breast, Nachos Royale
- Salad Bar

Bymac – David Braley Athletic Centre

- Kinds Bars
- Rhythm Kale chips
- Martins Apple chips
- Garden Veggie straws
- Special K Nourish bar
- Daryls Hi energy bars

Williams Café – McMaster Hospital

- offers rice boxes – long grain rice, beans, corn, chicken or vegetarian
- ‘Indulgables’ Brand offerings including Muffins, biscotti and brownies.

Bistro @ DSB – DeGroot School of Business

- ‘Indulgables’ Brand offerings including Muffins, biscotti and brownies.

E-Café – Engineering Technology Building

- ‘Indulgables’ Brand offerings including Muffins, biscotti and brownies.

IAHS Café – Mohawk Health Science Building

- offers rice noodles at pasta station.

Cafe One - MDCL Building

- Daryls Hi energy bars
- Kinds Bars