

DIETARY RESTRICTIONS

Nutritional Information

McMaster University Hospitality Services provides students and other customers with nutritional information about meals served in the dining units on campus. Visit our nutrition page for more information at <https://maceats.mcmaster.ca/menu-locations>.

If you have a serious dietary restriction, allergy or medical condition, we strongly suggest you contact our office or call to set up a meeting with our registered dietitian.

Dietary Restrictions

McMaster University Hospitality Services will work with students who have dietary restrictions that cause serious illness (ex. Celiac disease, anaphylactic allergies) or religious restrictions. Please contact our office before purchasing a meal plan to confirm that your needs can be met. Vegan, vegetarian, and gluten-friendly options are offered daily across campus.

Gluten Friendly, Halal, Vegetarian, and Vegan Options

At McMaster we have a diverse student population. When preparing our menus, we take into account our diversity and offer many choices across campus. Gluten friendly options, vegan or vegetarian meals, and halal options are offered in our dining establishments on a regular basis. These options are posted on our menu boards and are denoted with symbols.

Allergy Food Disclaimer

McMaster University Hospitality Services makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies and instruct our food production staff on the severity of food allergies. We make every effort to prevent cross-contamination and communicate information about allergens to customers. We review ingredient information and priority allergens are identified based on ingredients only. While we work hard to prevent cross-contamination, there is always a risk in a large food service facility. Please be advised that manufacturers of the commercial foods we use may potentially change the formulation or substitute at any time, without notice. Customers concerned with food allergies need to be aware of this risk and make their concerns known to our staff. For assistance please contact our office.

Dietitian's Contact Information

Liana Bontempo
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Commons Building 116

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Ext. 23072
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Mon.- Fri.: 8:30 am – 4:30 pm