HALAL DINING AT OU

QUESTIONS OR CONCERNS? Contact Dot Flowers, OU Ingredient Specialist, at (405) 325-1599 or email at dflowers@ou.edu.

FOOD ALLERGIC INDIVIDUALS: Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut, tree nut products, and other potential allergens in our cafes and kitchens. Before placing your order, please inform your server if you or a person in your party has a food allergy. Direct questions to the manager.

SOME ITEMS AVAILABLE ONLY UPON REQUEST

THE LAUGHING TOMATO - OKLAHOMA MEMORIAL UNION

Pitas
- All Veggies
- Shredded Cheddar Cheese
- Ovolini Mozzarella Ball

DOT’S DELI - COUCH RESTAURANTS

- GlenView Farms Sliced Swiss
- Hummus
- Country Line Sliced Pepper Jack
- All Veggies

SHANGHAI STIR FRY - COUCH RESTAURANTS

- Chicken
- Veggies
- Noodles

SOONER SMOKEHOUSE - COUCH RESTAURANTS

- Ground Beef Patty
- County Line Sliced Swiss
- County Line Sliced Pepper Jack
- County Line Sliced Provolone

LA ROMA - COUCH RESTAURANTS

- Angelia Mia Sauce
- County Line Sliced Provolone
- Venice Baking Pizza Crust
- County Line Parmesan Cheese
- Grande Cheese Co.
- Shredded Cheddar
- Whole Milk Mozzarella
- All Veggies

ATHENS CAFE - COUCH RESTAURANTS

All of the food at Athens Cafe in Couch Restaurants is certified Halal.

FLYING COW CAFE - NATIONAL WEATHER CENTER

Chicken with prior notice.
ORDERING HALAL

1. Go to the listed restaurant of your choice.
2. While placing your order, make sure you specify that you want the Halal option.
3. Enjoy your meal!

All of the food at Athens Cafe in Couch Restaurants is certified Halal, simply place your order and enjoy the food.

WHAT IS HALAL?

Defined as permitted or lawful, Halal foods are foods that are allowed under Islamic dietary guidelines listed in the Quran. Muslim followers cannot consume the following:

A. Animals that are forbidden to Muslims by Islamic law, or animals that have not been slaughtered according to Islamic law.

B. Any substance that is considered impure in Islamic law.

C. Is not prepared, processed or manufactured using equipment or utensils that are not free from impurities as defined by Islamic law.

In the preparation, processing or storage state, food must not come into contact with or be stored near any kind of food that does not meet the above requirements.

These prohibited foods and ingredients are called Haram, meaning forbidden in Arabic.