The Laughing Tomato - Oklahoma Memorial Union

- Teff Wrap
- Brown Rice Wrap
- Best Date Ever
- Double B
- Gladiator
- Hamlet
- HUK
- Jalapeño Chicken Wrap
- Magic Bean Wrap
- Turkey Bliss
- Will Rogers

Salads:
- Caesar Salad
- Chef Salad
- Chicken Caesar Salad
- Greek Salad
- Tuscan Salad

Chicken/Steak Fajita Salad

Sides:
- Apples and Peanut Butter
- Baby Carrots
- Celery and Peanut Butter
- Hummus
- Roasted Red Pepper Hummus
- Side of Chicken
- Campbell's Golden Broccoli Soup

Crossroads - Oklahoma Memorial Union

- Teff Wrap
- Brown Rice Wrap
- Hamburger Patty
- Customized Salad (no croutons)
- Grilled Chicken

Chick-fil-A - Oklahoma Memorial Union & Couch Restaurants

- Chopped Salad (no dressing)

- Chick-fil-A Grilled Market Salad
- Chargrilled Chicken Breast (no bun)
- Waffle Fry
- Harvest Value Mozzarella
- French's Mustard
- Chick-fil-A Sauce Barbecue
- Chick-fil-A Light Italian

- Chopped Salad (no dressing)

- Cheddar Salad
- Chef Salad
- Greek Salad
- Tuna Salad

Chick-fil-A Sauce Polynesian
Chick-fil-A Buttermilk Ranch
Chick-fil-A Dijon Honey Mustard
Avocado Lime Dressing
Zesty Apple Cider Dressing
Reduced Fat Berry Balsamic Vinaigrette
Side Salad

Taco Mayo - Cate Restaurants

- Taco Tostada
- Refried Beans
- Mexican Rice
- Guac and Chips
- Tortilla Chips

- Fresh Made Salsa
- Potato Locos
- Taco Salad (no bowl, on platter)
- Steak Salad (no bowl, on platter)

Oliver's - Cate Restaurants

- GF Chex Cereal
- Bacon and sausage

- Can cook eggs in back
- Old Tyme Ham

O'Henry's - Cate Restaurants

- Deli Meat
- Customized Salad

- GF Whole Grain Bread

Ruthie's - Cate Restaurants

- GF Whole Grain Hamburger Bun
- Hamburger Patty
- Kraft Mayo

- Heinz Mustard
- Heinz Ketchup
- Bacon

Roscoe's - Cate Restaurants

- GF Cookies

- Sushi

Breakfast Club - Couch Restaurants

- Corn Chex
- Fresh Fruit
- Fresh Puddles
- Tennessee Pride Pork Sausage Patty

- Hormel Pork Sausage Link
- GF Blueberry Muffin
- Jimmy Dean Turkey Sausage
- Bacon

- Ivy Farms Shell Eggs
- Hash Browns
- Monarch Tater Nuggets
- GF Bread

Questions or Concerns? Contact Dot Flowers, OU Ingredient Specialist, by calling (405) 325-1599 or email her 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.

Gluten-friendly dining at OU

GF