QUESTIONS OR CONCERNS? Contact Dot Flowers, OU Ingredient Specialist, by calling (405) 325-1599 or email her at dflores@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.

THE LAUGHING TOMATO - OKLAHOMA MEMORIAL UNION
Chicken
Shredded Cheddar Cheese
Ovolini Mozzarella Ball

CROSSROADS - OKLAHOMA MEMORIAL UNION
Chicken
Shredded Cheddar
County Line Sliced Swiss

O’HENRY’S - CATE RESTAURANTS
Turkey Slices
Mozzarella Loaf
Sliced Swiss Cheese
Stella Sliced Smoked Provolone

DOT’S DELI - COUCH RESTAURANTS
Turkey Slices
Treasure Cave Feta Cheese
GlenView Farms Sliced Swiss
Country Line Sliced Pepper Jack

SHANGHAI STIR FRY - COUCH RESTAURANTS
Chicken

SOONER SMOKEHOUSE - COUCH RESTAURANTS
Ground Beef Patty
Chicken Breast
GlenView Farms Sliced Swiss
County Line Sliced Pepper Jack
County Line Sliced Provolone

LA ROMA - COUCH RESTAURANTS
Chicken
Grand Cheese Co.
Whole Milk Mozzarella
County Line Sliced Provolone
County Line Parmesan Cheese
Shredded Cheddar

ATHENS CAFE - COUCH RESTAURANTS
All of the food at Athens Cafe in Couch Restaurants is certified Halal.
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:

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

Any substance that is considered impure in Islamic law;

Is not prepared, processed or manufactured using equipment or utensils that are not free from impurities as defined by Islamic law; and that, in preparation, processing or storage stage, does not come in contact with or is stored near any kind of food that does not meet the requirements of para(s) (a), (b) or (c) or any substances that are considered impure by Islamic law.

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