

Gzowski College Dining Hall

Dietary Restrictions

Menu Item	Vegetarian	Vegan	Halal	Contains Dairy	Contains Nuts	Contains Gluten
Al Forno						
Pesto Bruschetta Flatbread	yes	no	no	yes	no	yes
Margherita Flatbread	yes	no	no	yes	no	yes
BBQ Chickpea and Cauliflower Flatbread	yes	no	yes	yes	no	yes
Mediterranean Flatbread	yes	no	no	yes	no	yes
Pepperoni Flatbread	no	no	no	yes	no	yes
Chicken Pesto Cheese Flatbread	no	no	no	yes	no	yes
Chorizo Veggie Flatbread	no	no	no	yes	no	yes
Chicken Alfredo Flatbread	no	no	no ask for halal chicken	yes	no	yes
Caesar Salad Side	yes	no	the cheese is not halal	yes	no	yes. ask for no croutons
Greek Salad Side	yes	no	the cheese is not halal	yes	no	yes
Garden Salad Side	yes	yes	yes	no	no	no
Garlic Knots	yes	no	yes	yes	no	yes

Add Chicken	no	no	ask for halal chicken	no	no	no
Menu Item	Vegetarian	Vegan	Halal	Contains Dairy	Contains Nuts	Contains Gluten
Al Dente						
Mac and Cheese	yes	no	the cheese is not halal	yes	no	yes
Create Your Own Pasta	without animal proteins	can be without cheese or animal proteins and made with tomato sauce	ask for halal chicken	yes. but choose no	no	ask for GF noodles
Premium Daily Specials	Please Ask the Server About Dietary For the Daily Specials					
Add On's:						
Chicken	no	no	ask for halal chicken	no	no	no

Meatballs	no	no	no	no	no	yes
Sausage	no	no	no	no	no	yes
Tofu	yes	yes	yes	no	no	no
Falafel	yes	yes	yes	no	no	no
Bean Medley	yes	yes	yes	no	no	no
Menu Item	Vegetarian	Vegan	Halal	Contains Dairy	Contains Nuts	Contains Gluten
Fire and Flavour Grill						
Bamm's Smash Burger	no	no	ask for halal beef	yes. ask for no cheese	no	yes. ask for GF bun
BBQ Brisket Burger	no	no	no	yes. ask for no cheese	no	yes
Bison Smash Burger	no	no	no	yes	no	yes. ask for GF bun
Salmon Burger	no	no	yes	yes	no	yes
The Gzowski Hot Chicken Sandwich	no	no	no	yes. but the grilled chicken does not	no	yes. ask for GF bun and the grilled chicken
Chicken Street Tacos	no	no	ask for halal chicken. the cheese is not halal	yes. ask for no cheese	no	yes
Carne Asada Street Tacos	no	no	no	no	no	yes
Three Sisters Street Tacos	yes	yes	yes	no	no	yes
Crispy Cauliflower Wings	yes	yes	yes	no	no	no

BBQ Portobello Mushroom and Wild Rice Lettuce Wraps	yes	no	yes	no	no	no
Poutine	yes	no	no	yes	no	no
Fries	yes	yes	yes	no	no	no
Onion Rings	yes	no	yes	no	no	yes
Coleslaw	yes	no	yes	yes	no	no