

Lady Eaton College Dining Hall

Dietary Restrictions

Menu Item	Vegetarian	Vegan	Halal	Contains Dairy	Contains Nuts	Contains Gluten
Chefs Table Breakfast						
Big Breakfast	no	no	ask for no bacon or sausage	no	no	yes. ask for GF bread and bacon
Bacon, Lettuce, Tomato Sandwich	no	no	no	no	no	yes. ask for GF bread
Breakfast Sandwich with Protein	no	no	no	yes	no	yes
Breakfast Sandwich No Protein	no	no	the cheese is not halal	yes	no	yes
Breakfast Wrap	no	no	the bacon is not halal	no	no	yes. ask for GF wrap
Plant Based Breakfast Sandwich on a Bagel	yes	yes	yes	no	no	yes
Guacamole, Lettuce Tomato Sandwich	yes	yes	yes	no	no	yes. ask for GF bread
Veggie Bagel Supreme	yes	yes	yes	no	no	yes
Bagel	yes	yes	yes	no	no	yes
Bagel with Cheese	yes	no	no	yes	no	yes
Guacamole Toast	yes	yes	yes	no	no	yes. ask for GF bread

Triangle Hash Browns	yes	yes	yes	no	no	no
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Chefs Table a la Carte						
Chicken Tenders	no	no	no. ask for halal chicken fingers	yes	no	yes
Black Bean Burger	yes	yes	yes	no	no	yes. ask for GF bun
Grilled Cheese	yes	no	no	yes. ask for dairy free cheese	no	yes. ask for GF bread
Jalapeno Popper Grilled Cheese	yes	no	no	yes	no	no. ask for GF bread
Buffalo Chicken Grilled Cheese	no	yes. ask for vegan chicken	no	yes. ask for dairy free cheese	no	yes. ask for GF bread
Pizza Grilled Cheese	no	no	no	yes. ask for dairy free cheese	no	yes. ask for GF bread
Spinach and Artichoke Grilled Cheese	yes	yes	yes	no	no	yes. ask for GF bread
French Onion Beef Dip	no	no	no	yes. ask for dairy free cheese	no	yes
Chicken Philly Cheesesteak	no	no	no. but the chicken can be halal just ask	yes. ask for dairy free cheese	no	yes

Carved Roast Turkey Club	no	no	no	no	no	yes
Pesto Grilled Vegetable Sandwich	yes	no	yes	no	no	yes
Fries	yes	yes	yes	no	no	no. ask for GF bread
Soup	There is a regular soup and a vegan/made without gluten soup offered daily					
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Chop'd & Wrap'd						
Twister Wrap	no	no	no. but ask for no bacon and halal chicken	yes	no	yes
The Twisted Toad Wrap	no	no	no. but ask for no bacon and halal chicken	yes	no	yes. ask for chicken breast and GF wrap
Chicken Souvlaki Wrap	no	no	no. halal chicken is available	yes	no	yes. ask for GF wrap
Tandoori Tofu Wrap	yes	yes	yes	no	no	yes. ask for GF wrap
Buffalo Chicken Wrap	no	no	no. ask for halal chicken	yes	no	yes. ask for GF wrap
Chop'd Caesar	yes	no	the cheese is not halal	yes	no	yes. ask for GF wrap
Chop'd Greek	yes	no	the cheese is not halal	yes	no	yes. ask for GF wrap

Chop'd Southwest	yes	no	the cheese is not halal	yes	no	yes. ask for GF wrap
Chop'd Chickpea	yes	no	the cheese is not halal	yes	no	yes. ask for GF wrap
Add On's:						
Chicken	no	no	halal is available	no	no	no
Tofu	yes	yes	yes	no	no	no
Falafel	yes	yes	yes	no	no	no
Bacon Bits	no	no	no	no	no	no
Hard Cooked Eggs	no	no	yes	no	no	no
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Chefs Table Daily Specials						
The Chefs Table Daily Specials are Made Without Gluten. Please Ask the Server for Other Dietary Concerns						
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West Bank Boost						
Hamburger	no	no	yes	no	no	yes
Crispy Chicken Burger	no	no	no	yes	no	yes
Grilled Chicken Burger	no	no	no	no	no	yes. ask for GF bun

Black Bean Burger	yes	yes	yes	no	no	yes. ask for GF bun
Triple Decker Grilled Cheese	no	no	no	yes	no	yes. ask for GF bread
Chicken Fingers	no	no	no	yes	no	yes
Chicken Twister Wrap	no	no	no	no	no	yes. ask for GF bread
Turkey Club Wrap	no	no	no	no	no	yes. ask for GF bread
Chicken Caesar Wrap	no	no	no	yes	no	yes. ask for GF wrap
Chicken Caesar Salad	no	no	no	yes	no	yes. ask for no croutons
Garden Falafel Wrap	yes	yes	yes	no	no	yes. ask for GF wrap
Chicken Quesadilla	no. ask for no chicken	no	no	yes	no	yes. ask for GF wrap
Fish and Chips	no	no	yes	yes	no	yes
Chicken Souvlaki Wrap	no	no	no	yes	no	yes. ask for GF wrap
Jalapeno Popper Grilled Cheese	yes	no	no	yes	no	yes. ask for GF bread
Buffalo Chicken Wrap	no	no	no	yes	no	yes. ask for GF wrap
Champlain Forever Burger	no	no	the burger patty is halal	yes	no	yes
Queso and Chips	yes	no	no	yes	no	no
Fries	yes	yes	yes	no	no	no
Poutine	yes	no	no	yes	no	no

Garden Salad Side	yes	yes. with balsamic or Italian dressing	yes	no	no	no
Caesar Salad Side	no	no	no	yes	no	yes. ask for no croutons