

Inclusive Dietary Document

Amy's catering

- There's a [vegetarian tab](#) with items, but most of them are salads, and some items have meat that can be removed at request. No gluten-free options seemingly.

Chipotle

- There are vegetarian options listed [under nutrition](#) on their site, including plant-based chicken. Nothing about gluten-free options.

Grand Traverse Pie Company

- Gluten-free options: there is gluten-free bread available for all sandwiches.
- Vegetarian: There is a Mediterranean Veggie sandwich, the house salad comes with no meat if requested.
- [Menu here](#)

Jersey Mikes

- One vegetarian sandwich option. Seemingly there are no options for gluten-free bread.
- [Their menu here.](#)

Jimmy John's

- No specific difference in the [menu](#) for gluten-free or vegetarian/vegan options. One vegetarian sandwich option.

Leaf Salad Bar

- There are several salad options, both meatless and with meat, on their catering [menu](#). There are also soups, veggie and fruit trays on the menu as well.

McAlister's (no delivery)

- Their [menu](#) has indicators for vegetarian/gluten-free options. Two vegetarian sandwich options. A few other vegetarian options for sides like soups and potatoes. Nacho basket is also vegetarian. No gluten-free options for sandwiches.

Noodles & Company

- [There is a nutrition calculator page](#) that can be used to view items on the menu that are vegetarian or gluten-free.
- Gluten-free: lots of gluten-free options, except for sandwiches/wraps

Panera

- On their [menu](#), there are options to view vegan, vegetarian, and gluten-free options.

Pizza House

- No specific difference in the [menu](#) for gluten-free or vegetarian/vegan options. Bad reviews from gluten-free review sites.

Potbelly

- Under their [menu](#), there are vegetarian options listed. Three sandwiches can be customized to be made vegetarian.

Qdoba

- There is an entire tab on the [menu](#) ordering site with a chart, including gluten-free, vegetarian, and vegan options.

Sindhu's

- Nothing specific on their [menu](#) listing vegetarian or gluten-free options, but lots of vegetarian options listed on the bars. Unsure about gluten-free options. Unsure if they do catering though.

Snacks

- [Stanford Medicine](#) has a list of good gluten-free snack options.
- [Heathline.com](#) has a list of good simple vegetarian snack options

Sree Saffron

- Plenty of vegetarian options on their [menu](#), including two tabs solely for vegetarian appetizers and meals. Not sure about gluten-free items being differentiated. Unsure if they do catering.

Sultan's

- Entire section of their [menu](#) on each meal page dedicated to vegetarian options. Seemingly no gluten-free items specifically listed. All salads come meat-free.

Tropical Smoothie Café

- Vegetarian: many options on their [menu can](#) be made with plant-based meat. Nearly every wrap/sandwich on their menu online says it can be made with plant-based meat.

Woody's

- Plenty of vegan/vegetarian and gluten-free options are available on the [menu](#). has the full menu for viewing; the V represents vegan/vegetarian, and the blue circle represents gluten-free.

Do's:

- Include non-salad vegetarian options and meals to be inclusive to non-meat eaters, and to add a variety of options.
- Include a text box question in any Qualtrics/Forms you send out for any alternative food options (gluten-free/vegetarian) that are needed* (see below for example)

Do you have any food allergies/diet restrictions? Please check all that apply.

None

Vegetarian

Vegan

No Pork

No Dairy

Gluten Free

Other

- Order from restaurants and shops that have good vegetarian/gluten-free options if need be.
- Provide a variety of snacks from the sources listed above, many of them are both gluten-free and vegetarian.
- Make sure the meals provided that are gluten-free and vegetarian are filling enough, compared to the standard options.
- Communicate with those who make notes about food accommodations.
- Be thorough with dietary restrictions, treat them as if they're food allergies.
- Be sure to double check with the caterer/restaurant about any dietary restrictions.
- Plan your menu with dietary restrictions in mind. This helps people feel included.
- Consider plant-based protein options for a balanced meal.
- Consider plant-based meats to increase the variety of vegetarian foods.
- Start the preparation for the orders early just in case.

Don'ts:

- Don't always assume that including meat-free salads is the only way to be inclusive for vegetarian options.
- Assume that only 1-2 options for gluten-free and vegetarian meals are okay for everyone.
- Ignore dietary restrictions and accommodation requests. Treat them as if they were serious allergies.
- Do the ordering and food accommodation requests last second, some restaurants may require a fair amount of prep time.