

# Eating Egg-Free at UMass



## Questions or Concerns

Please ask the cashier to call the manager so they can assist immediately.

## Items from the Kitchen

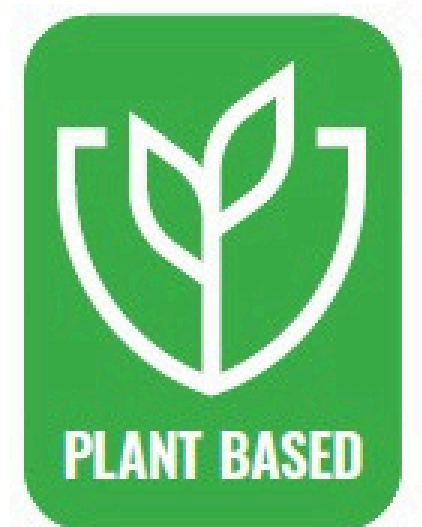
If you see an item you want without egg next to an item with egg, but worry about cross contact, please ask the staff to get a portion from the kitchen for you.

## Sushi

The surimi crab in the California Roll contains egg whites. Let the managers know you want sushi the meal before so they can have the chefs prepare your sushi to avoid cross contact.

## Desserts

Look for the desserts with the **Plant Based** icon (this indicates no animal products, by-products, dairy or eggs).



Keep an eye out for the non-vegan desserts as some do contain egg. Note: Some bake shop items are made on the same line as egg. However, surfaces/machines are cleaned and sanitized between product production.

Please note that cooking does not destroy allergens.

## Deep-Fried Products

Avoid deep-fried items as the deep fryer may be in contact with egg from various products cooked in the same fryer.

## Severe Allergy

Please inform the dietitians/management staff if you have severe allergy to egg (including airborne). The dietitians can be reached at [dietitian@umass.edu](mailto:dietitian@umass.edu) or you can make an appointment here: <https://umassdining.com/nutrition/book-appointment>

## Hidden Egg Ingredients

If you have an egg allergy, please avoid these ingredients.

\*This is not a complete list of hidden egg ingredients

- Albumin
- Abovitellin
- Cholesterol-Free Eggs
- Custard
- Eggs (Dried, Liquid, Glazes, Powdered, Solids, Whites, and Yolks)
- Eggnog
- Egg Noodles
- Globulin
- Lecithin
- Livetin
- Lysozyme
- Mayo
- Meringue
- Mousse
- Ovalbumin
- Ovamucoid/  
Ovamucin
- Ovovitllin/  
Vitellin
- Pudding
- Quiche
- Simplesse
- Souffle
- Surimi (Fish and Sushi)
- Marshmallows
- Marzipan
- Nougat

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