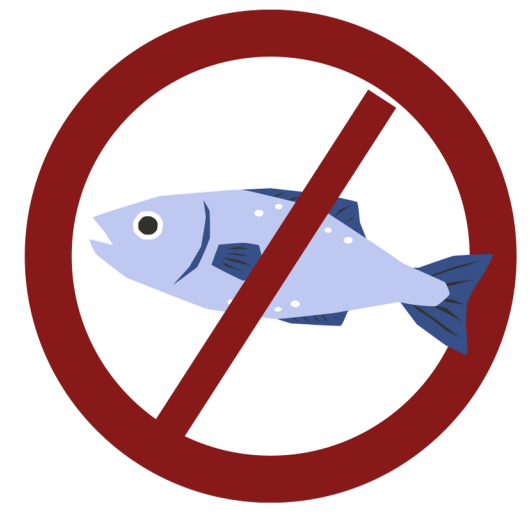


# Eating Fish & Shellfish-Free at UMass



## 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 next to an item with fish or shellfish, but worry about cross contact, ask the staff to get a portion from the kitchen for you, or ask for a manager on duty.

## Airborne Allergy

If you have an airborne fish or shellfish allergy, please notify the dietitians at [dietitian@umass.edu](mailto:dietitian@umass.edu) and managerial staff at your earliest convenience.

## Sushi

Let the dining commons manager know about your allergies the meal before as it may require the chefs to prepare new rice and ingredients which could take over 30 minutes.

## Deli

Alert the staff of your allergy and they will have your sandwich made on a separate surface with new ingredients, as tuna sandwiches are served at this station.

## Asian Station

Many of the recipes at the Asian Station contain fish or oyster sauce. Be sure to read allergens or menu identifiers carefully.

Please note that cooking does not destroy allergens.