

# 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 at a station but worry about cross contact, please ask the staff to get a portion from the kitchen for you.

## Sushi

The surimi crab meat contains egg for the California Roll. Let the management staff of the dining commons know you want sushi at least an hour in advance and can have the chefs prepare new rice and ingredients to assure no cross contact.

## Desserts

Look for the desserts with the green Plant Based icon (no animal products, bi-products, dairy or eggs). Keep an eye out for the non-vegan desserts as some do not contain egg. Note: Some bake shop items are made on the same line as egg. However surfaces/machines are cleaned and sanitized between uses.



## Deep-Fried Products

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

## Airborne Allergy

Please inform the dietitians/management staff if you have an airborne allergy to egg. 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

The following list are ingredients that contain egg. If you have an egg allergy please avoid these ingredients. Keep in mind that this is not a complete list:

- 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
- Simplese
- Souffle
- Surimi (Fish and Sushi)
- Marshmallows
- Marzipan
- Nougat

**Please note that cooking does not destroy allergens.**