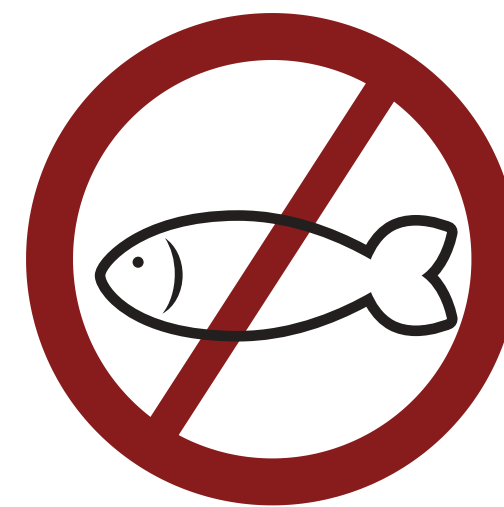


## Eating Fish/Shellfish-Free at UMass



### Questions or concerns

Please ask the cashier to radio 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 Sensitivity

If you have a contact fish or shellfish allergy, please notify the Registered Dietitians and Managerial staff at your earliest convenience.

### Sushi

Let the dining commons manager know one hour in advance about your allergies because it may require the chefs to prepare new rice and ingredients which may take over 30 minutes.

### Deli

Behind the deli counter, the seafood salad contains shellfish; tuna contains fish.

### Asian Kitchen

Many of the recipes at the Asian Kitchen contain fish sauce.

Please note that cooking does not destroy allergens.