

Eating Sesame-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 without sesame at a station but worry about cross contact, please ask the staff to get a portion from the kitchen for you.

Sushi

The rice at the dining commons contains sesame seeds. Some of the sushi rice at the Blue Wall Wasabi station does not have sesame seeds but there may be other ingredients that have sesame in them, so please ask for a manager at the Blue Wall.

The Asian Station

This station in the dining commons tends to use sesame seeds and sesame oil in the recipes.

Stir Fry Stations

Stir fry stations in the dining commons use sesame oil. If you need a stir fry without sesame oil, please ask the cashier to radio the manager or supervisor.

Please note that cooking does not destroy allergens.

The Vegetarian Station

This station may use tahini (sesame paste) or sesame in the recipes. Please check the allergens on the menu identifier, app or web site.

Bakery

Some bakery items are made in the same line as sesame. However, equipment is cleaned and sanitized between uses.

Avoid Deep-Fried Foods

As the deep fryer may be contaminated with sesame from other products.

Hidden Sesame Ingredients

Avoid the following ingredients if you have a sesame allergy. Keep in mind that this is not a complete list.

- Benne
- Hummus
- Sesame Flour
- Sesame Oil
- Sesame Seeds
- Sesamum Indicum
- Tahini (Sesame Paste)
- Til
- Teel

May be found in...

- Baked Goods
- Bread Crumbs
- Breads, Rolls, Bagels
- Crackers
- Cereals
- Dipping Sauces/Marinades
- Energy Bars

- Hummus/ Tahini/ Baba Ganoush
- Halvah
- Herbal Drinks
- Sushi
- Vegetarian Burgers