**Questions or Concerns?** Contact Dot Flowers, OU Ingredient Specialist, at (405) 325-1599 or email at dflowers@ou.edu.

**Food Allergic Individuals:** Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut, tree nut products, and other potential allergens in our cafes and kitchens. Before placing your order, please inform your server if you or a person in your party has a food allergy. Direct questions to the manager.

**Some Items Available Only Upon Request**

### The Laughing Tomato - Oklahoma Memorial Union
- Chicken
- Shredded Cheddar Cheese
- Ovolini Mozzarella Ball

### Crossroads - Oklahoma Memorial Union
- Chicken
- Shredded Cheddar
- Sliced Swiss

### O'Henry's - Cate Restaurants
- Bologna Slices
- Mozzarella Loaf
- Sliced Swiss Cheese
- Stella Sliced Smoked Provolone

### Dot's Deli - Couch Restaurants
- Salami Slices
- Treasure Cave Feta Cheese
- GlenView Farms Sliced Swiss
- Country Line Sliced Pepper Jack

### Shanghai Stir Fry - Couch Restaurants
- Chicken
- Veggies
- Noodles

### Sooner Smokehouse - Couch Restaurants
- Ground Beef Patty
- GlenView Farms Sliced Swiss
- County Line Sliced Pepper Jack
- County Line Sliced Provolone

### La Roma - Couch Restaurants
- Angelia Mia Sauce
- Venice Baking Pizza Crust
- Grande Cheese Co.
- Whole Milk Mozzarella
- County Line Sliced Provolone
- County Line Parmesan Cheese
- Shredded Cheddar

### Athens Cafe - Couch Restaurants
- All of the food at Athens Cafe in Couch Restaurants is certified Halal.

### Flying Cow Cafe - National Weather Center
- Chicken with prior notice.
ORDERING HALAL

1. Go to the listed restaurant of your choice.
2. While placing your order, make sure you specify that you want the Halal option.
3. Enjoy your meal!

All of the food at Athens Cafe in Couch Restaurants is certified Halal, simply place your order and enjoy the food.

WHAT IS HALAL?

Defined as permitted or lawful, Halal foods are foods that are allowed under Islamic dietary guidelines listed in the Quran. Muslim followers cannot consume the following:

A. Animals that are forbidden to Muslims by Islamic law, or animals that have not been slaughtered according to Islamic law.

B. Any substance that is considered impure in Islamic law.

C. Is not prepared, processed or manufactured using equipment or utensils that are not free from impurities as defined by Islamic law.

In the preparation, processing or storage state, food must not come into contact with or be stored near any kind of food that does not meet the above requirements.

These prohibited foods and ingredients are called Haram, meaning forbidden in Arabic.