



Conference Dietary Restrictions - Golden Gate Campus

At NatureBridge, safety is our number one priority. We strive to accommodate dietary restrictions whenever possible. Please carefully review the information below.

Please report all dietary restrictions to the Operations Manager at least 3 weeks prior to your retreat. NatureBridge is not able to accommodate all food restrictions.

Vegetarian, Vegan, No red meat/no pork, Dairy-free

We can accommodate these requests on their own or partially in combination. Our desserts and pastries all contain eggs and dairy.

Gluten-free

We can accommodate gluten-free requests on their own and in combination with the above categories, **except vegan**. Please make a special note if the participant has Celiac Disease. Participants should identify themselves and their restriction(s) to the kitchen staff at each meal. ***Important*** Our gluten-free bread contains egg and our gluten-free cookie contains eggs and dairy.

Peanuts & Tree Nuts

While we have eliminated peanuts and peanut products from our menu, some of our food is prepackaged and we cannot guarantee it was not produced on machinery that also processes peanuts/nuts. Our campus cannot be considered nut-free, because we do not limit the food that is brought to our campus by participants.

Soy, Eggs, Shellfish etc.

We are able to make limited accommodations for participants with soy, egg, shellfish or other restrictions on their own. When any of these restrictions are present in conjunction with another restriction, we may not be able to accommodate the participant. These items may be on the buffet for other NatureBridge guests. Please ask the conference Host about ingredients at each meal.

Sugar-free

We are not able to make special accommodations for no-sugar. However, most of our house cooked meals do not contain added sugar.

Kosher or Halal

NatureBridge cannot provide Kosher or Halal meals, however we can prepare vegetarian meals. Please note that there will be meat options on the buffet for other NatureBridge guests. By request in advance, we can have meat and dairy on separate buffet tables.

Severe Allergies

If any of your participants have severe allergies, please make sure they are indicated on the conference questionnaire, or contact the Conference Operations Manager ahead of time. All



participants with severe allergies should carry their Epi-Pens with them at all times. For youth groups, please consider having an adult to assist any youth who have severe allergies.

Providing Your Own Food

For participants with severe dietary restrictions, we suggest individuals bring their own food to supplement our meals. **Due to cross-contamination concerns, outside food cannot be stored or prepared in our kitchen.**

Please bring ready to eat microwavable food that requires minimal preparation. There is a shared full-size, fridge, freezer, and microwave available in the Owl's Roost for food preparation. Please clearly label all food with the participant's name, date, and group. Outside food not containing nuts may be eaten in our dining hall.

Special Meal Requests

It may be possible for our chef to prepare special meals for large groups if you contract for an exclusive use package. Please contact us for more information.

If you have additional concerns or questions about our food service, contact Operation Manager Leandra Darden (1 day program) at ldarden@naturebridge.org, or Senior Operations Manager Natalie Sekowski (multi day program) at nsekowski@naturebridge.org.