

The Essential Gluten-Free Restaurant Guide




How and Where to Eat Gluten-Free

Triumph Dining
Arlington, VA

Restaurant Listings by State

Organized Alphabetically by State

Symbols Defined

-  Gluten-free menu available.
-  Gluten-free specialty products are available, such as bread, beer, pasta, etc.
- 100% GF 100% gluten-free establishment.
-  A chain restaurant with a gluten-free menu or list in Section III.

Typical Entrée Prices

\$ = \$15 and less

\$\$ = \$16-25

\$\$\$ = \$26 or more



Stop!

Before you visit a restaurant listed in this Guide, review this Summary Checklist and the User's Guides in Sections II and III.

Before You Leave the House

- Research the restaurant.** Is it a buffet or sandwich shop, etc. with a high risk of cross-contamination? If so, will you feel safe eating there?
- Call the corporate office to request the most recent gluten-free menu or list**, if dining at a chain restaurant. (See Section III for contact information.)
- Call in advance.** Does the restaurant still have a gluten-free menu? (If not, can they accommodate you tonight?)
- Confirm gluten-free specialty items are in stock.** E.g., if you're going for the gluten-free pasta, is it in stock?

When You Get There

- Introduce yourself to the maitre d'** and mention your special needs.
- Ask for the gluten-free menu**, if applicable.
- Present your dining card**, even if they have a gluten-free menu. Never make any assumptions.
- Ask questions.** Confirm that they understand the diet, even if they have a gluten-free menu.

Also, review and use the tips and strategies on safe restaurant dining presented in the previous sections of this book.

And remember, there is no way any restaurant (or restaurant guide) can guarantee a gluten-free meal. Always independently verify the information in this Guide or from the restaurant's corporate office and be vigilant when eating out. A bit of caution goes a long way in getting a delicious, safe gluten-free meal.

Thaifoon ☆

Thai; \$\$; Lunch & Dinner; www.thaifoon.com

Scottsdale, AZ 85253: 8777 N Scottsdale Rd; (480) 998-0011

Notes: Pad Thai, evil jungle princess curry and mango chicken are examples of GF menu items. For dessert, there is flourless chocolate cake.

Z'Tejas Southwestern Grill 📖

Scottsdale, AZ 85251: 7014 E Camelback Rd; (480) 946-4171

ARIZONA

ALL OTHER CITIES

Alberto Italian Restaurant ★

Italian; \$\$; Dinner Only

Carefree, AZ 85331: 7171 E Cave Creek Rd; (480) 488-5800

Notes: GF pasta available. As with any specialty GF item, call ahead to make sure the restaurant has it in stock. No GF menu.

Bistro Di Napoli

Italian; \$; Lunch & Dinner; www.bistrodinapoli.com

Glendale, AZ 85306: 5830 W Thunderbird; (602) 298-6767

Notes: Chef Vincent advises that GF diners alert their servers of their needs and that the kitchen will be able to prepare the meal accordingly. No GF menu.

Bluefin Seafood Bistro

Seafood; \$\$-\$\$\$; Lunch & Dinner; www.bluefinseafoodbistro.com

Tucson, AZ 85704: 7053 N Oracle Rd; (520) 531-8500

Notes: Manager Jim reports that they have “hundreds” of GF customers. He recommends that diners make reservations noting GF. He notes that GF diners should be proactive about asking questions, as his kitchen is happy to answer them and make modifications to the menu. No GF menu.

Bluepoint Kitchen

Seafood; \$\$; Lunch & Dinner; www.bluepointamerica.com

Tucson, AZ 85718: 2905 E Skyline Dr; (520) 577-6000

Notes: Executive chef Isaac reports that they do accommodate GF and suggests that GF diners alert the servers to their needs. No GF menu.

Buca Di Beppo 📖

Chandler, AZ 85226: 7111 W Ray Rd; (480) 785-7272

Mesa, AZ 85204: 1730 S Val Vista Dr; (480) 507-9463

Peoria, AZ 85382: 16091 N Arrowhead Fountains Ctr Dr; (623) 412-9463

Carrabba's Italian Grill 📖

Avondale, AZ 85323: 9920 W McDowell Rd; (623) 936-0597

Chandler, AZ 85226: 1060 N 54th St; (480) 785-8586

Glendale, AZ 85308: 5646 W Bell Rd; (602) 863-6444

Mesa, AZ 85208: 1740 S Clearview; (480) 654-9099

Ocotillo, AZ 85248: 2885 S Alma School Rd; (480) 782-8100

Oro Valley, AZ 85737: 7635 N Oracle Rd; (520) 742-7442

Surprise, AZ 85374: 14013 W Bell Rd; (623) 214-3299

Cartwright's Sonoran Ranch House

Southwest; \$\$; Dinner Only; www.azeats.com/cartwrights

Cave Creek, AZ 85331: 6710 E Cave Creek Rd; (480) 488-8031

Notes: Staffer Amanda notes that all servers are GF aware, and if for some reason one is not, the kitchen will be able to help. No GF menu.

Claim Jumper 📖

Avondale, AZ 85323: 101st Ave & McDowell; (623) 742-9892

Deer Valley, AZ 85027: 3063 W Agua Fria Freeway; (623) 581-8595

Tempe, AZ 85283: 1530 W Baseline Rd; (480) 831-8200

Tucson, AZ 85716: 3761 E Broadway Blvd; (520) 795-2900

Cowboy Club

Steakhouse; \$\$; Lunch & Dinner; www.cowboyclub.com

Sedona, AZ 86336: 241 N Hwy 89A; (928) 282-4200

Notes: Manager Ally says that GF is not a common request, but that with 2 day's notice, they will be able to prepare a GF meal. No GF menu.

Elle

Modern American; \$\$; Lunch & Dinner; www.ellerestaurant.com

Tucson, AZ 85716: 3048 E Broadway Blvd; (520) 327-0500

Notes: Chef-owner Jeff reports that GF diners are welcome. He advises diners to look at their menu, choose some potential dishes, then consult the server to see if it's GF or can be made GF. No GF menu.

Firecracker Bistro 🌟

Asian Fusion; \$\$; Lunch & Dinner; www.metrorestaurants.com

Tucson, AZ 85712: 2990 N Swan Rd; (520) 318-1118