Gluten Free Dining in the Twin Cities

Patient Education

DISCLAIMER: *This is not an exhaustive list. Note that menu items, gluten free accommodations and locations may change over time. Please inquire about current Celiac accommodations before dining.*

BAKERIES (all designated gluten free)

- Atuvava Bakery
- Bittersweet
- Hold the Wheat
- SIFT Bakery; *(also peanut, soy and oat free)*
- Nomemade
- Mixing It Up

FAST FOOD (all offer gluten free options but not dedicated gluten free)

- Chick-fil-A
- Chipotle
- Culvers
- Five Guys Burger and Fries
- Freshii
- Noodles and Company
- Jersey Mike's
- Smashburger
- Wendy's

SIT DOWN DINING

Dedicated Gluten Free

- BRIM
- Colita
- Olivia's Organic Café
- Twig's
- Urban Forage Winery

Gluten Free Options (not dedicated facility)

- Agra Culture
- Andiamo
- Axel's Restaurant and Bonfire Wood Fire Cooking
- Biaggi's Ristorante Italiano
- Big Bowl
- Brasa
- Cantina Laredo

- Chianti Grill
- Crave
- Cravings Wine Bar and Grille
- Davanni's
- Donatelli's
- Doolittle's
- Fogo de Chao Brazilian Steakhouse
- French Meadow Bakery & Café
- HAI HAI
- Hell's Kitchen
- Hola Arepa
- Khaluna
- Kona Grill
- LoLo American Kitchen and Craft Bar
- Mad Jacks Sports Café
- Masu Sushi
- Mill Valley Kitchen
- Olive Garden
- Outback Steakhouse
- Pei Wei
- People's Organic
- P.F. Chang's
- Pizza Hut
- Pizza Luce
- Pub 819
- Red Cow
- Red Robin
- Restaurant Alma
- Ronnally's
- Sonora Grill
- Sota Rol
- Sunshine Factory Bar & Grill
- Supatra's Thai Cuisine
- Spoon and Stable
- Tavern on France
- The Capital Grille
- Tria
- Twin City Grill
- Wahlburger
- Wildfire
- The Wild Hare

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- Wok in the Park
- ZZQ Smokehouse

<u>OTHER</u> (<u>all dedicated</u> <u>gluten free</u>)

- Auntie M's Food Truck; *schedule on website at auntimgf.com*
- Burning Brothers Brewing; *gluten free food truck options*
- Luv Ice Cream
- Nautical Bowls

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