

Restaurants

September 2010

We all know that Applebee's Restaurants are not celiac/gluten intolerant friendly. A member of our group has spoken with one of the dietary managers and gave us a phone number we can call to let them know our needs. It is the guest relations hotline number, 1-888-59-APPLE. You can check their allergens menu – they do not guarantee these to be gluten free or wheat free because of cross contamination that may occur.

http://www.applebees.com/downloads/allergen_info.html

May 2010

We found out at our meeting that the West Michigan Whitecaps has a gluten free menu at the ballpark! Nancy Spears has worked with them to establish what would be safe for us. If you go to a game, ask to see what gluten-free selections you have to choose from.

Are you a coffee lover? Starbucks is now carrying a gluten-free cookie: Lucy's brand. They are individually packaged. According to a Starbucks spokesperson they are being carried at all the corporate locations – that is, all the free-standing locations. Those Starbucks that are located inside a store or mall are franchised, so may or may not carry the gluten-free cookies.

February 2010 There is a ALL GLUTEN FREE restaurant in Sterling Heights, Michigan: G.F. Cucina's. Yes it is far, but for those traveling that direction you may want to check out their website at www.gfcucinas.com.

September 2009 Thank you to everyone who contributed to our meeting Monday evening. Lots of great information on area restaurants and guidelines for eating out in general. And thank you to Blue Water Grill for coming to the meeting and bringing those yummy chips and dip!

Here are some general guidelines: Call ahead – ask to speak with the manager or speak with the chef. Find out what is available and if they can accommodate a gluten-free meal. Generally, you will have better luck with the restaurants that prepare food from scratch. Avoid rush hour. Establish a relationship with a restaurant so they know you; know how you need the food prepared. Write letters and fill out those comment cards restaurants offer. Tip accordingly when you have received good, safe food. Know what questions to ask, such as 1) their fryer – is it a dedicated fryer or are other foods (with breading, etc) also fried in that. 2) the food prep area: do they use a separate prep area to prevent cross contamination. 3) if the food is grilled, is it on the same grill as other foods that may contain gluten? And also you may find it helpful to use the “restaurant cards” that explain to the chef, staff, what gluten is and what you cannot eat (and what is safe to eat). Avoid cafeterias and the “all you can eat” restaurants. There is such a high probability of cross contamination in that type of a situation.

For conferences, you can call ahead or e-mail ahead. Traveling you can check their website, go on the CSA website to search for gluten-free friendly restaurants or just type in the search bar something like “restaurant (name of city) gluten free”.

The restaurants that offer gluten-free meals that we highlighted are:

Bonefish Grill, 1100 East Paris, S.E., Grand Rapids. 616-949-7861 or www.bonefishgrill.com

Boston's Restaurant and Grill, 2024 Celebration Avenue, N.E. Grand Rapids. 616-363-4948 or www.bostonsgourmet.com

Carino's Italian Restaurant, 2183 E. Beltline, Grand Rapids. 616-363-7100 or www.carinos.com

Carrabba's Italian Grill, 3441 Century Center St., S.W. Grandville MI. 616-261-3020 and 4061 28th Street, S.E., Grand Rapids. 616-940-9865 or www.carrabbas.com

Chili's, various locations in the Grand Rapids area – check out their website: www.chilis.com

Malarky's 3210 Deposit Drive, Grand Rapids. 616-808-2956 or www.malarkyswm.com

Noodles & Co., 2289 Eat Beltline, Grand Rapids. 616-361-2600 or 5070 28th Street, S.E., Grand Rapids or:

www.noodles.com

O'Charley's, 1600 East Beltline, Grand Rapids. 616-301-8171 or www.ocharleys.com

Outback Steakhouse, various locations, check out their website: www.outbacksteakhouse.com

Panera Bread, various locations, check out their website: www.panerabread.com

Pietro's Italian Restaurant, 2780 Birchcrest Drive, S.E., Grand Rapids, 616-452-3228 or www.rcfc.com/Pietros
Red Robin, 3722 Potomak Circle, Grandville, 616-257-3962 or 3195 28th Street, S.E., Kentwood, 616-957-1430 or www.redrobin.com

San Chez Bistro, 38 West Fulton, Grand Rapids, 616-774-8272 or 222.sanchezbistro.com

The Gilmore Collection – various restaurants: Blue Water Grill, Flat River Grill, Red Jet Café, Mangiamo, Thornapple, check out their website at www.thegilmorecollection.com

Wendy's, various locations, check out their website at www.wendys.com

Willy O's Pizza & Grille, 08960 M-140, South Haven, MI, 269-637-3400 (no website)

Zoup, various locations, check out their website at www.zoup.com

Many times, if you check out the website, you will be able to find their gluten-free menu offerings right there.

Some other restaurants that were mentioned at the meeting are:

Marie Catrib's, 1001-1003 Lake Drive, S.E., Grand Rapids, 616-454-4020 or www.mariecatribs.com

Olive Garden, various locations, website is www.olivegarden.com

Mancino's, 13040 US-31, Grand Haven, MI 49417, 616-844-5566

Mongolian Barbeque, 2619 28th Street, S.E. Grand Rapids, 616-957-7500

Bombay Cuisine, 1420 Lake Drive, S.E., Grand Rapids, 616-456-7055

Brick Road Pizza, 1017 Wealthy St. S.E., Grand Rapids, 616-710-2409 or www.brickroadpizza.com

Parsley Mediterranean Grille, 80 Ottawa Ave., N.W., Grand Rapids, 616-776-2590 or www.parsleymg.com

Apache Trout Grill, 231-947-7079, 13670 S. West Bayshore Drive, Traverse City, MI or www.apachetroutgrill.com

Red Mesa Grill, US 131 North, 231-938-2773 or www.redmesagrill.com

Pearls, US 31 N., 231-938-2773 or www.pearlsneworleanskitchen.com

Well, I think that was all of them! So you see we have a lot to choose from. Remember to ask for the manager, talk with them to make sure they understand your meal needs to be gluten free. Lots of information to get through!

November 2008

Some local restaurants were mentioned as being gluten-free friendly: Outback Steak, Red Robin, Sanchez, Panera Bread (but at Panera be sure to ask the manager what are the gluten-free soups that day). Julie sent us an e-mail on Piper Restaurant in Holland – they have a Gluten Free and Dairy Free menu.(www.piperrestaurant.com).

October 2008

Cheri mentioned a restaurant called G.F.Cucina's in the Sterling Heights area that is 100% gluten free. Said she had a very good meal there!