



Dining Out Gluten Free - Making the Chef Your Ally

Be Familiar with what items are most likely to have gluten in them.

FIRST THINGS FIRST - Restaurant Selection

- In addition to choosing a restaurant that might serve food that you *want* to eat, it is important to find one which serves food that you *CAN* eat - don't choose a restaurant which specializes in beer battered fish . . .
- Ideally, it is best to start with a restaurant that someone you know has tried successfully or one which advertises a menu which has GF items.
- Stop by the restaurant and ask to see the menu. You want to be looking for items which may already be GF (like grilled steak without marinade) or which can be easily adapted. Ask if they do "scratch cooking".
- If it is a non-peak time, you may ask to speak with a manager or the chef.
- REMEMBER, the restaurant staff may have never heard of your condition. Be polite, but be prepared to educate them as to your condition. If it is a good restaurant, they will want to help. If you don't talk to the staff when you go to review the menu, take the time to call and talk to them later. Be sure that you are calling at an off-peak time. ASK for their suggestions on when the best time to dine might be. Be open to discuss your menu choices and take recommendations from the chef. He/She knows best what the ingredients are.
- Make reservations, especially if you are planning on dining during holiday or peak times.

AT THE RESTAURANT

- Arrive early, bring your dining card. Ask the hostess to remind the chef of your dietary needs.
- REMEMBER, the staff you may be dealing with on this night, are not the same ones that you have spoken with earlier - be polite and courteous - you may be starting at Square One again. But if YOU have done your homework - you already have taken care of things. BE

POLITE AND COURTEOUS - it is not their fault that you cannot eat Gluten!!

- When ordering remind the wait staff that you want your salad with "no croutons". Unless you have checked out the dressings - go for oil & vinegar or dry. Most restaurants will let you bring your own dressing.
- Ask that all dishes be served with sauce "on the side" or not at all. Unless you can confirm "hidden ingredients".
- Ask that a separate pan be used to prepare your food in avoid cross contamination.
- DON'T get creative! Keep your food simple and you will have a much better chance of being GF.
- If you have talked to the chef before this, he might have made certain menu choices and selections for you. Feel free to take advantage of his suggestions. He will remember you - and make an extra effort.
 - CEF CARD - Keep in mind that using chef cards doesn't take the place of asking questions or careful planning when you're ordering at a restaurant. Chef cards can't guarantee an allergen-free dining experience, but they can help make your meal safer.

Follow your instincts - if it feels like your server/waitperson - "isn't getting it" ask to speak to a manager or the chef personally. BE COURTEOUS, but firm when you make this request.

***NO matter how careful we are,
we may still get sick.***

Even in our own homes.

Be aware that it may not be gluten.

Try dining out as a group - with GF friends! Many restaurants will be more accommodating to a large party with special needs than one or two people. This is why our May Dinner is so much fun! When you have a good dining experience, BE SURE AND THANK THE STAFF!! Take the time to write a note even. A written recommendation and thank you can even go farther than a tip in making someone's day!

WHATCOM COUNTY – Gluten Free Dining/Shopping* Options

please be advised that *NONE* of the GF restaurants in Whatcom County (as far as we know) are offering GF prepared in a "dedicated" GF kitchen and/or facility. Standard "GF dining out" guidelines should be used *WHENEVER* you are eating out, *even* if it is one of our "sponsoring" businesses (www.glutenfreeway.info/manufacturers.html)

Restaurants in Bellingham that have GF items when asked and have a working knowledge of gluten intolerance:

Anthony's at Squalicum Harbor

#25 Bellwether Way, Bellingham, WA 98225
(360) 647-5588
www.anthonys.com

Avellino (GF baked goods)

1329 Railroad Ave., Bellingham, WA 98225
BUS: (360) 715-1005

Black Pearl (Vietnamese Pho)

1255 Barkley Blvd. , Bellingham, WA 98225
BUS: (360) 756-5003

Boston Pizza (GF pizza crust, some menu items)

70 Bellis Fair Parkway, Bellingham, WA 98226
BUS:- (360) 676-5111
www.bostonsgourmet.com

Colophon Cafe (GF items marked on menu)

Historic Fairhaven
1208 11th Street, Bellingham, WA 98225
BUS: (360) 647-0092
www.colophoncafe.com

The Curry House (GF Substitutions)

2034 Main Street, Ferndale, WA 98248
BUS: (360) 312-8779

Fairhaven Pizza Co. GF crust on request

1204 13th Ave., Fairhaven in Bellingham
BUS (360) 756-7561

Jeckyl and Hyde Deli and Ale House (GF bread and Pizza Crust upon request)

709 W. Orchard Drive, #1, Bellingham, WA 98225
BUS: (360) 715-9100

La Fiamma (GF pizza crust upon request)

200 E. Chestnut Street (@Railroad)
Bellingham, WA 98225
BUS: (360) 647-0060
www.lafiamma.com

Pastazza (Call ahead - will make polenta to accompany pasta sauces. Keeps ingredient list available upon request. Will cook your GF pasta or they have a GF homemade pasta, non-dedicated)
Barkley Village, Bellingham, WA 98226
BUS: (360) 714-1168
www.pastazza.com

Olive Garden (Limited GF Menu)

4276 Meridian Street, Bellingham, WA 98226
BUS: (360) 733-6286

On Rice (Thai – Familiar w/GF and has complete ingredient list)

Arch Talbot Building, 2200 Rimland Drive
Bellingham, WA 98226
BUS: (360) 738-9995

Fairhaven - 209 N Samish Way
(360) 714-9995

Old Town Cafe (Corn Tortillas in place of bread)

316 W. Holly Street, Bellingham, WA 98225
BUS: (360) 671-4431

Outback Steakhouse (Mt.Vernon) (GF Menu)

478 Andis Rd, Burlington, WA 98233
BUS: (360) 707-9942
www.outback.com

Red Robin Gourmet Burgers (request GF menu)

100 W. Telegraph, Bellis Fair Mall, Bellingham, WA
BUS (360) 734-9991
www.redrobin.com

Swan Cafe (Wheat Free/GF items marked)

Inside the Community Food Co-op
1220 N Forest St, Bellingham, WA 98225
BUS: (360) 734-0542
www.communityfood.coop

The Trumpeter Public House (entire menu GF)

416 Myrtle , Mt. Vernon WA
BUS: (360) 588-4515
www.trumpeterpublichouse.com

The Willows Inn (Fresh ingredients/knows GF diet)

2579 West Shore Dr, Lummi Island, WA 98262
BUS: (360) 758-2620
Toll free 888-294-2620
www.willows-inn.com

GF Shopping:

Community Food Co-op

1220 N. Forest, Bellingham, WA 98225
BUS: (360) 734-8158
www.communityfood.coop

The Market (formerly Food Pavilion)

3125 Old Fairhaven Pkwy, Bellingham, WA
BUS: (360) 715-8565
www.themarketsllc.com

Terra Organica - Public Market

1530 Cornwall Avenue, Suite 1
Bellingham, WA 98225
BUS: (360) 715-8020
www.terra-organica.com

Haggen Food and Pharmacy

2900 Woburn Street
Bellingham, WA 98226
BUS: (360) 676-5300

1401 12th Street
Bellingham, WA 98225
BUS: (360) 733-4370

210 36th Street
Bellingham, WA 98225
BUS: (360) 676-1996

1815 Main Street
Ferndale, WA 98248
BUS: (360) 380-9000

Cost Cutter Market - Meridian

4131 Meridian St.
Bellingham, WA 98225
BUS: (360) 734-4110

Fred Meyers – Bellingham – 2 locations

1225 W Bakerview Rd, Bellingham 98226
BUS: (360) 788-2915
800 Lakeway Drive, Bellingham, WA 98229
BUS: (360) 738-4225

Great Harvest Bread (GF Bread and Scones- limited days) – not dedicated

305 E Magnolia St
Bellingham, WA 98225
BUS: (360) 671-0873
www.bellinghambread.com

Trader Joe's

Alabama & James, Bellingham, WA 98225
BUS: (360) 734-5166
www.traderjoes.com

Miscellaneous GF Food Options:

Dream Dinners (Provides GF entrées and a special GF meal preparation sessions)

309 Telegraph Rd., Bellingham, WA 98225
BUS: (360) 715-3434
www.dreamdinners.com

Fools Onion Catering

5305 Northwest Dr., Bellingham, WA 98226
BUS: (360) 647-2800
www.foolsonion.com