

# USA Restaurants Offering Gluten-Free Menu Options

- 1 - Applebee's Locations throughout the US, also has a Weight Watchers Menu as well as an under 550 calories menu: <http://www.Applebees.com>
- 2 - Au Bon Pain- Locations in 24 states: [http://www.aubonpain.com/pdf/cafe\\_nutrition.pdf](http://www.aubonpain.com/pdf/cafe_nutrition.pdf)
- 3 - Austin Grill- Locations in Maryland, Virginia & Washington D.C.: [http://www.austingrill.com/images/website/1049/files/glutenbrunch\\_138.pdf](http://www.austingrill.com/images/website/1049/files/glutenbrunch_138.pdf)
- 4 - Bertucci's Italian Restaurant- Locations throughout the US: <http://www.bertuccis.com/#Gluten%20Free%20Menu>
- 5 - Biaggi's- 21 Locations throughout the U.S : <http://www.biaggis.com/>
- 6 - BJ's Restaurant & Brewhouse- Locations in 13 states: <http://www.bjsbrewhouse.com/menus/gluten-menu-options>
- 7 - Bonefish- Locations in 31 states: [http://media.bonefishgrill.com/menus/gluten\\_free.pdf](http://media.bonefishgrill.com/menus/gluten_free.pdf)
- 8 - Boston Market- Locations throughout most of the US: <http://bostonmarket.com/pdfs/allergens.pdf>
- 9 - Boston Pizza- Locations throughout the US: <http://www.bostonpizza.com/en/nutrition/>
- 10 - Bucca Di Peppo: Locations in 26 States: [http://www.bucadibeppe.com/media/16896459/buca\\_menu\\_glutenfree\\_2011-03.pdf](http://www.bucadibeppe.com/media/16896459/buca_menu_glutenfree_2011-03.pdf)
- 11 - Burton's Grill: Locations in Massachusetts, Connecticut, New Hampshire & Virginia: <http://site.burtonsgrill.com/wp-content/uploads/2012/01/GFWebMenuBurlington.pdf>
- 12 - Carl's Jr-Locations in 12 Western & NW states; also has low carb, vegan, and lite menus: <http://www.carlsjr.com/menu/alt-options>
- 13 - Carrabba's- Locations in 33 states: <http://www.carrabbas.com/menu/tonights-specials>
- 14 - Charlie Brown's Steakhouse- Locations in New Jersey, New York & Pennsylvania: <http://www.charliebrowns.com/gluten-restricted.php>
- 15 - Cheeseburger in Paradise- Locations in 18 states: <http://www.cheeseburgerinparadise.com/Our-Menu/Gluten-Free-Menu.aspx>
- 16 - Chick-Fil-A: Locations throughout the US: <http://www.chick-fil-a.com/#?gluten>
- 17 - Chili's- Locations in all 50 states; Also has a "Lighter Choices" Menu option: [http://www.chilis.com/EN/LocationSpecificPDF/MenuPDF/001.005.0000/Chilis\\_Allergen\\_Generic.pdf?AspxAutoDetectCookieSupport=1](http://www.chilis.com/EN/LocationSpecificPDF/MenuPDF/001.005.0000/Chilis_Allergen_Generic.pdf?AspxAutoDetectCookieSupport=1)
- 18 - Chipotle Mexican Grill- Locations throughout the US, has some vegetarian options: [http://www.chipotle.com/en-US/menu/special\\_diet\\_information/special\\_diet\\_information.aspx](http://www.chipotle.com/en-US/menu/special_diet_information/special_diet_information.aspx)
- 19 - DQ Dairy Queen- Locations throughout the US: <http://www.dairyqueen.com/us-en/eats-and-treats/gluten-free-products/>

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- 20 - Eat N Park- Locations throughout Pennsylvania, West Virginia & Ohio; also has vegetarian, smaller portions & reduced sodium menu: <http://www.eatnpark.com/menuList.asp?CategoryID=4>
- 21 - First Watch- Locations in Arizona, Florida, Indiana, Kansas, Kentucky, Maryland, Missouri, Ohio, Oklahoma, Pennsylvania, Tennessee, Virginia, West Virginia & Wisconsin: <http://www.firstwatch.com/menu-gluten-free.htm>
- 22 - Flemings Prime Steakhouse & Wine Bar- Locations in 28 states: [http://www.flemingssteakhouse.com/media/66586/glutenfreemenu\\_5.pdf](http://www.flemingssteakhouse.com/media/66586/glutenfreemenu_5.pdf)
- 23 - Fresh to Order- Locations in Tennessee & Georgia: <http://www.freshtoorder.com/gluten-free-menu>
- 24 - Garlic Jim's- Locations in 10 states: <http://www.garlicjims.com/gfmenu/>
- 25 - Glory Days Grill- Locations in Maryland, Virginia, West Virginia: <http://www.glorydaysgrill.com/#menus/gluten-free>
- 26 - Godfather's Pizza- Locations throughout all 50 states: <http://www.godfathers.com/Menu/Gluten-Free/>
- 27 - Hearth & Kettle- Locations throughout Massachusetts: <http://www.hearthnkettle.com/gluten-free.php>
- 28 - Houlihan's Restaurant Bar & Grill: Locations in 17 states; also has meatless & Vegan options: <http://www.houlihans.com/>
- 29 - It's Skyline Chili Time: Locations in Ohio, Indiana, Kentucky & Florida; also has some vegan menu options: [http://www.skylinechili.com/pdfs/Gluten\\_Free\\_Products.pdf](http://www.skylinechili.com/pdfs/Gluten_Free_Products.pdf)
- 30 - Jason's Deli- Locations in 28 states; also has a lighter portions, vegetarian and meat lovers menu: <http://www.jasonsdeli.com/nutrition>
- 31 - Legal Sea Foods: Locations in 9 states along the East Coast: <http://www.legalseafoods.com/Restaurants>
- 32 - Lone Star Steakhouse- Locations throughout most of the US: <http://www.lonestarsteakhouse.com/files/menu-glutenfree.aspx>
- 33 - Longhorn Steakhouse- Locations throughout the East Coast and Midwest, also has an under 500 calories menu: [https://www.longhornsteakhouse.com/pdf/LH\\_Gluten\\_Free\\_Menu.pdf](https://www.longhornsteakhouse.com/pdf/LH_Gluten_Free_Menu.pdf)
- 34 - Not Your Average Joe's: 17 Locations in Massachusetts & Virginia: [http://www.notyouraveragejoes.com/menu\\_gf/index.php](http://www.notyouraveragejoes.com/menu_gf/index.php)
- 35 - Olive Garden Italian Restaurant: Locations throughout the US: <http://www.olivegarden.com/Menu/Gluten-Allergen/>
- 36 - On the Border- Locations throughout the US: Also has a vegetarian menu <http://www.ontheborder.com/PDFs/otb%20allergen.pdf>

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- 37 - Outback Steakhouse- Locations throughout the US: Also has a Spanish Menu, <http://www.outback.com/menu/pdf/glutenfree.pdf>
- 38 - P.F. Changs- Locations throughout the US: Also offers vegetarian plates <http://www.pfchangs.com/menu/>
- 39 - Picazzo's- 6 Locations throughout Arizona, Many options are also organic: <http://picazzos.com/gluten-free/>
- 40 - Pizza Fusion- 14 Locations, Also has Vegan & Vegetarian options as well as Lactose free cheese : <http://pizzafusion.com/menu/what-separates-us/our-gluten-free.aspx>
- 41 - Rockfish Seafood Grill- 14 locations in Texas & North Carolina: <http://glutenfreetravelsite.com/restaurants/RockfishGlutenFreeMenu.pdf>
- 42 - Romano's Macaroni Grill: Locations throughout the US: <http://www.macaronigrill.com/docs/nutritional/allergen-menu.pdf>
- 43 - Ruby Tuesday- Locations throughout the US: <http://www.rubytuesday.com/assets/menu/pdf/informational/allergen.pdf>
- 44 - Sam & Louie's- Locations in Nebraska, Iowa, Montana, and South Dakota: <http://www.samandlouiesnyp.com/gluten-free-menu/>
- 45 - Ted's Montana Grill- Locations in 19 states: <http://www.samandlouiesnyp.com/gluten-free-menu/>
- 46 - The Old Spaghetti Factory- Locations in 15 states: <http://www.osf.com/menu/gluten-free-menu.html>
- 47 - Uno Chicago Grill- Locations in 29 states, also has the following specialty menus; less than 500 calories, less than 750 mg sodium, greater than 30g protein, less than 100 mg cholesterol, less than 30g carbohydrates, less than 5 g saturated fat, greater than 5g dietary fiber, vegetarian options : <http://www.unos.com/nutrition.php>
- 48 - Village Tavern- 10 Locations in 6 states, also has a healthy children's menu: <http://www.villagetavern.com/pilotFiles/fckPages/file/2012/GF-ALPHARETTA-1-12.pdf>
- 49 - Wildfire- Locations in Illinois, Minnesota, Georgia, and Virginia: [http://www.wildfirerestaurant.com/sites/default/files/menus/ILGlutenFree11.11\\_0.pdf](http://www.wildfirerestaurant.com/sites/default/files/menus/ILGlutenFree11.11_0.pdf)
- 50 - Z'Tejas Southwestern Grill- 10 locations in the Western US, Also has vegetarian options: <http://ztejas.com/>