

## Gluten Free Options

### Local Gluten Free Friendly Restaurants (has a GF menu, or menu options)

- Bonefish Grill – Brookfield
- Café Manna – Brookfield (vegetarian)
- Chipotle
- Uno's – GF menu
- Outback Steakhouse – GF menu
- PF Changs
- The Melting Pot
- Carrabba's Italian Grill
- Olive Garden
- Chili's
- Flemmings Steakhouse
- Mitchell's Fish Market
- Maggiano's Italian Grill
- Saz's State House - Wauwatosa
- Crowdaddy's – West Allis
- Stone Fire Pizza Co
- Red Robin – Southridge Mall location
- Capital Grill - Milwaukee
- Beans and Barley – East side
- Gluten Free Frenzy – Brookfield (café and store) – some sandwiches/pizza
- Tulip – Third ward
- Jimmy Johns – unwich (any sandwich wrapped in lettuce instead of bun)
- Five Guys – all GF menu, just order without the bun
- Hinterland – Third ward and Green Bay
- Maxie's – Milwaukee
- Three Brothers – Milwaukee (cash and check only, no Credit Cards)
- Lagniappe Brasserie – New Berlin
- Carnevor – Milwaukee
- Lake Park Bistro – Milwaukee
- Tess – Milwaukee
- Roots – Milwaukee
- Brocach – Milwaukee
- Buca di Beppo
- Tres Locos – Muskego
- Macaroni Grill
- Qdoba
- Steak N Shake
- Amici's Italian Restaurant – Richfield
- Coast – Milwaukee
- Elm Grove Inn – Elm Grove
- The Fireside Dinner Theater – Fort Atkinson
- Holiday House – Milwaukee
- Libby Montana – Mequon
- Stewps – Hales Corners
- Yaffa Restaurant and Lounge – Milwaukee
- Branded at the Iron Horse Hotel – Milwaukee
- Café Centraal – Bay View
- Cubanitas
- Eddie Martini's

\* Take every precaution to ask your waiter to make sure your entrée will be gluten free! If the waiter seems unsure, don't hesitate to ask for the manager.

\* This list is may change at any time as restaurants are always changing and adding new items.

### Gluten Free Alcohol

- Lakefront Brewery – Rice beer option (New Grist)
- Sprecher Brewery – Some sodas also
- WoodChuck – Granny Smith Hard Cider
- Crispin Hard Cider – [www.crispincider.com](http://www.crispincider.com)

### Local Gluten free options: Buying Food

- Molly's Gluten Free Bakery [www.mollysglutenfreebakery.com](http://www.mollysglutenfreebakery.com)
- Good Harvest Market – Waukesha
- Outpost Natural Foods – has online GF guide
- Trader Joes – has online GF guide
- Sendiks
- Metro Market
- Gluten Free Trading Company – [www.food4celiacs.com](http://www.food4celiacs.com)
- Whole Foods – East Side
- Beans and Barley – East Side
- Gluten Free Frenzy – Brookfield [www.aglutenfreefrenzy.com](http://www.aglutenfreefrenzy.com)
- Woodman's
- Slow Pokes Bakery – Grafton
- Breadsmith Bakery – has some GF options
- Silly Yak Bakery – Madison
- Cybros Backery – Waukesha (gluten free rolls) [www.cybrosinc.com](http://www.cybrosinc.com)

### Online Resources:

- [www.glutenfreeregistry.com](http://www.glutenfreeregistry.com)
- FaceBook -GF Milwaukee - Gluten Free in and around Milwaukee, WI's Notes
- [www.glutenfreeclub.com](http://www.glutenfreeclub.com)
- [www.lifewithoutgluten.com](http://www.lifewithoutgluten.com) - magazine subscription available also
- [www.celiachandbook.com](http://www.celiachandbook.com)
- [www.urbanspoon.com](http://www.urbanspoon.com) – online restaurant directory, gluten free search option
- [www.glutenfree.com](http://www.glutenfree.com)
- [www.Glutenfreegirl.blogspot.com](http://www.Glutenfreegirl.blogspot.com)
- [www.glutenfreemommy.com](http://www.glutenfreemommy.com)
- [www.triumphdining.com/blog/gluten-free-alcohol](http://www.triumphdining.com/blog/gluten-free-alcohol) - list of gluten free alcohol
- Celiac in the city (Milwaukee) – [www.celiaccity.com](http://www.celiaccity.com) and is on Facebook
  - Has monthly outings to restaurants and blogs on gluten free places