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**THIS LIST IS UNDER CONSTRUCTION. CHECK BACK FREQUENTLY FOR UPDATED VERSIONS. FEEL FREE TO SHARE INFO WITH US TO HELP MAKE THIS LIST MORE COMPLETE.**

UPDATED 3/25/2011

<b>RESTAURANT INFO</b>	<b>GF MENU CHOICES</b>	<b>AVOID: ALL BREADS AND BREADED ITEMS</b>
<b>APPLEBEE'S RESTAURANTS</b> <a href="http://www.applebees.com/menulanding.aspx">http://www.applebees.com/menulanding.aspx</a>	<b>GLUTEN-FREE ITEMS:</b>	<b>AVOID: ALL BREADS AND BREADED ITEMS</b>
<b>ARBY'S</b> <a href="http://www.arbys.com/nutrition/calculator.php?mid=1&amp;type=allergens">http://www.arbys.com/nutrition/calculator.php?mid=1&amp;type=allergens</a>  Menu Items without Gluten PDF is updated regularly	<b>GLUTEN-FREE ITEMS:</b> Chopped Farmhouse Salad-Turkey & Ham Chopped Farmhouse Chicken-Roast Chopped Side Salad Balsamic Vinaigrette Dressing Buttermilk Ranch Dressing Dijon Honey Mustard Dressing  Meats and sauces are safe	<b>AVOID: ALL BREADS AND BREADED ITEMS</b> Curly fries Onion petals Grilled chicken diced
<b>BAJA FRESH</b> Baja Fresh® Home Office 5900A Katella Ave, Suite 101 Cypress, CA 90630 562-391-2400  "Currently our menu items contain only wheat sources of gluten and do not contain barley, rye or oats.	<b>GLUTEN-FREE ITEMS:</b> Grilled Tacos (all meats w/ seasoning: chicken, steak & shrimp) Quesadilla (if ordered with CORN; the size of it will be smaller than the flour tortilla) Corn Tortillas Fajitas (ONLY IF ORDERED WITH CORN TORTILLAS!) Whole Pinto Beans Whole Black Beans Mexican Rice (made of long grain enriched rice) Salads (ORDER WITHOUT TORTILLA STRIPS) Salsas Guacamole	<b>AVOID: ALL BREADS AND BREADED ITEMS</b> Note: Anything that is fried is fried in the same fryer that the breaded fish is fried in: Chips are not okay (b/c they do not use dedicated fryers) Ranch Dressing Taquitos (although they are made of corn, they are fried in oil that can have cross contamination from other non gluten-free foods) Flour Tortillas Seasoned Flour Tortilla Chips Tostada Shells Flautas Tortilla Soup
<b>BASKIN-ROBBINS ICE CREAM</b> (800) 859-5339 <a href="http://www.baskinrobbins.com/Nutrition/allergen.aspx">http://www.baskinrobbins.com/Nutrition/allergen.aspx</a>	<b>GLUTEN-FREE ITEMS:</b> Baskins Robbins lists the allergen information on the "flavor cards" posted on the counters in front of each tub of ice cream.	<b>AVOID: ALL BREADS AND BREADED ITEMS</b> Any flavors that contain cookies, brownies, etc.
<b>BEN AND JERRY'S</b> <a href="http://benjerry.custhelp.com/app/answers/detail/a_id/32">http://benjerry.custhelp.com/app/answers/detail/a_id/32</a>  If our product contains gluten, its presence would be indicated on the label by the words "wheat flour", "flour", or other sources of gluten such as but not limited to malt and oats. Should any of our products contain those grains (wheat, flour, barley, oats, rye, malt, etc.) the label would reference them. We understand that there are tricky ways that gluten can be missed. We assure you that we have researched our ingredients carefully, and we know exactly what is going into our ice cream.	<b>GLUTEN-FREE ITEMS:</b> Hot Fudge Sauce Butterscotch Sauce Most ice creams /	<b>AVOID: ALL BREADS AND BREADED ITEMS</b> Gluten ingredients will be clearly listed

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<p><b>BJ's BREWHOUSE</b>  <a href="http://www.bjsbrewhouse.com/menus/gluten-menu-options">http://www.bjsbrewhouse.com/menus/gluten-menu-options</a></p>	<p><b>GLUTEN-FREE ITEMS:</b>  Thin Crust Pizza  Santa Fe Salad  Italian Market Salad  Field of Greens  Garden Medley Salad  Tuscan Tomato Bisque  Broccoli Cheddar soup  Giant Stuffed Potatos  Flame Broiled NY Steak Strip  Fresh Atlantic Salmon  Roasted Chicken  Balsamic Glazed Chicken</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b>  Tortilla Strips</p>
<p><b>BOSTON MARKET</b>  <a href="http://bostonmarket.com/ourFood/index.jsp?page=allergens">http://bostonmarket.com/ourFood/index.jsp?page=allergens</a></p>	<p><b>GLUTEN-FREE ITEMS:</b>  Rotisserie Chicken  Roasted Turkey Breast  Sides except those in Avoid list  Southwest Santa Fe Salad  Broccoli Cheese soup  Sauces: Frank's Sweet heat  Honey Habanero  Island Mojo</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b>  Veg. Stuffing  Mac &amp; Cheese  Squash Casserole  Sweet Potato Casserole</p>
<p><b>BUCA DI BEPPO</b>  205 North Moorpark Road  Thousand Oaks CA 91360  (805) 449-3688  <a href="http://www.bucadibeppeo.com/pdf/GlutenFreeMenu.pdf">http://www.bucadibeppeo.com/pdf/GlutenFreeMenu.pdf</a></p>	<p><b>GLUTEN-FREE ITEMS:</b>  <b>Salads</b>  Mixed Green  Chopped Antipasto  Apple Gorgonzola  Mozzarella Caprese  <b>Entrees - Ask for all of the following not to be dusted in flour</b>  Chicken Marsala  Saltimbocca  Chicken Limone  Salmon Limone  <b>Sides</b>  Green Beans  Garlic Mashed Potatoes  Sausage &amp; Peppers  Italian Broccoli Romano</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>BURGER KING</b>  <a href="http://www.bk.com/en/us/menu-nutrition/index.html">http://www.bk.com/en/us/menu-nutrition/index.html</a></p>	<p><b>GLUTEN-FREE ITEMS:</b>  Low Carb Burgers &amp; Chicken  Lo Carb Whopper  Low Carb Whopper w/ Cheese  Low Carb Double Whopper  Low Carb Double Whopper w/ Cheese  Low Carb Whopper Jr.  Low Carb Whopper Jr. w/ Cheese . Bacon  Low Carb Angus Steak Burger  Low Carb Angus Bacon &amp; Cheese  Low Carb Chicken Whopper Sides  French Fries</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b>  Notes:. May want to double check that FF are fried in dedicated fryers  . Avoid Veggie Burger  . Avoid Hash Rounds</p>

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	<p>Motts Strawberry flavored apple sauce Chili Shredded Cheddar Honey Flavored &amp; Ranch Dipping Sauces <b>Salads</b> Side Salad (without dressing) Tender grill garden or Caesar salads <b>Dressings</b> Ken's Lt Italian, Ranch, Caesar, Honey Mustard (not Border ranch) <b>Milkshakes</b> Vanilla, Chocolate, Strawberry</p>	
<p><b>CALIFORNIA PIZZA KITCHEN</b> Restaurant Support Center 6053 West Century Blvd. #1100 Los Angeles, CA 90045-6430 (310) 342-5000 <a href="http://www.cpk.com/menu/">http://www.cpk.com/menu/</a></p>	<p><b>GLUTEN-FREE ITEMS:</b> Field Greens with Gorgonzola House Salad - <b>No</b> croutons <b>No</b> salad dressings - request oil &amp; vinegar Sautéed Scallops Steamed Vegetables</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b> Soups Salad Dressings</p>
<p><b>CALIFORNIA ROLL AND SUSHI FISH</b> (LA) (323) 203-1135</p>	<p><b>GLUTEN-FREE ITEMS:</b> Call for GF selections.</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>CARL'S JR./GREEN BURRITO</b> <a href="http://www.carlsjr.com/menu">http://www.carlsjr.com/menu</a> <a href="http://www.carlsjr.com/greenburrito/menu">http://www.carlsjr.com/greenburrito/menu</a></p>	<p><b>GLUTEN-FREE ITEMS:</b> Low carb six dollar burger Natural &amp; chili cheese fries All dressings except Asian sesame Milk Shakes  Nacho, Steak, &amp; Ground beef tacos Super tacos, steak and ground beef Beans Rice Guacamole Chips &amp; cheese</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b> Chicken breast marinated Chicken breast fritter Chicken breast strip fritter Chicken, spicy fritter Chicken stars CrissCut fries Dressing; Asian Sesame Hash brown nuggets Onion rings Salad, elbow macaroni Sauce; classic, enchilada (GB) Tortilla, flour Vegetables, chow mien Won ton strips Zucchini, breaded</p>
<p><b>CARROW'S/COCO'S RESTAURANT</b> <a href="http://www.carrows.com/nutritional.php">http://www.carrows.com/nutritional.php</a> <a href="http://www.cocosbakery.com/nutritional.php">http://www.cocosbakery.com/nutritional.php</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>CHEVY'S TEX MEX/RIO BRAVO</b>  (800) 4-CHEVYS 5660 Katella Ave., Cypress, CA 90630</p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>CHIC-FIL-A</b> Southern California locations <a href="http://www.chick-fil-a.com/Food/Gluten">http://www.chick-fil-a.com/Food/Gluten</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>CHILI'S</b></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>

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Chili's updates their GF menu options monthly. <a href="http://www.chilis.com/EN/Allergy%20Information/Chilis%20Allergen_Generic.pdf">http://www.chilis.com/EN/Allergy%20Information/Chilis%20Allergen_Generic.pdf</a>		*FRIED FOOD ITEMS ARE NOT PREPARED IN A DEDICATED FRYER AND COULD PICK-UP GLUTEN FROM OTHER ITEMS.
<b>CHIPOTLE</b> Locations: AZ, CA, CO, IL, KS, MN, MO, OH, TX, VA, <a href="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</a>	<b>GLUTEN-FREE ITEMS:</b> . Crispy Corn Tacos . Chips . Burrito Bol (no tortilla!)	<b>AVOID: ALL BREADS AND BREADED ITEMS</b> . Avoid soft flour tortillas! <u>Everything</u> on our menu is gluten-free, except the burrito and soft taco tortillas.
<b>CLAIM JUMPER</b> (Locations in: CA, AZ, CO, NV, WA, IL) (800) -949-4538 <a href="http://claimjumper.com/menu_vegetarian_gluten.aspx#gluten">http://claimjumper.com/menu_vegetarian_gluten.aspx#gluten</a>	<b>GLUTEN-FREE ITEMS:</b>	<b>AVOID: ALL BREADS AND BREADED ITEMS</b>
<b>THE COFFEE BEAN &amp; TEA LEAF</b> (800) -832-5323	<b>GLUTEN-FREE ITEMS:</b> All regular coffees and teas The Special Dutch Chocolate and French Deluxe Vanilla powders "Most of our Ice Blendeds will use either the Vanilla or Chocolate powders".	<b>AVOID: ALL BREADS AND BREADED ITEMS</b> White Chocolate powder, Green Tea powder, and "pretty much any seasonal item that has a separate powder".
<b>COLD STONE CREAMERY</b> <a href="http://www.coldstonecreamery.com/assets/pdf/nutrition/allergen_chart_020111.pdf">http://www.coldstonecreamery.com/assets/pdf/nutrition/allergen_chart_020111.pdf</a> Although we take precautions by cleaning the mixing stone often, we cannot guarantee that residual products containing glutes will not accidentally be mixed into your ice cream. In addition, our caramel and fudge sauces contain oat flour, which may affect some people.	<b>GLUTEN-FREE ITEMS:</b> Suggested GF Selections: . Frozen Yogurt . Sorbets . Flavored Ice Creams except Cake Batter Ice Cream <b>Note:</b> You may want to request that they thoroughly "wash" the mixing stone so there is no cross contamination from previous "mix-ins."	<b>AVOID: ALL BREADS AND BREADED ITEMS</b> Ice Cream Flavor(s): Cake Batter, Cinnamon Bun, Cookie Dough, and Oatmeal Cookie Batter ice creams contain gluten. "Mix-Ins": . Brownies . Graham Cracker . Cookie Dough . Oreos . Kit Kats . Candies that have a flour component to them Toppings: . Caramel Sauce (Contains oat flour) . Fudge Sauce (Contains oat flour)
<b>DAIRY QUEEN</b> <a href="http://www.coldstonecreamery.com/assets/pdf/nutrition/allergen_chart_020111.pdf">http://www.coldstonecreamery.com/assets/pdf/nutrition/allergen_chart_020111.pdf</a> Please check all of this information with your local restaurant.	<b>GLUTEN-FREE ITEMS:</b>	<b>AVOID: ALL BREADS AND BREADED ITEMS</b>
<b>DEL TACO</b> (800) 852-7204	<b>GLUTEN-FREE ITEMS:</b> Main: . Hamburger Patty (meat only) . Mucho Nachos	<b>AVOID: ALL BREADS AND BREADED ITEMS</b>
<b>DENNY'S</b> Their allergen list specifies wheat only Denny's Nutrition Consultant	<b>GLUTEN-FREE ITEMS:</b> <b>Entree/Salads</b> . Eggs/Omelets	<b>AVOID: ALL BREADS AND BREADED ITEMS</b>

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(864) 597-7396

<http://www.dennys.com/en/page.aspx?id=23&title=Nutrition%20Allergens>

- . Beef Patty
- . Corned Beef Hash
- . Turkey Breast Meat (used in turkey dinners)
- . Bacon
- . Tuna (plain)
- . Sliced/Shaved Ham
- . Deluxe Garden Salad (plain tuna unless can tolerate distilled vinegar in Mayonnaise & pickles) you may ask for plain tuna on your salad
- . Side Garden Salad

**Cereals**

- . Grits

**Sides/ Sauces**

- . Applesauce
- . Cottage Cheese
- . Fresh Fruit
- . Tomato Slices
- . Salsa
- . Mashed Potatoes/Cheese
- . Corn in Sauce\*\*
- . Olives
- . Carrots in Sauce
- . \*Regular French Fries
- . Hashed Browns
- . Tartar Sauce
- . Pinto Beans (regional item)
- . Black-eyed Peas (regional)
- . Baked Potato
- . Spaghetti Sauce

Please verify that dedicated fryers are used for french fries before you order.

**Miscellaneous**

- . American Cheese
- . Butter
- . Cherry Flavoring
- . Swiss Cheese
- . Cottage Cheese
- . Monterey Jack Cheese
- . Cheddar Cheese
- . Cream Cheese
- . Maraschino Cherries
- . Cranberry Sauce
- . Honey
- . Pancake/Waffle Syrup
- . Strawberry, Grape, Mixed Fruit Jelly
- . Liquid and Whipped Margarine

**Beverages**

- . Milk- all except buttermilk
- . Lemonade
- . Coffee, Tea, Raspberry Tea, Root Beer
- . Hot Chocolate

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<p><b>DIPPIN' DOTS</b> (270) 443-8994</p>	<p><b>GLUTEN-FREE ITEMS:</b> our ice cream does not contain gluten, although it may be present in certain add-ins. We use flavorings provided to us by other companies which are made in facilities that manufacture products with gluten</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b> · Cookies &amp; Cream · Cookie Dough · Candy Crunch</p>
<p><b>EL POLLO LOCO</b> (877) 375-4968 Reply via phone inquiry: Cross contamination is very likely with all other products</p>	<p><b>GLUTEN-FREE ITEMS:</b> Bone-in Flame Broiled Chicken All Tomato Based Salsas pinto beans corn tortillas</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>EL POLLO NORTENO</b> (Oxnard, Simi Valley, Santa Barbara) Talk to the manager for assistance.</p>	<p><b>GLUTEN-FREE ITEMS:</b> tri tip, chicken, beans, rice, and salsa are gluten free.</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>ELEPHANT BAR</b></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>FIT 2B THAI</b> 593 N. Moorpark Road Thousand Oaks, CA 91360 Tel. 805/496-2501 <a href="http://www.fit2b-thai.com/Menu_files/MAIN%20MENU.pdf">http://www.fit2b-thai.com/Menu_files/MAIN%20MENU.pdf</a> I met with the owner, Andy, and was able to tour his kitchen, inspect his ingredients, cooking tools and prep area. We went over the menu and how to avoid cross-contamination. Andy is very excited to offer healthy, gluten-free menu options for us. I can recommend Fit 2B Thai with confidence that you will have a pleasant, tasty and healthy experience.</p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>FLEMING'S STEAK HOUSE</b> <a href="http://www.flemingssteakhouse.com/media/66586/glutenfreemenu_5.pdf">http://www.flemingssteakhouse.com/media/66586/glutenfreemenu_5.pdf</a> The kitchen at Fleming's is not gluten-free. Tell your server you are ordering gluten-free.</p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>FOGO DE CHAO</b> 133 North La Cienega Beverly Hills, CA (310) 289-7755 Most menus items are gluten free, reservations are required, this is a high-end special occasion restaurant.</p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>FRESH BROTHER'S PIZZA</b> <a href="http://www.freshbrothers.com/menu.html#GFMenu">http://www.freshbrothers.com/menu.html#GFMenu</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>GARLIC JIM'S</b> <a href="http://www.garlicjims.com/menu/">http://www.garlicjims.com/menu/</a> Simi Valley, CA</p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b> Garlic Basil Sauce Tortilla Strips</p>

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		Dessert Sticks And some of the flavors of ice cream
<b>HAAGEN-DAZS</b> If an allergen does not appear on the ingredient statement, then it has not been added to the product and the likelihood of cross contamination contact is so extremely low that the risk is insignificant.	<b>GLUTEN-FREE ITEMS:</b>	<b>AVOID: ALL BREADS AND BREADED ITEMS</b>
<b>THE HABIT</b> 805-965-6030 Office 805-965-4465 Fax Pete@Habitburger.com	<b>GLUTEN-FREE ITEMS:</b>	<b>AVOID: ALL BREADS AND BREADED ITEMS</b> They do not offer information on GF items
<b>HARD ROCK CAFÉ</b> e-mail <a href="mailto:customer_care@hardrock.com">customer_care@hardrock.com</a>	<b>GLUTEN-FREE ITEMS:</b> The following menu items are gluten free: * Potato Skins * Chicken Wings * Spring Rolls * House Salad with House dressing and no croutons * Haystack Salad with House dressing and no tortilla straws * Grilled Chinese Chicken salad with House dressing and no chow mien noodles * Cobb Salad with House dressing * Char-Grilled New York Strip with no gravy on the mashed potatoes and no onion frizzles. * Texas T-bone Steak with Herbed Garlic butter instead of gravy and no gravy on the mashed potatoes	<b>AVOID: ALL BREADS AND BREADED ITEMS</b> . Tortilla Straws . Chow Mein Noodles . Gravy . Onion Frizzles
<b>HERB &amp; SPICE Thai Cuisine (Simi Valley)</b> 805-522-5000 Many dishes are or can be made gluten free. Talk to the manager for assistance.	<b>GLUTEN-FREE ITEMS:</b>	<b>AVOID: ALL BREADS AND BREADED ITEMS</b>
<b>IHOP (INTERNATIONAL HOUSE OF PANCAKES)</b> 818-240-6055	<b>GLUTEN-FREE ITEMS:</b> . Please ask your server for egg alternatives if omelets are a favorite. . We do offer a few items that do not contain wheat like: shell eggs, most breakfast meats, fruits in season, tossed salad, baked potatoes, hamburger patties and grilled cod (prepared without flour).	<b>AVOID: ALL BREADS AND BREADED ITEMS</b> . Please Note that IHOP omelet batter contains a small amount of buttermilk pancake flour . IHOP Buckwheat pancakes are also a blend of wheat and buckwheat flours
<b>IKEA</b>	<b>GLUTEN-FREE ITEMS:</b> IKEA is a large store that sells home furnishings. The restaurant on the second floor sells slices of a gluten-free almond torte in the dessert case. There are two flavors: Almond Torte and Almond Torte with Daim. These tortes were previously labeled "gluten free" in the display case, but the last time	<b>AVOID: ALL BREADS AND BREADED ITEMS</b>

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	<p>they were not. However, both of these tortes, called “Almondy: Original Swedish Almond Torte” are labeled gluten free on their packaging. They are for sale in the freezer section of the food section near checkout.</p> <p>Also look for a product called "Krusball" (individual puffs of light coconut flavored marshmallows), and Classic Cocosball (coconut flavored marshmallow coated with chocolate) in the food section by checkout that are labeled gluten free as well.</p>	
<p><b>IN-N-OUT BURGER</b> (800) 786-1000</p>	<p><b>GLUTEN-FREE ITEMS:</b></p> <ul style="list-style-type: none"> <li>. Burgers if ordered “protein style” which means without the bun. It will be served in a lettuce wrap</li> <li>. French Fries</li> <li>. All Shakes are GF</li> <li>. Cheese</li> <li>. Ketchup</li> <li>. Mustard</li> </ul>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b> The spread which may contain gluten</p>
<p><b>ISLAND’S RESTAURANT</b> Locations: CA, AZ 5750 Fleet Street, Suite 120 Carlsbad, CA 92008 (760) 268-1800 <a href="https://www.islandsrestaurants.com/menu/nutritional/wheat.aspx">https://www.islandsrestaurants.com/menu/nutritional/wheat.aspx</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p> <p>Grilled Chicken Grilled Burger Patties Rotisserie Chicken Salads w/o croutons Ranch Dressing Oil and Vinegar Dressing Teryaki sauce</p> <ul style="list-style-type: none"> <li>. French Fries (signature item always in dedicated fryer)</li> </ul>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p> <p><b>APPETIZERS</b> ONION RINGS TIKI TENDERS Beachside Sliders QUESADILLA</p> <p><b>SALADS</b> ITALIAN DRESSING SESAME DRESSING</p> <p><b>SOUPS</b> TORTILLA</p> <p><b>TACOS</b> FISH TACOS SOFT FLOUR TORTILLAS</p> <p><b>BURGERS</b> SUNSET BURGER onion ring</p> <p><b>ENTREES</b> MOA-EKE MEAL flour tortilla</p> <p><b>DESSERTS</b> APPLE COBBLER W/ ICE CREAM &amp; CARAMEL Sauce KONA PIE CHOCOLATE LAVA DESSERT</p>
<p><b>JACK IN THE BOX</b> <a href="http://www.jackinthebox.com/">http://www.jackinthebox.com/</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p> <p>almonds , plain bacon pieces bacon ranch dressing bacon slices barbeque dipping sauce</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p> <p>asian sesame dressing beef regular or monster taco cheesecake chicken breast strips chicken fajita chunks chicken fajita patty</p>

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	barq's® root beer bittersweet chocolate syrup black beans bruschetta marinade buttermilk house dipping sauce carrots cheese, all cheese sauce chicken, roast fillet chicken, savory chunks chocolate syrup corn creamy Caesar dressing creamy southwest dressing egg, grilled, scrambled fanta frank's® red hot® buffalo dipping sauce french fried potatoes frying shortening greek salad ham, black forest, sliced hamburger patty, regular or jumbo hollandaise sauce honey mustard dipping sauce lite ranch dressing low fat balsamic dressing mandarin oranges mayo-onion sauce minute maid® lemonade natural cut fries onions, grilled, red pickles, dill, pickles, dill, spears ranch dressing reduced fat herb mayo roasted pepper sauce salami, hard, sliced salsa sausage patty, crumbles secret sauce shake mix, ice cream smoky cheddar mayo sour cream spicy corn sticks spring mix strawberry syrup sundried tomato sauce sweet 'n sour dipping sauce table syrup taco sauce tartar sauce turkey breast, sliced vegetable shortening, butter flavored	chicken patty chicken, spicy breast fillet chocolate malted crunch pieces country crock® spread double fudge cake egg rolls fish ham, sliced hash brown potatoes onion rings oreo® cookie crumbs potato wedges seasoned curly fries soy sauce stuffed jalapenos taco or monster taco flour tortilla vinegar, malt wonton strips
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<p><b>JAMBA JUICE</b>          Jamba Juice Support Center          1700 17th Street          San Francisco, CA 94103          (800) 545-9972  <a href="http://www.jambajuice.com/products/dietpr ef/non_gluten">http://www.jambajuice.com/products/dietpr ef/non_gluten</a></p>	<p><b>GLUTEN-FREE ITEMS:</b>          All smoothies EXCEPT Heart Defender.          All fresh juices, juice blends, fruit, and frozen dairy products are also gluten-free.          All boosts except Daily Vitamin, Energy and Heart Happy are gluten-free</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b>          Jamba's Baked goods are NOT gluten-free.</p>
<p><b>JOE'S CRAB SHACK</b>          Ellen ClarryVP Quality Assurance and Global Supply Chain          Ignite Restaurant Group          9900 Westpark Drive, Suite 300          Houston , TX 77063          713-366-7581 (office) 832-443-6313 (mobile)          832-369-7323 (fax)  <a href="http://www.joescrabshack.com/menus/default.aspx">http://www.joescrabshack.com/menus/default.aspx</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p> <ul style="list-style-type: none"> <li>• Our famous Steampot served with crabs, sausage, butter, corn and potatoes.</li> <li>• Steamed and garlic crabs served with sides of butter, corn and potatoes.</li> <li>• Blackened mahi mahi or tilapia served with white rice and vegetables. (make sure to request white rice)</li> <li>• Steak and grilled shrimp served with white rice or potatoes and vegetables. (make sure to request white rice)</li> <li>• Cobb Salad – without dressing</li> <li>• Key West Chicken – This is a grilled chicken breast topped with lump crabmeat and jumbo shrimp served with white rice and veggies. It is gluten free if the mango jalapeno sauce is not served with the product. (make sure to request white rice)</li> <li>• Sunset Salmon – This is salmon topped with pineapple pico de gallo served with white rice and veggies. It is gluten free if the glaze is not basted on the salmon. (make sure to request white rice)</li> <li>• Blackened Tilapia – This is served with white rice and veggies. It is gluten free if the glaze is not basted on the salmon. (make sure to request white rice)</li> <li>• Bucket of Shrimp – Peel and eat shrimp seasoned with Old Bay spice and served with a lemon or cocktail sauce.</li> </ul> <p>steampots•          The Bean Town Bake which is served with 2 whole lobsters, clams, shrimp, corn, potatoes and sausage.          • The Long Islander which is served with mussels, clams, shrimp, sausage, corn and potatoes.          • The Orleans which is very spicy blend of whole crawfish, shrimp, andouille sausage, corn and potatoes.          • The Old Bay Steam Pot which is snow crab, clams, shrimp, sausage, corn and potatoes seasoned with Old Bay Seasoning.</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>KENTUCKY FRIED CHICKEN</b>  <a href="http://www.kfc.com/nutrition/">http://www.kfc.com/nutrition/</a></p>	<p><b>GLUTEN-FREE ITEMS:</b>          Potato Salad</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>

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	<p>Sweet Kernel Corn          Three Bean Salad          String Cheese          Jalapeno Peppers</p>	
<p><b>KOO KOO ROO</b>          Tracey Nie, Manager, Quality Assurance          Prandium, Inc.          Tel: (949) 863-8516          Fax: (949) 863-8509</p>	<p><b>GLUTEN-FREE ITEMS:</b>          . Butternut Squash          . Yams          . Steamed Vegetables          . House salad <b>WITHOUT</b> dressing, croutons or roll          . Asparagus –Seasonal item          . Baby Carrots          . Brussel Sprouts –Seasonal Item          . Kernel corn/corn on the cob          . Lentils          . Original Chicken <b>WITHOUT</b> Basting Sauce          . Fresh Fruit</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b>          . Salad Dressing          . Basting Sauce for Chicken</p>
<p><b>LA SALSA</b>          Tel: 866-452-7257</p>	<p><b>GLUTEN-FREE ITEMS:</b>          All except those with ingredients to the right</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b>          Chilaquile          Salsa Roja          Sirloin Steak          Chicken Taquitos          Chipotle Tortilla          Flour Tortilla          Tostada Shell</p>
<p><b>MCDONALDS</b>  <a href="http://www.mcdonalds.com/us/en/food/food_quality/nutrition_choices.html">http://www.mcdonalds.com/us/en/food/food_quality/nutrition_choices.html</a>          You can check individual items with the link for ingredients and allergy warnings. The list to the right is just a partial list of GF menu items.          McDonalds lists wheat and dairy as ingredients in the beef base used on the fries and hash browns. They state all gluten is removed in processing. Eat the fries at your own risk.</p>	<p><b>GLUTEN-FREE ITEMS:</b>  <u>Beverages</u>          Hot Chocolate          Chocolate Triple Thick® Shake          Strawberry Triple Thick® Shake          Vanilla Triple Thick® Shake  <u>Condiments/Sauces</u>          Chicken McNugget® Honey          Chicken McNugget® Hot Mustard          Hotcake Syrup          Southwestern Chipotle BBQ Sauce          Spicy Buffalo Sauce          Tangy Honey Mustard          Tartar Sauce  <u>Miscellaneous</u>          Apple Dippers and Low Fat Caramel Dip          American Cheese          Beef Patty (no bun)          Canadian Bacon          Fruit 'n Yogurt Parfait (no granola)          Ice Cream Sundaes including nuts          M&amp;M® McFlurry®          Sausage          Scrambled Egg  <u>Salads/Dressings</u></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b>          chicken breast strips          chicken breast fillet          chicken pattie          bbq sauce          sweet &amp; sour sauce          walnuts (in fruit &amp; walnut salad)          orange glaze          Newman's Own Low Fat Sesame          Ginger Dressing</p>

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	<p>Caesar Salad w/o Chicken+ Side Salad Fruit &amp; Walnut salad w/o walnuts Newman's Own® Creamy Caesar Dressing Newman's Own® Cobb Dressing Newman's Own® Low Fat Balsamic Vinaigrette Newman's Own® Ranch Dressing</p>	
<p><b>MAGGIE MOO's ICE CREAM</b> (Valencia) <a href="http://www.maggiemoos.com/nutritional-info/">http://www.maggiemoos.com/nutritional-info/</a></p>	<p><b>GLUTEN-FREE ITEMS:</b> At this time, all ice creams except two are GF. (see the list of ones to avoid on the right)</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b> Better Batter Chocolate Better Batter</p>
<p><b>MELTING POT</b> Thousand Oaks <a href="http://www.meltingpot.com/menu-gluten-free.aspx">http://www.meltingpot.com/menu-gluten-free.aspx</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>MIMI'S CAFE</b> <i>Mimi's Cafe no longer offers gluten free menu suggestions</i></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>NOODLES &amp; CO</b></p>	<p><b>GLUTEN-FREE ITEMS:</b> "Noodles and Co. restaurants have gluten and allergy info available at the cashiers station.</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>OLIVE GARDEN</b> <a href="http://www.olivegarden.com/menus/gluten-free/">http://www.olivegarden.com/menus/gluten-free/</a> Let your server know you are interested in menu items especially for Gluten Intolerance. Your server will be happy to accommodate your request.  Guest Relations 1-800-331-2729. Our office hours are Monday -Friday, 10:00 a.m. - 4:00 p.m. ET.</p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>ON THE BORDER</b> <b>Mexican Grill and Cantina</b> Northridge <a href="http://www.brinker.com/gr/allergens/otb%20allergen.pdf">http://www.brinker.com/gr/allergens/otb%20allergen.pdf</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>OUTBACK STEAK HOUSE</b> <a href="http://outback.com/menu/pdf/glutenfree.pdf">http://outback.com/menu/pdf/glutenfree.pdf</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b> Grilled Onions Aussie Chips Sautéed 'Shrooms</p>
<p><b>P.F. CHANG'S CHINA BISTRO</b> <a href="http://www.pfchangs.com/menu/">http://www.pfchangs.com/menu/</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>PANDA EXPRESS</b> <a href="http://www.pandaexpress.com/menu/nutrition.aspx">http://www.pandaexpress.com/menu/nutrition.aspx</a></p>	<p><b>GLUTEN-FREE ITEMS:</b> Steamed Rice Sweet &amp; Sour Sauce</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>PANERA BREAD</b> Thousand Oaks (805) 496-2253</p>	<p><b>GLUTEN-FREE ITEMS:</b> *Salads (including the salad dressing – source</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>

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<p>If at all possible, go to <a href="http://www.panerabread.com">www.panerabread.com</a> the day you will be dining there. You can determine from the website which year-round soups will be available that day. Check below to see if any are listed.</p> <p>Which Seasonal Soups are available, and click on the name of the soups to determine by the ingredients if it is GF. What the current salads are. Check below to see which regular ones are GF.</p> <p>What the current seasonal salads are. Check the ingredient listing on the website by clicking on the name of the salad.</p>	<p>of modified food starch is corn)          Classic Café          Greek          Fandango          Strawberry Poppyseed (seasonal)          *Seasonal salads come and go. The exact ingredients for each seasonal salad is available on their website and will mention wheat, barley, or rye if they are included.          Soups*          Mesa Bean &amp; Vegetable (rotational)          Moroccan Tomato Lentil (rotational)          Santa Fe Roasted Corn (rotational)          Vegetarian Black Bean - available year-round, but only 4 days a week - check website for schedule          Vegetarian Lentil (rotational)          Vegetable and Sirloin</p> <p>* Every day the Panera website lists the soups available that day (nationally). If possible, check the website before you go to determine which ones are available that day.</p> <p>Salad Dressings          Balsamic Vinaigrette - no sugar added          Caesar          Greek          Poppy Seed          Raspberry Vinaigrette          Asian Sesame Vinaigrette - no sugar added</p> <p>Beverages          Coffee          Juice, both apple and orange          Lemonade          Milk          Soda, both carbonated and bottled          Tea, both regular and Chai Tea</p>	
<p><b>PEI WEI ASIAN DINER</b>  <a href="http://www.peiwei.com/Menu/">http://www.peiwei.com/Menu/</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>PICK UP STIX</b>          Locations: CA, IL, NV, AZ          they do not confirm any item as gluten free          800-400-7849</p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b>          The one in Oxnard has NEVER gotten my order right on the first try. I would not ever try to eat there again.</p>
<p><b>PIZZA GURU</b>          Locations: Santa Barbara CA          805-563-3250  <a href="http://www.pizzaguru.com/assets/menu.pdf">http://www.pizzaguru.com/assets/menu.pdf</a></p>	<p><b>GLUTEN-FREE ITEMS:</b>          Pizza          Pasta          Beer</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>PIZZASALAD</b> (Thousand Oaks)          1655 E. Thousand Oaks Blvd. (between Rancho Road &amp; Erbbs – closer to Erbbs)          Tel: 805 371 7878</p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>

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<p><a href="http://www.pizzasalad.com/gluten-free-vegan.htm">http://www.pizzasalad.com/gluten-free-vegan.htm</a> Organic Pizza/Organic Gluten-Free Pizza and Salads</p>		
<p><b>RED BRICK PIZZA</b> Organic Pizza/Organic Gluten-Free Pizza and Salads</p>	<p><b>GLUTEN-FREE ITEMS:</b> <b>Most</b> Pizza toppings, options change as this is a test site for the chain</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b> Gluten containing gelatos</p>
<p><b>RED ROBIN</b> <a href="http://www.redrobin.com/food/allergens.aspx">http://www.redrobin.com/food/allergens.aspx</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b> Corn strips may be fried in a common fryer.</p>
<p><b>RED'S BBQ (Simi Valley)</b> Talk to the manager or cook for other items, much of their food is GF</p>	<p><b>GLUTEN-FREE ITEMS:</b> BBQ sauces Ribs Chicken Tri tip Roasted potatoes Baked beans</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b> French fries Scalloped potatoes Mashed potatoes Potato chips</p>
<p><b>ROMANOS MACARONI GRILL</b> <a href="http://www.macaronigrill.com/Nutritional/Nutritional.aspx">http://www.macaronigrill.com/Nutritional/Nutritional.aspx</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>ROY'S HAWAIIAN FUSION CUISINE</b></p>	<p><b>GLUTEN-FREE ITEMS:</b> Chocolate Souffle</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>RUBIOS</b> <a href="http://www.rubios.com/nutrition/allergen">http://www.rubios.com/nutrition/allergen</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b> Beer Battered Fish Chicken Taquitos Chicken Baja Bites Flour Tortillas Wheat Tortillas Chicken</p>
<p><b>RUTH'S CHRIS STEAK HOUSE</b> Woodland Hills &amp; Santa Barbara Call to verify menu options</p>	<p><b>GLUTEN-FREE ITEMS:</b> Appetizers/Soups/Salads</p> <ul style="list-style-type: none"> <li>• Barbequed Shrimp</li> <li>• Shrimp Remoulade (Lea &amp; Perrin's Worcestershire Sauce is part of recipe)</li> <li>• Shrimp Cocktail (Lea &amp; Perrin's Worcestershire Sauce is part of recipe)</li> <li>• Onion Soup (without the croutons)</li> <li>• Ahi Tuna (without the sauce)</li> <li>• All salads (without croutons)</li> <li>• All salad dressings except Ranch (outside source)</li> </ul> <p>Entrees</p> <ul style="list-style-type: none"> <li>• All entrees - Steaks are only seasoned with salt, pepper and butter.</li> <li>• The Stuffed Chicken Breast is questionable due to Ranch dressing.</li> </ul> <p>Sides</p> <ul style="list-style-type: none"> <li>• All potatoes except Au Gratin and French Fries (which are fried in the same oil as the</li> </ul>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>

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	<p>onion rings).</p> <ul style="list-style-type: none"> <li>• All vegetables except Creamed and Au Gratin</li> </ul> <p>Desserts</p> <ul style="list-style-type: none"> <li>• Chocolate Sin Cake</li> <li>• Creme Brulee</li> <li>• Berries with Cream</li> </ul>	
<p><b>SEE'S CANDYS</b>  <a href="http://www.sees.com/pdf/SeesAllergenInfo_010111.pdf">http://www.sees.com/pdf/SeesAllergenInfo_010111.pdf</a>  Our Quality Assurance department has advised that we have recently reformulated our products and we have eliminated wheat as a direct ingredient in all of our candies. Therefore, none of our products contain gluten as a direct ingredient and cross-contamination is no longer a possibility.</p>	<p><b>GLUTEN-FREE ITEMS:</b>  All except Malt Truffle</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b>  Malt Truffle contains malt powder</p>
<p><b>STARBUCKS</b>  (800) 230-LATTE  The following information was given by several Customer Service Department representatives for Starbucks via telephone. They require you to call to receive information about their gluten-free menu items, rather than email</p>	<p><b>GLUTEN-FREE ITEMS:</b>  All other beverages are gluten free (as long as they don't have any of the "chips"). One representative specifically mentioned their chocolate sauce(?) as being gluten free.</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b>  Any frappachino with "chips" (Java Chip, Double Chocolate Chip, Mint Mocha Chip).</p>
<p><b>STONEFIRE GRILL</b>  <a href="http://www.stonefiregrill.com/faq/menu-questions/">http://www.stonefiregrill.com/faq/menu-questions/</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>SUBWAY</b>  <a href="http://www.subway.com/applications/NutritionInfo/index.aspx">http://www.subway.com/applications/NutritionInfo/index.aspx</a>  Note:  . Wheat &amp; Gluten categories on their list are combined since the only source of gluten in Subway foods is from wheat containing ingredients.  . Distilled vinegar is gluten-free per American Dietetic Association Guidelines.</p>	<p><b>GLUTEN-FREE ITEMS:</b>  <b>All Salads, Cheeses, Vegetables</b>  <b>Meat, Poultry Seafood:</b>  . Bacon  . Chicken Strips –plain  . Cold Cut Trio Meats  . Ham  . Italian BMT Meats  . Roast Beef  . Subway Club Meats  . Tuna  . Turkey Breast  <b>Condiments &amp; Dressings</b>  . Chipotle Southwest Sauce  . Honey Mustard Sauce  . Light Mayo &amp; Reg.  . Mustard (Yellow &amp; Deli Brown)  . Oil  . Ranch Dressing, Kraft  . Sweet Onion Sauce (contains poppy seeds)  . Vinegar</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b>  . Atkins Wraps  . Chicken Breast Patty  . Chicken Strips – Teriyaki Glazed  . Meatballs  . Seafood &amp; Crab  . Steak</p>
<p><b>SZECHUWAN GARDEN</b></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>

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<p>(Simi Valley, Moorpark) Many dishes are or can be made gluten free. Talk to the manager for assistance.</p>		
<p><b>TACO BELL</b> (800)TacoBell <a href="http://www.tacobell.com/nutrition/allergens">http://www.tacobell.com/nutrition/allergens</a></p>	<p><b>GLUTEN-FREE ITEMS:</b> Pintos 'n Cheese Mexican Rice Tostada Southwest Steak Bowl</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>TCBY</b> As a suggestion for a special occasion treat for someone with gluten intolerance, you can order a pie with no crust (prepared directly in an aluminum pie plate), and have the employee assisting you smooth a topping on it and decorate it like they would a regular cake order. Please see our cake manual for fun ideas.</p>	<p><b>GLUTEN-FREE ITEMS:</b> <b>Frozen Yogurt</b> Banana Macadamia Nut (Nonfat) Black Cherry (96% Fat-Free) Boysenberry (Nonfat) Butter Pecan (Nonfat/No-Sugar-Added) Butterscotch (Nonfat) Cappuccino (Nonfat/No-Sugar-Added) Caramel Pecan Cheesecake (Low Carb Lover's) Cherry Jubilee (Low Carb Lover's) Chocolate (Low Carb Lover's) Chocolate (96% Fat-Free) Chocolate (Nonfat/No-Sugar-Added) Coconut Cream Pie (Nonfat/No-Sugar-Added) Coffee (96% Fat-Free) Dutch Chocolate (Nonfat) Egg Nog (96% Fat-Free) Golden Vanilla (96% Fat-Free) Irish Cream (Nonfat/No-Sugar-Added) Lemon Custard Chiffon (Low Carb Lover's) Mountain Blackberry (Nonfat/No-Sugar-Added) Old Fashion Vanilla (Nonfat) Peach (Nonfat/No-Sugar-Added) Peanut Butter (96% Fat-Free) Pumpkin (96% Fat-Free) Raspberry (96% Fat-Free) Strawberries &amp; Cream (Nonfat) Strawberry (96% Fat-Free) Strawberry (Nonfat/No-Sugar-Added) Vanilla (Low Carb Lover's) Vanilla (Nonfat/No-Sugar-Added) White Chocolate Macadamia Nut (Nonfat/No-Sugar-Added) White Chocolate Mousse (96% Fat-Free) <b>TCBY Ice Cream</b> Ample Amps (Arthur's Favorites) Butter Pecan Cherry Chocolate Chunk Chocolate Chocolate Chip Cinnamon Swirl Coffee</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b> Sprinkles, many candies, cookies, cake, and pie crust all contain gluten The only TCBY soft-serve frozen yogurt flavors that DO contain wheat, oats, barley, or rye in the ingredients are as follows: Cheesecake, Chocolate Malt, and Cookies and Cream.  However, the majority of our Mrs. Fields Ice Cream flavors are not gluten-free.</p>

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	<p>Cotton Candy (Arthur’s Favorites)  Mint Chocolate Chip  Pistachio  Pralines &amp; Cream  Rainbow Cream (Arthur’s Favorites)  Rocky Road  Strawberry  Vanilla Bean  <b>Sorbet</b>  Juicy Orange  Key Lime  Peach  Pineapple Passionfruit  Psychedelic Sorbet  Ripe Raspberry  Strawberry Kiwi  Tropical Citrus  Watermelon  . Fruits and hot toppings do not contain gluten</p>	
<p><b>THE GRILL ON THE ALLEY</b>  Thousand Oaks  <a href="http://www.thegrill.com/">http://www.thegrill.com/</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>TONY ROMA’S</b></p>	<p><b>GLUTEN-FREE ITEMS:</b>  Thank you for contacting Guest Relations for Tony Roma's Restaurants. Tony Roma's Barbecue Sauces are gluten free, as well as ribs and grilled chicken.</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b>  It is important for our valued guest to know our fry oil is shared with gluten products and cross-contamination is an expectation and evident in any fried item such as chicken tenders, French fries, tortilla chips, etc.</p>
<p><b>UNCLE CHEN</b>  (Carpinteria)  They are very friendly and eager to modify dishes to suit your needs.</p>	<p><b>GLUTEN-FREE ITEMS:</b>  Nearly all their dishes can be modified to be gluten free. They have Kari Out gluten free soy sauce available.</p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>WENDY’S</b>  <a href="http://wendys.com/food/pdf/us/gluten_free_list.pdf">http://wendys.com/food/pdf/us/gluten_free_list.pdf</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>
<p><b>ZPIZZA</b>  <a href="http://www.zpizza.com/about/faq#gluten-free-options">http://www.zpizza.com/about/faq#gluten-free-options</a></p>	<p><b>GLUTEN-FREE ITEMS:</b></p>	<p><b>AVOID: ALL BREADS AND BREADED ITEMS</b></p>