

Gluten-Free Restaurants in Phoenix

Written by Written by Caley Goldblatt

Every year a new dining craze explodes across the Valley and in 2010, gluten free dining took center stage. Numerous restaurants throughout the Phoenix area have now added gluten-free options to their menus to accommodate diners with celiac disease or specific wheat allergies. Instead of avoiding the bread, pasta and pizza, now diners can enjoy the best that carbs have to offer while, remaining gluten free. By going gluten free, these restaurants have managed to turn these formerly food no-no's into a big delicious yes.

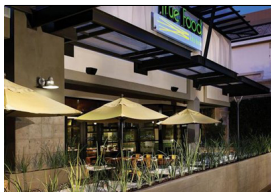


Nourish

Nourish is the ultimate dining destination for a vegan, lactose-free and gluten-free friendly menu. Elegant while earthy, this Phoenix healthy hot spot is a great place to grab lunch or have a few organic cocktails with friends. Located at the chic new Optima Camelview Village, just north of Fashion Square Mall, Nourish even has a weekend brunch which includes home-style favorites such as of fresh gluten-free blueberry waffles. Though Nourish can accommodate any diet restriction, the dishes are so varied and delicious that it you won't even miss the gluten, promise! 7147 E Highland Ave, Scottsdale, AZ 480.684.2233 ?

Indulge Burger

Located in the Scottsdale Commons, Indulge Burger has been feeding the Valley's appetite for an upscale "build your own" burger experience. Now with both a gluten-free breakfast and lunch/dinner menu, they make sure that these burgers are enjoyed the way they were meant to be, on a bun. For breakfast Indulge Burger offers gluten-free English muffins to enjoy though any one of their six different takes on eggs benedict, including a smoked salmon Benedict and a lobster Benedict. Whether you're in the mood for beef, chicken, turkey or a veggie, you can create your own masterpiece with their assortment of toppings and sauces. Also to be enjoyed are the mouthwatering sidekicks such as the sweet potato fries, shakes and sundaes which are delicious enough to almost steal the spotlight from the burger itself. 10392 North Scottsdale Road, Scottsdale, AZ 480.998.2222 ?



True Food Kitchen

True Food Kitchen's menu is based on principles of Dr. Well's food pyramid which highlights the importance of whole grains, proteins, and nutritious fruits and vegetables, which they use to create their wholesome dishes. This certified "green restaurant" makes healthy eating easy, and clearly marks on their menu, whether a dish is vegetarian, vegan or gluten-free. True Food Kitchen is also the perfect place for drinks with dinner, offering gluten-free and organic beer in addition to their large selection of fruity cocktails, all with natural ingredients. Also, if you're trying to stick to eating gluten-free but have a serious sweet tooth, try out one of their desserts like the flourless chocolate cakes which is topped with vanilla ice cream and caramel. Biltmore Fashion Park, 2502 E Camelback Rd #135 602.774.3488

The Melting Pot

Located both in Tucson and the Valley, The Melting Pot is the ultimate fondue experience and now is offering a gluten-free menu. Each dish can be adjusted to accommodate a gluten-free diet by simple changes made to those famous fondue recipes. Fun for the whole family, watch as your server creates your table's pot of fondue. Remember, the best part is yet to come, the dipping! Plus the Melting Pot offers a huge selection of gluten-free wines, as well as gluten-free cocktails to accompany their gluten-free chocolate fondue like their famous flaming turtle. 7395 N La Cholla Blvd, Tucson, Arizona 8260 N Hayden rd, Scottsdale, AZ



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Yogurtology

Chic and simplistic, Yogurtology is the perfect self-serve frozen yogurt spot in Phoenix to satisfy your gluten-free sweet tooth. Each creamy yogurt flavor is labeled whether they are gluten-free or not and what natural ingredients they are made with. They also have a huge toppings bar with plenty of gluten-free options like berries, chocolate toppings and nuts. Plus pick up a loyalty card and get free fro-yo for every eight you buy! Town & Country Shopping Center, Kierland Village Center

The Bamboo Club

Okay so this one's not in the Phoenix area, but I thought I'd include it just in case you traveled over to Tucson! The Bamboo Club has an exquisite selection of Asian Cuisine catering to a gluten-free diet. Located in Tucson, they offer sizzling entrées and seafood all prepared with an Asian flair. The Bamboo Club offers a full gluten-free menu but will gladly personalize many of the entrees in order to make them gluten-free. They even serve wheat free soy sauce so absolutely no delicious sacrifices have to be made. This hip Asian bistro is family-friendly with a large selection menu that even has an "American Fare" section on it so everyone will be satisfied.

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