



Gluten-free Restaurant Guide Dining Out in the Greater Milwaukee Area

Celiac Disease is an intolerance to the gluten in wheat, rye and barley and is an additive in hundreds of foods. Celiac disease is an inherited autoimmune disorder that affects the digestive process in the small intestine. Gluten, the protein found in wheat, rye and barley is the enemy. A strict gluten-free diet is at present the only cure for this disease.

Cooking at home and grocery shopping can be a challenge – dining out can be nightmare! Hopefully this guide will enable those with food allergies and gluten intolerance to enjoy the option of dining out.

Important Disclaimer

The information included in this guide has been researched and collected from websites and contacting restaurants via e-mail. Outpost Natural Foods has not contacted those restaurants that had gluten-free menus provided on their websites. Outpost is not responsible for the willingness and capabilities of the restaurants listed to cater to the gluten-free diet. We cannot guarantee that the restaurants listed will provide customers with a gluten-free meal, or that dishes listed or recommended will be gluten-free. **It is the responsibility of the customer to always explain his/her dietary needs to the restaurant staff.**

There are multiple factors, beyond the control of Outpost Natural Foods, that could prevent gluten-free dining, including without limitation, misinformation posted on websites, misinformation provided by restaurants, human error, misunderstandings and mistakes on the part of restaurant staff, changes in restaurant staff and/or food offerings over time, and most importantly, failure of the customer to adequately explain his/her dietary needs to the restaurant staff.

- Fried food items are usually not prepared in a dedicated fryer and could pick-up gluten from other items.
- All seafood and meat items should only be prepared by the following methods: Steamed, pan-seared, baked with gluten-free crumbs, or sautéed in oil with an egg wash and cornmeal batter.
- All cookware and dinnerware should be pre-washed and wiped dry before cooking.

Gluten free restaurant cards individualized for many cuisines in 37 languages are available at www.celiactravel.com/restaurant-cards.html for free. They are in a printable format and designed to take with you when you visit a restaurant.

The website www.foodallergybuddy.com allows you to make a personalized restaurant card for any type of food allergy. It is free. All that is necessary is the addition of your dietary information and your personalized restaurant card is available to be printed by you.

Arby's

Multiple locations

Gluten-Free Info - www.arbys.com/nutrition/Arbys_US_Nutrition.pdf

Amici's Italian Restorante

1872 Hwy 175

Richfield, WI 53076

(262) 628-9977

This restaurant does not have a specified gluten-free menu, but they will work with you. Ask to speak to the manager "Joe" or head chef "Tom" about their gluten-free menu items.

Bone Fish Grill

18355 Bluemound Road

Brookfield, WI 53045

262-797-0166

Bone Fish Grill has a gluten-free menu posted online.

www.bonefishgrill.com

Boston Market

Multiple locations

Gluten-Free Info - www.rochesterceliacs.org/files/bostonmarket.htm

Buca di Beppo – Southern Italian Restaurant

1233 N. Van Buren St.

Milwaukee, WI 53202

(414) 224-8672

www.bucadibeppo.com

Management can recommend several menu items especially for gluten intolerance. Request entrées to not be dusted with flour.

Carrabba's Italian Grill

4765 S. 76th Street

Greenfield, WI 53220

(414) 282-4158

Gluten-Free Info - www.carrabbas.com/menu/pdf/GFmenu.pdf

Centro Cafe

808 E. Center Street

(414)455-3751

Milwaukee, Wisconsin 53212

Chili's

1601 Miller Parkway

Milwaukee, WI 53214

(414) 389-9739

17915 W. Bluemound Rd.

Brookfield, WI 53045

(262) 792-9790

6439 S 27th St.

Franklin, WI 53132

(414) 761-5889

N96 W18640 County Line Rd.

Germantown, WI 53022

(262) 250-1254

www.chilis.com

Chili's provides gluten-free menu items but their gluten-free list expires on a MONTHLY basis, contact the company at their website or call 1-800-963-4637 for an updated version prior to dining.

Chin's Asia Fresh

2907 N. Oakland Ave
Milwaukee, WI 53211
(414) 967-9757

17550 W. Bluemound Rd.
Brookfield, WI 53045
(262) 754-9955
www.chins.com

Claim Jumper Restaurants

15 S Moorland Road
(262) 782-9800
Brookfield, Wisconsin 53005
www.claimjumper.com

Coast – a Zilli restaurant

931 E. Wisconsin Ave.
Milwaukee, WI 53202
(414) 727-5555
www.coastrestaurant.com/cuisine/index.htm

Coast does not have a specified gluten-free menu, but they will work with you. Ask to speak to the owner or chef.

Crawdaddy's Restaurant – Cajun Cuisine

6414 W. Greenfield Ave.
West Allis, WI 53214
(414) 778-2228
crawdaddysrestaurant.com

Crawdaddy's does not have a specified gluten-free menu, but they will work with you. Ask to speak to the owner or chef.

Dairy Queen

Multiple locations

Gluten-Free Info - www.dairyqueen.com/en-US/Menus+and+Nutrition/Special+Dietary+Needs/Gluten-Free+Products.htm

Denny's

Multiple locations

Gluten-Free Info - <http://www.kintera.org/site/pp.asp?c=ewK0LjP7E&b=35002>

Five Guys Burgers & Fries

Bayshore Town Center
5800 N. Bayshore Drive

Glendale, Wisconsin 53217

(414) 962-3560

They offer gluten-free fries and burgers without buns

Gluten Free Trading Company - Gluten-free groceries from around the world.

(414) 747-8700

3116 S. Chase Ave.

(414) 747-8700

Milwaukee, WI 53207

www.gluten-free.net

Kahunas- Pewaukee Lake Beach Club and Tiki Bar

I-94 & Hwy Ss - W279 N2221 Prospect Ave.

(262)-695-8303

Pewaukee, WI 53072

www.kahunasonline.com

Ask the owner, "Steve," about their gluten-free menu items including Ciroc Vodka.

KFC

Multiple locations

Gluten-Free Info - www.yum.com/nutrition/allergen/allergen_kfc.asp

Lakefront Brewery Palm Garde

gluten-free "New Grist" beer served with live polka music (Friday 4-10 PM)

1137 N. Old World Third St.

Milwaukee, WI 53203

414-273-8300

Only "New Grist" is guaranteed gluten-free. No food items on menu are guaranteed gluten-free.

Libby Montana

5616 W. Donges Bay Rd.

Mequon, WI 53092

(262) 242-2232

www.libby-montana.com

Maggiano's Little Italy

Gluten-free pasta by request

2500 N. Mayfair Rd.

Wauwatosa, WI 53226

(414)-978-1000

www.maggianos.com

Marilynn's Specialties – Homemade Baking at its Finest

Gluten-free and Lactose-free bakery available.

Won second place at Wisconsin State Fair.

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414-688-0308

Mc Donald's

Multiple locations

Gluten-Free Info - <http://app.mcdonalds.com/countries/usa/food/nutrition/categories/glutenfree.pdf>

Molly's GF Bakery

N47 W28270 Lyndale Rd.
Pewaukee, WI 53072
(262) 369-1404

Noodles and Co.

Multiple locations

Gluten-Free Info - www.kintera.org/site/pp.asp?c=ewKOLjP7E&b=847291

Olive Garden

18180 W. Blue Mound Rd.
Brookfield, WI 53045
(262) 821-0300

8531 Brown Deer Rd.
Milwaukee, WI 53224
(414) 354-4042

4760 S. 76th St.
Greenfield, WI 53220
(414) 281-9595

www.olivegarden.com/menus/garden_fare/

Management can recommend several menu items especially for gluten intolerance.

Outback Steakhouse

1260 S. Moorland Rd.
Brookfield, WI 53005
(262) 796-9580

7401 W. Barnard Ave.
Greenfield, WI 53220
(414) 817-1800

Gluten-Free Info - www.outback.com/ourmenu/pdf/glutenfree.pdf

Outpost Natural Foods

Providing the community with healthy foods that are organic, free-range, and contain no hormones or pesticides.

100 E. Capitol Dr.
Milwaukee, WI 53212
(414) 961-2597

7000 W. State St.

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Wauwatosa, WI 53213
(414) 778-2012

2826 S. Kinnickinnic Ave.
Bay View, WI 53207
(414) 755-3202

www.outpostnaturalfoods.coop

Bakery/Deli/ Grocery Store with dine-in eating.
Outpost offers many gluten-free grocery, bakery and deli items.
The Fork in the Road Cafe also offers gluten-free menu items.

ADA registered nutritionist on staff.

Panera Breads

Multiple locations
<http://www.kintera.org/site/pp.asp?c=ewKOLjP7E&b=45150>

P.F. Chang's – China Bistro

Mayfair Mall
2500 N. Mayfair Rd.
Wauwatosa, WI 53226
(414) 607-1029

Gluten-Free Info - <http://www.pfchangs.com/cuisine/menu/GlutenIntolerantMenu.pdf>

Qdoba Mexican Grill

Multiple locations
1-888-49-QDOBA(7-3622)
Gluten-Free Info - <http://www.qdoba.com/Allergens.aspx>

Saz's

gluten-free barbecue sauce

5539 W. State St.
Milwaukee, WI 53208
(414) 453-2410

<http://www.sazs.com/Barbecue/GlutenFreeProducts.html>

Silly Yak Bakery

Gluten-free foods shipped to your doorstep

7866 Mineral Point Rd.
Madison, WI 53717
(608) 833-5965

www.sillyyakbakery.com

Soup Bros.

gluten-free soups available

209 W. Florida St.
Milwaukee, WI 53204
(414) 270-1040
www.soupbros.com

Stack'd Burger Bar

170 S 1st Street
Milwaukee, Wisconsin 53204
(414)-273-7800
www.stackedbar.com

Starbucks

Multiple locations
Call 1-800-23LATTE for up-to-date information about gluten-free items.
www.starbucks.com

Stewps

gluten-free soup, chili, and vegan dish

5301 S. 108th St.
Hales Corners, WI 53130
(414) 529-8534
www.stewps.com

Consult with management to confirm status of dishes before ordering.

Subway

Multiple locations

Gluten-Free Info - <http://www.subway.com/subwayroot/MenuNutrition/Nutrition/pdf/AllergenChart.pdf>

Taco Bell

Multiple locations

Gluten-Free Info - http://www.yum.com/nutrition/allergen/allergen_tb.asp

TCBY

General Mitchell Airport
5300 S. Howell Ave., Concourse C
Milwaukee, WI 53207
(414) 747-5252

Gluten-Free Info - <http://www.kintera.org/site/pp.asp?c=ewKOLjP7E&b=325096>

Tess

95% of menu is gluten-free

2499 N. Bartlett Ave.
Milwaukee, WI 53211
(414)-964-8377

Texas Roadhouse

7121 118th Ave.
Kenosha, WI 53142
(262) 857-7700

15425 W. Rock Ridge Rd.
New Berlin, WI 53151
(262) 784-7427

www.texasroadhouse.com

Texas Roadhouse does not have a specified gluten-free menu, but they will work with you. Ask to speak to management.

Uno's Chicago Grill

15280 W. Bluemound Road
Elm Grove, Wisconsin 53122
262-821-1755

www.unos.com

They offer gluten-free pizzas.

W180 N9455 Premier Lane
Menomonee Falls, Wisconsin 53051
(262) 255-1440

Wendy's

Multiple locations

Gluten-Free Info - www.wendys.com/food/pdf/us/gluten_free_list.pdf

Gluten Free Restaurants in Madison:

<http://www.glutenfreemadison.org/Restaurants.html>

Support Groups

The Milwaukee Celiac Sprue Crew

This is the local support group for south eastern Wisconsin. They also have some members from northern Illinois. They meet in September, November, February & April, usually the 3rd Saturday of the month at 1:30. The Milwaukee Celiac Sprue Crew has a new member packet which gives basic information that is tailored for the local area. Meetings are announced in their newsletter. The newsletter is a mix of recipes, product news and other information that is designed to aid others in their gluten-free lifestyles. Their programs are usually informal and give members, especially new ones, time to ask questions and to meet other celiacs. They have gluten-free refreshments. They provide plenty of opportunity for interaction with other celiacs.

For more information:

Contact Bev Lieven, MCSC

8069 N. Sherman Blvd., Brown Deer, WI 53209

(414) 354-2354

milcs@aol.com

or Stan Dzioba (414) 476-0166

Janesville, Wisconsin

Contact Lisa McDade (608)-758-9979

lmmcdade@charter.net

Ozaukee/Washington County Celiacs

Contact Judy (262)-377-6862 jgparadow@aol.com or Margreda (262)-376-1536 kukladg@execpc.com

Sheboygan area:

Contact Sara Scott at (920)-451-1847

Prospective Restaurant Information

If your restaurant is individually owned and operated, we invite you to participate in this effort to improve the health and lifestyle of the people who must eat gluten-free.

For more information about the gluten-free diet and how to become a participating Gluten-Free Restaurant Awareness Program™ restaurant, please email: feedback@glutenfreerestaurants.org indicating your interest. Include your name, the name and location of your restaurant, and information on how we may reach you. Please indicate if you are the owner and/or the chef. A Gluten-Free Restaurant Awareness Program representative will contact you.

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