

Dining Resources

The best way to have a good dining experience is to come prepared!

<http://www.celiatravel.com/restaurant-cards.html>

Gluten free dining cards in 38 languages. You print them for yourself. Donation requested.

<http://www.dcceliacs.com/favorites.html>

Listings of DC area restaurants as recommended by members of DC Celiac

<http://www.foodallergybuddy.com/>

Free cards listing the foods you cannot eat to show restaurant staff. They are printable at home. Registration is required.

http://gluten.net/logo_items.htm \$

GIG (Gluten Intolerance Group) sells restaurant dining cards

<http://glutenfreeonthegeo.com/>

Lists of GF friendly hotels, restaurants, bakeries, etc. Searchable by state (not much listed for the DC metro area)

<http://www.glutenfreepassport.com/letseatout/overview.html> \$

Books (and mini books) with info on gluten and the top 8 allergens. Focuses on American, Chinese, East Indian, French, Italian, and Thai cuisines.

<http://www.glutenfreepassport.com/traveling/translations.html>

Free translations of basic phrases into French, Russian, Italian, German, Spanish and Greek that you can print out at home.

<http://www.glutenfreerestaurants.org/>

Listing of GF restaurants (few listed for the DC metro area)

<http://health.groups.yahoo.com/group/SillyYaks/>

The "Silly Yaks" yahoo group. There are files that contain over 230 menus across the country (free, but registration is necessary)

<http://www.triumphdining.com>: \$

Lists of GF restaurants by state and town. Also has laminated dining cards in 10 languages to show to staff.

Key:

\$ items are for sale (not free)