Newspapers by ancestry
https://www.newspapers.com/image/126664116/

The Arizona Republic (Phoenix, Arizona) · Wed, Oct 22, 2008 · Page 49
Downloaded on Oct 18, 2024

Gluten-free lifestyle is gaining popularity with bars, restaurants

GLUTEN-FREE
Continued from FD1

Scottsdale's Lyte Lounge and Bistro opened with a menu full of gluten-free options. Payton Curry, the chef at Scottsdale's Digestif, offers a gluten-free pasta dish on its Cal-Ital dinner menu. Curry says he enjoys the challenge of creating tasty, gluten-free items.

"It's not about me dictating the way you eat dinner," he said. "It's about me making sure you come back."

Susan Cullen, 42, of Scottsdale, who was diagnosed with celiac sprue in 2000, keeps a list of restaurants with gluten-free menus and ones that will accommodate celiac sufferers.

"I like to go to places where the servers and chefs understand," she said, mentioning Elements at Sanctuary on Camelback Mountain in Paradise Valley and Tarbell's in Phoenix.

"More-upscale restaurants are generally safer, because they control the ingredients," said Carol Fenster, author of six cookbooks, including *Gluten-Free Quick and Easy*. (Avery, 2007)

But neighborhood places often have good options, too.

Lynn Mantion of Phoenix loves going to Outback Steakhouse, which has a gluten-free menu, and Picazzo's Gourmet Pizzas and Salads, where she order gluten-free items without outing herself as a person with an allergy.

"When I go there I feel like I'm eating wheat, but I'm not," said Mantion, 35, who was diagnosed six months ago.

Tips for a gluten-free drinking experience:

» Fermented drinks, including regular beer, sake and ale, are off-limits.

» Distilled liquors, such as whiskey, brandy, rum, scotch, vodka, gin and bourbon, are OK.

» Wine and champagne are gluten-free. Wine coolers are not; they contain barley malt.

» Ask stores to carry gluten-free-drink options. Most places will cater to their customers' needs.

» Watch out for drink mixers, which can contain gluten in the preservatives.

» Try gluten-free beers, which can be made with buckwheat, rice or the grass sorghum. Options include: Redbridge by Anheuser-Busch, New Grist by Lakefront Brewery, Bard's Tale Dragon Gold, Ramapo Valley Brewery's HB Honey Kosher Beer and Skull Crusher. New Grist can be found locally at the Lost Leaf Bar and Gallery in Phoenix.



Great places to go for a gluten-free bite

Picazzo's Gourmet Pizzas and Salads
Locations at picazzos.com.
Picazzo's has one of the most inclusive gluten-free menus in the Valley. It includes pizza, salads, even martinis and cocktails that are safe for celiac diners. The restaurant has a gluten-free special slice of the week and is a stickler for any kind of cross contamination. It also has gluten-free beer.

Havana Cafe
Locations at havanacafe-az.com.
Chef and owner BJ Hernandez says his establishments have separate gluten-free menus, and servers are trained to be aware of cross-contamination issues. The Cuban-inspired restaurant also has gluten-free desserts.

The Yard House
Locations at yardhouse.com.
Yard House is known for its beer on tap, but Anheuser-Busch's gluten-free brew Redbridge is available in a bottle. Some locations carry Wyder's Cider in apple, peach, pear and raspberry flavors. The menu has gluten-free suggestions for everything from spinach cheese dip to pepper-crusted filet.

The Lost Leaf Bar and Gallery
914 N. Fifth St., Phoenix, 602-258-0014.
This downtown art gallery and bar carries gluten-free beer New Grist from Lakefront Brewery, along with 80 other beers, three types of sake and organic wine.

PF Chang's
Locations at pfchangs.com.
PF Chang's has a gluten-free menu featuring some of the restaurant's best dishes, including its lettuce-wrap appetizer and a rice-noodle dish. Gluten-free guests are not left out on dessert, either, with a yummy flourless chocolate cake. PF Chang's also carries a gluten-free soy sauce; you just have to ask for it. They also have a gluten-free menu at quick concept chain Pei Wei.

Z' Tejas Grill
Locations at ztejas.com.
The restaurant features a small gluten-free menu with its recommendations for how to make some of its items celiac-friendly. Their menu, created in cooperation with the Gluten Intolerance Group, includes a grilled-fish salad and a strip steak with safe sides.

Kona Grill
7014 E. Camelback Road, Scottsdale, 480-429-1100; 3111 W. Chandler Blvd., Chandler, 480-792-1711.
konagrill.com.
Kona has a fairly extensive gluten-free menu that's full of favorites with modifications. The menu offers gluten-free appetizers, sandwiches (of course, sans bun) and entrees. You can even share the passion fruit-creme brulee with your friends.



Clipped By:
akimsey123
Oct 18, 2024

Copyright © 2024 Newspapers.com. All Rights Reserved.