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Gluten-free nightlife becomes mainstream

By Allison Hamila
SPECIAL FOR THE REPUBLIC

Imagine a night out with no beer, no happy-hour breadsticks, no 4 a.m. pancakes and waffles.

For the one in 133 people with the gluten allergy called celiac sprue, this is life. They are allergic to the protein commonly found in wheat, rye and barley.

But an intolerance for brewed beverages and their accompanying munchies doesn't mean a night out has to be an exercise in self-denial; awareness of the autoimmune disease is growing. That means more bars, clubs and restaurants are offering gluten-free menu items and are willing to cater to those with food allergies.

Suzanne Bowland dedicated a section to navigating restaurants and bars while steering clear of gluten in her book *The Living Gluten Free Answer Book: Practical Answers to 275 of Your Most Pressing Questions* (Sourcebooks Inc, 2008). She says it's easier to eat out today than it was even last year.

"The awareness level has increased dramatically," she said.

Find Valley restaurants whose menus include gluten-free items. **F7**

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