

## American Dining: Gluten-Free

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There are many ways to make your dining out experiences safe and enjoyable. Remember to always understand the menu, make special requests, and ask the wait staff questions.

When dining out at American restaurants, what are some common menu items and how can you order them gluten-free?

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**Fresh Pepper Steak with Baked/Mashed Potatoes:** Steak rubbed in black pepper, topped with a brandy cream sauce, served with baked or mashed potatoes:

- ✓ Ensure the sauce is not made with flour. Ask if the steak can be cooked on a separate, clean grill. Order with a side of plain rice or potatoes and vegetables. Avoid any gluten containing thickeners, such as wheat flour, that may be added to instant mashed potatoes.

**Wild Alaskan Halibut in Lemon Caper Sauce:** Seared with tomatoes in a lemon, caper sauce and served with rice pilaf

- ✓ Ensure the sauce is not thickened with flour, and halibut is seared without flour on a clean, uncontaminated grill. Rice pilaf usually contains orzo; replace it with plain rice or extra vegetables.

**Prime Rib:** Slow roasted beef served with au jus sauce served with steamed vegetables

- ✓ Request it without au jus (contains wheat flour). Ask about any seasonings used. Request vegetables steamed over fresh water, not pasta water. Avoid broth made with beer, flour, or hydrolyzed wheat protein.

**Grilled Chicken Sandwich:** Grilled chicken breast with Swiss cheese, lettuce and tomato with a honey mustard sauce

- ✓ Order without the bread. Ask how the sauce is made - avoid if thickened with flour or BBQ sauce. Ensure the chicken is grilled on a clean, uncontaminated grill.

**Roasted or Steamed Vegetables:** Mixed vegetables roasted with herbs and garlic, or steamed

- ✓ Ensure the steamed vegetables are not steamed over pots of boiling pasta. Ask about any seasoning mixes used on the vegetables.

**Cobb Salad:** Lettuce, egg, turkey, ham, blue cheese, tomatoes, avocado, croutons and salad dressing

- ✓ Ask if turkey/ham brand is gluten-free. If not, replace with canned beans or plain grilled chicken. If blue cheese contains wheat, rye, or barley, replace with mozzarella, cheddar, or jack. If salad dressing contains gluten, use olive oil and balsamic vinegar. Avoid shrimp that has been floured to hold the seasonings. Avoid croutons unless labeled gluten-free.

**Grilled Salmon:** Teriyaki glazed salmon with garlic mashed potatoes and salad

- ✓ Ensure the fish is not floured prior to grilling; avoid marinades with flour, wheat, malt vinegar, or soy sauce. Ask if any wheat is added to the potatoes during preparation. Use oil and vinegar for the dressing. Avoid croutons and broth made with flour or hydrolyzed wheat protein.

**Cheese burger:** Wheat bun, beef patty, jack cheese, tomatoes, lettuce

- ✓ Order without the bun unless gluten-free. Wrap in large lettuce leaves, if you like. Ensure the burger is 100% meat grilled on a clean, uncontaminated grill. Ask for extra lettuce and tomato.

**French Fries:** Potatoes, fried

- ✓ Ask if fries and any seasonings are gluten-free. If fries are not made in a separate fryer of uncontaminated oil (dedicated fryer) ask for fries to be baked on a clean pan lined with foil.

**Desserts:** Ice cream/sundae, sorbet, chocolate mousse, Crème Brulee, flourless chocolate cake

- ✓ Ensure no bread crumbs or flour has been added to the chocolate cake or used to flour the cake pan. Ask for any additional cookie pieces, crumbles, cookies, or biscuits to be omitted when serving. Ensure that the chocolate sauce is gluten-free (no wheat based ingredients).

**Dishes/Ingredients to Avoid or Request a Gluten-Free Substitution:** All pasta (unless gluten-free pasta is available; still advisable to ask whether separate water is used to prepare this pasta), crab cakes, fish and chips, bread, rolls, bread crumbs, soups, deep fried foods, croutons, pizza (ask for gluten-free crust, ask how gluten-free pizza is prepared [how toppings are added, separate pans, and separate pizza cutters]), meatballs (may contain bread, bread crumbs, or oats), sausage (may contain hydrolyzed wheat protein or undeclared seasonings), cheesecake, pies, cake

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**Always identify your needs. Consider carrying a [gluten-free restaurant card](#) in different languages or a [gluten-free restaurant card in English](#).**

**Bring your own salad dressing, bread or dessert with you to the restaurant.**

**If a utensil, preparation area, or cooking surface is used for foods that must be avoided, ask for it to be cleaned before cooking your meal. To be safe, ask staff to use disposable tin foil.**