

This list of allergy-friendly restaurants has been compiled with the recommendations of individual MOCHA members. Please remember, it is always your responsibility to determine if a restaurant is safe for your family.

Chicago

<p>Adobo Grill 1610 N. Wells Chicago 60614 312-266-7999 www.adobogrill.com/oldtown</p>	<p>Mexican food gluten free menu--table side guacamole--safe gluten free tortilla chips.</p>
<p>Big Bowl Multiple Chicagoland Locations 312.640.8888 www.bigbowl.com</p>	<p>Asian--has gluten free menu--part of Lettuce Entertain you group.</p>
<p>Bistro 110 110 E. Pearson St. Chicago 60611 312-266-3110 www.bistro110restaurant.com</p>	<p>Chef Dominique Tougne</p>
<p>Buca di Beppo Multiple Chicagoland Locations www.bucadibeppo.com</p>	<p>Showed a willingness to accommodate both a peanut and egg allergy.</p>
<p>Coco Pazzo 300 W. Hubbard Chicago 60654 312-836-0900 www.cocopazzo-chicago.com</p>	<p>They will make anything if you call ahead- great grilled vegetables, steak and fries. Ask for Roberto or Jack and explain your allergy.</p>
<p>Fattoush 2652 N. Halstead Chicago 60614 773-327-2652 www.fattoushrestaurant.com</p>	<p>Lebanese food--gluten free menu--great Pita, hummus, roast potatoes.</p>

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<p>Girl and The Goat 809 W. Randolph Street Chicago 60607 312-492-6262 www.girlandthegoat.com</p>	<p>It is owned by "Top Chef" season 4 winner, Stephanie Izard. Don't be discouraged because reservations are hard to get...it is worth the wait. Goes above and beyond in every respect and truly "gets it"...</p>
<p>Hugos Frog Bar 1024 N. Rush St. Chicago 60611 312-640-0999 www.hugosfrogbar.com</p>	<p>They make hamburgers, steak, bbq chicken; their awesome crispy fries are fried in a dedicated fryer! Make a reservation and inform them about your allergy!</p>
<p>Gibson's Steak House 1028 N. Rush St Chicago 60611 312-266-8999 www.gibsonssteakhouse.com</p>	<p>Make a reservation and inform them about your allergy!</p>
<p>Kim & Scott's Café Twist 2218 N. Lincoln Ave Chicago 60614 773-281-3634 KimandScotts.com</p>	<p>They offer sandwiches that are served on pretzels made in a nut-free facility. (You can even buy the pretzels at many grocery stores.) They have gluten free options, offer Sunbutter sandwiches, soy milk, etc. Some desserts are made in a facility that contains nuts, yet these are labeled. I do not let my son have those. They do sell Enjoy life products (cookies, candy bars) as well. It is a small restaurant and the staff has always been very knowledgeable and friendly.</p>
<p>Le Colonial 937 N. Rush St. Chicago 60611 312-255-0088 www.lecolonialchicago.com</p>	<p>Vietnamese-gluten free menu.</p>
<p>M Burger Multiple Chicagoland Locations www.mburgerchicago.com</p>	<p>Only fries in the fryer. Will make lettuce wrap burger!</p>

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<p>Margaritaville (Navy Pier) 600 East Grand #118 Chicago 60061 312-496-3840 www.margaritaville.com</p>	
<p>Mon Ami Gabi 2300 N. Lincoln Park West Chicago 60614 773-348-8886 www.monamigabi.com</p>	<p>French--has gluten free menu--also part of Lettuce Entertain you group.</p>
<p>Oak Tree 900 N. Michigan Ave. Chicago 60611 312-751-1988 www.oaktreechicago.com</p>	<p>Harvest vegetable soup, hamburgers, their skinny crunchy fries are fried in a dedicated fryer.</p>
<p>Piccolo Sogno 464 N. Halsted St. Chicago 60642 312-421-0177 www.piccolosognorestaurant.com</p>	<p>They will make gluten free pasta with any of their sauces! The grilled vegetables, meats and fish are all gluten free. This place has the best outdoor garden in the city of Chicago. In the winter the place is cozy and the food is always consistent and divine! Make contact with Ciro or Toni when asking for a gluten free meal.</p>
<p>Pied Piper Parties and Playschool 2864 N. Lincoln Avenue Chicago 60657 773-472-8888 www.piedpiperparties.com</p>	<p>Peanut free cupcakes</p>
<p>Rainforest Cafe Multiple Chicagoland Locations www.rainforestcafe.com</p>	<p>My son is severely allergic to the tree nuts, cashew and pistachio, and these restaurants were great!!</p>

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<p>RJ Grunts 2056 N. Lincoln Park W. Chicago 60614 773-929-5363 www.rjgruntschicago.com</p>	<p>Had a binder with allergy information and showed a willingness to accommodate both a peanut and egg allergy.</p>
<p>Shanghai Terrace Peninsula Hotel 108 E. Superior Chicago 60611 312-573-6744 www.peninsula.com</p>	<p>Ask for Alan or another manager--they will make almost any item gluten free--be sure to explain the severity of the allergy.</p>
<p>Smoque BBQ 3800 N. Pulaski Road # 2 Chicago 60641 773-545-7427 www.smoquebbq.com</p>	<p>Owner is Barry and is personally familiar with peanut allergies and has a chart that lists the other ingredients in his food. The menu is simple and most meats and french fries are safe for the dairy, egg and nut free crowd, but double check with Barry. You likely need to avoid the breads and other obvious offerings (i.e., mac & cheese) if you have dairy/egg allergies, but you can still get outstanding BBQ from the meats. This place has been featured on The Food Network, so the line is usually HUGE, so give yourself time or carry out. Has been a great restaurant for our family. We are peanut and tree-nut allergic. The owner, Barry Sorkin's son, also has a peanut allergy. When ordering, talk directly with Barry or Al and make them aware of your allergies. They will make sure your foods are prepared on a clean tray put through the broiler, and will walk your food through.</p>
<p>Steve's Deli 354 W. Hubbard St. Chicago 60654 312-467-6868 www.stevesdeli.com</p>	<p>They will wash down the cutting station and cut any deli meat or cheese. Our son loves their turkey pastrami!</p>
<p>Swirlz Cupcakes 705 W. Belden Ave. Chicago 60614 773-404-2253 www.swirlzcupcakes.com</p>	

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<p>Tap House Grill Multiple Chicagoland Locations www.taphousegrills.com</p>	<p>My son is severely allergic to the tree nuts, cashew and pistachio, and these restaurants were great!!</p>
<p>Vinci 1732 Halsted St. Chicago 60614 312-266-1199 www.vincichicago.com</p>	<p>Italian Food gluten free menu.</p>
<p>Walnut Room Macy's 111 N. State St. Chicago 60602 www.visitmacyschicago.com</p>	<p>Had a binder with allergy information and showed a willingness to accommodate both a peanut and egg allergy.</p>

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