

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.

North Suburbs

<p>Biaggi's 711 Deerfield Road Deerfield 60015 847-607-2300 www.biaggias.com</p>	<p>Mgr: Thomas Dierking The new Biaggi's in Deerfield has a chef who has a peanut allergy himself, which my son also has. In talking with him, he assured me that my son could safely eat a meal there (aside from dessert, which is typical). I'm not sure about other food allergies, that would need to be investigated depending on need, but I felt good knowing that a chef truly understands the importance of food prep for an allergic person. We've yet to go there but are so glad that it's a safe option for a peanut allergy.</p>
<p>Carson's 200 N. Waukegan Deerfield 60015 847-374-8500 www.ribs.com</p>	<p>Mgr: Lynette</p>
<p>Dear Franks Multiple North Suburb Locations www.dearfranks.com</p>	<p>Owner in Deerfield: Chuck</p>
<p>Egg Harbor Café 512 N. Western Ave. Lake Forest 60045 847-295-3449 www.eggharborcafe.com</p>	
<p>Frost Gelato 617 Central Ave Highland Park 60035 847-432-2233 www.frostgelato.com</p>	<p>Non dairy gelato, all servers are trained on food allergies.</p>
<p>Graziano's 5960 W. Touhy Ave. Niles 60714 847-647-4096 www.grazianos.net</p>	<p>Ask for Steve or Paul. It's a big restaurant and I prefer going when it's not too busy because there is a big menu with lots of potential allergens but the ownership has always been very friendly and careful when making an allergy request. They have a large gluten free menu.</p>

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<p>Happ Inn 305 Happ Rd. Northfield 60093 847-784-9200 www.happinn.com</p>	<p>Mexican <i>Gluten free</i> menu--safe <i>gluten free</i> tortilla chips.</p>
<p>King Maa Chinese Restaurant 950 N. Western Ave. Lake Forest 60045 847-604-9660 www.kingmaa.com</p>	
<p>Lovell's 915 S. Waukegan Rd. Lake Forest 60045 847-234-8016 www.lovellsoflakeforest.com</p>	<p>Chef: Jay Lovell Waiter: Scottie</p>
<p>New York Slices 1843 2nd Street Highland Park 60035 847-432-6979 www.nyslices.com</p>	<p>Besides many different types of pizza, they offer other sandwiches and you can make your own salad as well. Plus they have cookies, brownies, etc. for dessert. The whole restaurant is nut-free (it is labeled as such on the door before you enter and on the menu). They do not allow any other food to be brought into the restaurant. They offer a different special every day of the week. You can buy their frozen pizzas at Whole Foods and Sunset Foods as well.</p>
<p>NUTPHREE's CUPCAKES 414 Sandy Lane Des Plaines 60016 847-754-4320 www.nutphrees.com</p>	<p>Peanut and tree-nut free cupcakes.</p>

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<p>Philly G's 1252 E. US Hwy 45 Vernon Hills 60061 847-634-1811 www.phillygs.com</p>	
<p>Red Robin 295 Parkway Dr. Lincolnshire 60069 847-520-4747 www.redrobin.com</p>	<p>Allergen listing to look through. A manager speaks with you when you arrive to discuss concerns and usually checks on you throughout the meal. The restaurant is noisy and full of little kids, perfect for those of us with noisy little kids...and you get free balloons!</p>
<p>Rose's Wheatfree Bakery & Café 2901 Central St. Evanston 60201 847-859-2723 www.rosesbakery.com</p>	
<p>Sushi Kushi Toyo 825 S. Waukegan Rd. Lake Forest 60045 847-234-9950 www.sushikushitoyo.com</p>	<p>Annie</p>
<p>Sweety Pies Bakery 8042 N. Lincoln Skokie 60077 847-213-0900 www.sweetypiesbakery.com</p>	<p>Helpful in creating egg-free, dairy-free, nut-free cookies for birthdays.</p>
<p>Three Tarts Bakery & Café 301 S. Happ Rd. Northfield 60093 847-446-5444 www.threetartsbakery.com</p>	

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<p>Townhouse Kitchen and Bar 695 Deerfield Road Deerfield 60015 847-579-1201 www.restaurants-america.com</p>	<p>Mgr: Glenn Hofstra My son has many allergies to milk, egg, tree nuts, peanut and kiwi. They are a place where food allergies are very serious and we have never had a problem there.</p>
<p>Upper Crust Bagels 835 Waukegan Rd Deerfield 60015 847-405-0805 www.ucbagels.com</p>	
<p>Walker Brothers Multiple North Suburb Locations www.walkerbros.net</p>	<p>Showed a willingness to accommodate both a peanut and egg allergy.</p>
<p>Z Best Bakery 1731 Howard St. Evanston 60202 847-563-8501 www.zbestbakery.com</p>	<p>Specializing in nut-free, lactose-free, vegan, and Kosher-Pareve products.</p>

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