



DINING OUT GUIDE

Eating nutritious, delicious, balanced meals that will fuel your brain and body is much easier when prepared at home. You have the knowledge and control of the types and quality of ingredients and for this reason, we highly encourage home cooking whenever possible.

We understand though that, whether you're traveling, celebrating or just trying to make it through the work week, you will find yourself in a restaurant now and again. Follow our tips below to stay on track with your program, even when dining out.

- **Choose restaurants that provide "allergy" menus.** Most that do will have it posted online so that you can choose your meal before arriving to the restaurant. If the restaurant does not have this, many will still provide a "gluten-free" menu upon arrival. Then simply ask which items on their gluten free menu can be made without dairy and minimal to no sugar.
- **Discuss your needs.** Menus do not always list all toppings and garnishes nor are wait staff always aware of ingredients. Let them know before ordering that you cannot have anything with gluten, dairy or sugar in it and to please discuss your menu selection with the kitchen staff. They will let you know if you have chosen anything that is non-compliant.
- **Be polite but not apologetic.** Your health is the most important commodity you possess, and you should never feel bad about protecting it. Wait and kitchen staff have a duty to provide you with accurate information regarding the food you are being served and should do their best to assist with menu substitutions. That being said, graciousness and gratitude will ensure you receive accommodation with a pleasant attitude.
- **Beware of sauces, marinades and salad dressings.** These items often contain all 3 "off-limit" food categories – gluten, dairy and sugar. If an allergy menu is not available and the staff cannot confirm the ingredients, leave these items off and ask for simple additions like olive oil, vinegar, salt and pepper or lemon juice. It's always an option to bring your own sauce or salad dressing!
- **Substitute, substitute, substitute.** At first glance, a menu may not seem to offer anything you can eat, but with a little creativity, you're sure to find something to your liking. Ask for a hamburger or tacos with a lettuce wrap and no cheese. Replace french fries with sautéed vegetables or a salad. See a dish you like but the sauce is non-compliant? Ask if they recommend a sauce you CAN have and use that instead.
- **Keep it simple.** You can make your own meal at almost any restaurant by combining a meat (inquire about sauces, butter, etc.) and a vegetable sautéed in olive oil. A steak with a side of sautéed broccoli and salad (with approved toppings and dressings) is incredibly satisfying!
- **Have "go to" restaurants and meals.** Going through the above processes can get old. Having a few favorite spots where you know what you can easily order can make restaurant dining fun again.

Ordering Tips

- Salad: Add extra protein and leave off any cheeses and croutons. Your best dressing option is vinegar and oil. Beware of other toppings and dressing ingredients that don't comply with your diet recommendations.
- Burgers: Most restaurants offer a lettuce wrap instead of a bun (also preferred over processed gluten free buns). Swap fries for grilled vegetables or a side salad.
- Grilled chicken, steak or fish: These are staples on most restaurant menus. Ask about gluten containing seasonings or butter toppings. Order with a side of vegetables (without butter!)
- Breakfast: Bacon and eggs can be found at any breakfast restaurant just be sure to ask for the eggs to be cooked without butter or oil (the oil used is usually inflammatory).
- Mexican: Opt for fajitas without the cheese, sour cream or flour tortilla (no tortilla if you're avoiding corn). Call around to find the restaurants that do not include gluten in their fajita seasoning.
- Sushi: Sashimi is the easiest option (ask about gluten containing marinades). There may be gluten free and dairy free roll options you can choose from if you aren't avoiding rice. Beware that some wasabi contains gluten.
- Thai: Curry is a great option as are stir fries when prepared with gluten free soy sauce (Tamari). Ask about gluten and dairy that may be hidden and choose veggies instead of rice when possible.

Sit Down Restaurants (some may be in the Knoxville, TN area only)

- Brazeiros Churrascaria: Choose any of their fabulous unlimited meats – all are gluten, dairy, sugar and soy free. Their salad bar has many options but beware the pasta type salads, croutons and creamy dressings. Their family style sides are all approved with the exception of their cheese bread and the parmesan cheese that comes on the polenta.
- Bonefish Grill: Choose one of their many grilled entrees available on their gluten free menu and ask for their selection of marinades and sauces without butter. Order with a side of seasonal vegetables – no butter.
- First Watch: Order almost any breakfast entrée without butter or cheese and swap toast for gluten free toast or a side of fruit. The super food bowls and quinoa bowls are particularly filling.
- Chivo Taqueria: Order any of their tacos from the gluten free menu and request no cheese. Add guacamole for a boost in vitamins, phytonutrients, and healthy fats.
- Seasons
- Surin of Thailand: Order your choice of entrée with gluten free soy sauce and served over vegetables. Discuss your needs with your server as they do not have a dedicated allergen menu. Be aware that all curries and the coconut curry soup contain dairy.

Fast Food Restaurants (some may be in the Knoxville, TN area only)

- Panera Bread: Choose one of their many salads with a quality protein, paying special attention to the ingredients in the dressings and leaving off any cheeses, croutons or other non-compliant toppings.
- Chipotle: Choose a salad bowl with guacamole and fajita veggies to increase your veggie content. Omit the cheese, sour cream and flour tortilla. You may choose the corn tortilla, cilantro-lime rice and beans, depending on your recommended diet.
- Zoe's Kitchen: Choose from a variety of soups, salads and kabobs. They have a selection of sides that fit most diets. Leave off the pita and cheese to open up more options.
- Tomato Head: Choose one of their many salads with a quality protein, paying special attention to the ingredients in the dressings and leaving off any cheeses, croutons or other non-compliant toppings.
- Chick-fil-a: Choose grilled nuggets or a salad with a diet compliant salad dressing. Their toppings come in separate packages so you can leave off any dairy or gluten containing toppings.
- Subway: Choose the chicken salad with oil and vinegar dressing.
- Five Guys: Choose a burger with no cheese in a lettuce wrap.
- Clean Eatz: Choose their "Build-A-Bowl" and "Build-A-Salad" or order a burger or wrap with lettuce instead of bread.
- Hot Bars – Whole Foods, Three Rivers Market, Earth Fare: Choose any gluten, dairy and refined sugar option. The ingredients are listed under the item names making it easy to know what you're getting.
- Sticky Rice Café – Order any one of the entrees on their gluten free menu (most do not contain dairy, but you must ask when ordering) over a side of stir fried vegetables.