

➔ **MADISON AREA GF-FRIENDLY DINING** ⬅

**5 Guys**—State St. Ask for no bun  
**Abuelo's**—2229 Deming Way, Middleton  
**Adler's**—8202 Watts Rd  
**Angelo's**—Monona Dr  
**Bandung Indonesian Restaurant**  
**Bellini's Restaurant**—E Washington  
**Benvenuto's Italian Grill**—2 Madison locations  
**Bluephies**—2701 Monroe St  
**Biaggi's Ristorante**—GF Menu  
**Bison Jacks**—Greenway Station—Middleton  
**Bonfire Grille**—W Beltline Hwy  
**Brickhouse BBQ**—408 W Gorham: GF Items  
**Bunky's Café**—2425 Atwood Ave: GF Menu  
**Chautara Himalayan Restaurant**—State St  
**Cheeseburger in Paradise**—Greenway Station  
**Chin's Asia Fresh**—Middleton & State St  
**Chipotle**—Most items ex. Flour tortillas  
**Claddagh Irish Pub**—Greenway Station—GF Items  
**Country Buffet**  
**Dayton Street Grille**—Concourse Hotel  
**Delaney's Charcoal Steaks**—W Madison  
**Dining Room 209**—Monticello: Mixed reviews  
**Dobhan**—2110 Atwood Ave  
**Eldorado Grill**—GF items marked on menu  
**Eno Vino**—601 Junction Rd, Middleton  
**Fat Jack's Barbecue**—Monona  
**Fit Fresh Cuisine**—Fitchburg  
**Francesca's al Lago**—Capitol Sq & MLK Blvd  
**Fleming's Prime Steakhouse**—Hilldale Mall  
**Fresco**—227 State Street by Overture Center  
**Glass Nickel**—10" GF Pizza  
**Great Dane Pub**  
**Green Bush Bar**—GF Pasta & Pizza  
**Green OWL Café**—Atwood Ave  
**Ha Long Bay**—Willy St  
**Himal Chuli**—318 State St  
**Hubbard Street Diner**—Middleton: ask for GF Menu  
**Imperial Garden W**—Univ. Ave: GF soy sauce & Wok  
**Indie Coffee**—1225 Regent St  
**Holiday Inn West**  
**Husnu's Turkish**—547 State St  
**India Garden Restaurant**—Odana Rd  
**jacs**—2611 Monroe St  
**Johnny's Italian Steakhouse**—Middleton  
**Kabul Afghanistan Restaurant**—State St  
**La Hacienda Restaurant**  
**L'Etoile**—downtown Madison; call ahead  
**Lazy Jane's Café**—Willy St

**Lee's Garden**  
**Liliana's**—Fitchburg  
**Lombardino's**—Madison  
**Longhorn Steak House**—W Towne Mall  
**Luigi's**—Midvale Blvd  
**Maharaja Restaurant**—Odana Rd  
**Marriott West**  
**The Melting Pot**—Fondue  
**Monk's Bar & Grill**—Middleton  
**Nau-ti-gal**—Madison; Call ahead  
**The Nitty Gritty**—Madison & Middleton  
**Noodles & Co**—has 'allergy list'  
**Northern Edge/Downtown Café**—Lodi  
**Otto's Restaurant**—Mineral Point Rd  
**Outback Steakhouse**—GF menu  
**PF Chang's**—Middleton: GF Menu  
**Panera Bread**—GF list  
**Pizzeria Uno**—W. Madison  
**Quaker Steak & Lube**—Middleton  
**Quivey's Grove**  
**Red Lobster**—Ask for GF Menu  
**Red Mango Yogurt**—State St  
**Red Robin**—Monona  
**Restaurant Magnus**—Madison  
**Sa Bai Thong**—Odana Rd & University Ave  
**Smoothie King**—Cahill Main, Fish Hatchery Rd  
**Stalzy's Deli**—2701 Atwood Ave  
**Subway**—Can make sandwiches as a GF salad.  
**Sushi Muramoto**—Hilldale Mall has GF Soy Sauce  
**Tex Tubb's Taco Palace**—Helpful staff w/ GF items  
**TGI Friday's**—Will pan-fry if asked  
**Villa Dolce**—1828 Parmenter St, Middleton  
**Wan Kee**—Willy St.: Ask Server  
**Wendy's**—Some items w/o buns. Ask!  
**Yola's Café**—W Madison; 494 Commerce Dr

➔ **NEAR-MADISON GF-FRIENDLY DINING** ⬅

**Barn Restaurant & Bar**—Baraboo  
**Deininger's Restaurant**—New Glarus  
**Fireside Theater**—Ft. Atkinson: GF menu  
**Flannery's**—New Glarus: GF cod on Wed & Fri  
**Generations at 5 Points**—Main St, Waukesha  
**Green Lantern Restaurant**—McFarland  
**Hilltop Inn**—Pine Bluff: especially Wed & Thur  
**Leystra's**—Sauk City: Gravy uses cornstarch  
**Maple Tree Restaurant**—McFarland  
**Market Street Diner**—Sun Prairie: GF Menu  
**Token Creek Eco-Inn**—3919 Gray Rd, DeForest

➔ **Items where Gluten may be present** ⬅

**Au Gratin**: breadcrumb topping & cheese  
**Bechamel**: sauce thickened w/ wheat flour  
**Beurre Manie**: butter/flour thickening for soup  
**Cordon Bleu**: breaded & sautéed dish  
**Encrusted**: bread/flour coating  
**Dust**: sprinkled w/ dry item such as flour  
**Farfel**: minced noodle dough  
**Fricassee**: stew typically thickened w/ flour  
**Fritter**: battered & fried food  
**Gnocchi**: dumplings made from flour  
**Pan Gravy**: sauce often thickened w/ flour  
**Marinade**: may contain soy sauce  
**Meuniere**: dusted with flour & sautéed  
**Raspings**: finely grated stale bread  
**Roux**: flour paste used as a thickener  
**Scallopini**: may be coated w/ flour & fried  
**Soy Sauce**: may be made w/ wheat or barley  
**Teriyaki Sauce**: contains soy sauce  
**Tempura**: items battered in flour-based batter  
**Veloute**: sauce thickened w/ roux  
**Welsh Rarebit**: cheese sauce made w/ ale or beer

**Ask questions, such as:**

- Chicken dusted w/ flour before pan-frying?
- Oil used to make French fries also used to make breaded products?
- Artificial bacon/potato mix/seafood used?
- Meat been marinated & in what?

**E-mail Updates to:**

- mszebroski@gmail.com
- Last update: 05/04/12

➔ **Newer entries!** ⬅

- **Fit Fresh Cuisine**—Commerce Park, Fitchburg
- **Lombardino's**—Madison
- **Token Creek Eco-Inn**—DeForest

Courtesy of The Silly Yak Bakery, 7866 Mineral Point Rd, Madison, WI 53717; 608.833.5965; www.sillyyakbakery.com

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