

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

* Adamah N/hood Table-611 Langdon St
Adler's-8202 Watts Rd
Angelo's-Monona Dr
Bandung Indonesian Restaurant
Bassett St Brunch Club-444 W Johnson St
Bellini's Restaurant-E Washington
Benvenuto's Italian Grill-2 Madison locations
Biaggi's Ristorante-GF Menu
Bonfyre Grille-W Beltline Hwy
Brickhouse BBQ-408 W Gorham: GF Items
Chautara Himalayan Restaurant-334 State St
CIRC-Concourse Hotel-Dayton St
Delaney's Charcoal Steaks-W Madison
DLUX-117 MLK Jr Blvd
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-atop Art Center
Glass Nickel-10" GF Pizza
Graze-1 S Pinckney St
Great Dane Pub & Brewing Co-Multi-Locations
Green Bush Bar-GF Pasta & Pizza
Green Owl Café-1970 Atwood Ave
Ha Long Bay-Willy St
* Heritage Tavern-131 E Mifflin St
Himal Chuli-318 State St
Holiday Inn West
Hubbard Ave Diner-7445 Hubbard Ave
HuHot Mongolian Grill-Middleton
Ian's Pizza by the Slice-Multi-Locations
Imperial Garden W-Univ. Ave:GFsoysauce & Wok
Indie Coffee-1225 Regent St
jacs-2611 Monroe St
Johnny's Italian Steakhouse-Middleton
Kabul Afghanistan Restaurant-541 State St
Kilwin's-208 State St

La Hacienda Restaurant
L'Etoile-1 S Pinckney St
Lazy Jane's Café-Willy St
Liliana's-Fitchburg
Lombardino's-Madison
Longhorn Steak House-W Towne Mall
Luigi's-Midvale Blvd
Tandoori House-Odana Rd
Marigold Kitchen-S Pinckney St
Marriott West
Melting Pot-Fondue
Merchant-121 S Pinckney St
Monk's Bar & Grill-Middleton
Nau-ti-gal-Madison; Call ahead
The Nitty Gritty-Madison & Middleton
Nonno's Italiano-704 S Whitney Way
Old Fashioned-Capitol Square
* OSS-910 Regent St
Otto's Restaurant-Mineral Point Rd
PF Chang's-Middleton: GF Menu
Pizza Ranch-GF Menu
Pizzeria Uno-W. Madison
Osteria Papavero-128 E Wilson
Quivey's Grove
Red Robin-Monona
Restaurant Muramoto-225 King St
Sa Bai Thong-Odana Rd & University Ave
Silly Yak Bakery-7866 Mineral Point Rd
Smoothie King-Cahill Main, Fish Hatchery Rd
Stalzy's Deli-2701 Atwood Ave
Sushi Muramoto-Hilldale Mall has GF Soy Sauce
Tex Tubb's Taco Palace-Helpful staff w/ GF items
Villa Dolce-1828 Parmenter St
Vintage Brewing-Madison
Wah Kee-600 Willy St: Ask Server
Yola's Café-494 Commerce Dr

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

Barn Restaurant & Bar-Baraboo
Blue Gilly's Pancake Pier-Edgerton
Bob's Bitchin' BBQ-Dodgeville

Deininger's Restaurant-New Glarus
Dining Room 209-Monticello: Mixed reviews
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
Northern Edge/Downtown Café-Lodi
Token Creek Eco-Inn-3919 Gray Rd, DeForest
Captain Bill's Allen Blvd (Middleton)

➔ **Items where gluten may be present** ←

Au Gratin, Bechamel Sauce, Beurre Manie, Cordon Bleu, Encrusted, Dust, Farfel, Fricassee, Fritter, Gnocchi, Pan Gravy, Marinade, Meuniere, Raspings, Roux, Scallopini, Soy & Teriyaki Sauces, Tempura, Veloute, Welsh Rarebit

➔ **Ask questions, such as** ←

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

➔ **New Entries for this Update** ←

- Highlighted w/ Asterisk - *

➔ **E-mail Updates to** ←

- kyle.sybb@gmail.com
- Last update: November 1, 2016

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