

Gluten-Free Dining in the Quad Cities

(updated May 2018)

***Warning*:** This is meant only as a resource guide. It is always recommended to check on cross-contamination issues, and to reconfirm with your wait staff and/or chef that an item is indeed gluten-free. Restaurants are always changing in terms of ingredients used, menu items offered, preparation methods, and staff. Please use ordering as an opportunity to respectfully and patiently educate the staff one person at a time.

*The Quad City Celiac Group, its officers nor members assumes any liability.

At Your Service, 1524 4th Avenue, Rock Island (309) 732-1885. Great food, with special care to avoid cross contamination.

Atlante Trattoria, 140 18th St. Rock Island, IL 309-283-0801_Can accommodate those on the gluten-free diet.

Antonellas Pizzeria, 112 W 3rd St, Davenport, serves gluten-free pizza, pasta and Schar rolls.

Applebee's Restaurants, has allergen information on website.
www.applebees.com/downloads/allergen_info.html.

Barley & Rye Bistro in Moline offers gluten-free options.

Biaggi's Ristorante Italiano, 5195 Utica Ridge Road, Davenport. Ask for Gluten-Free Menu.

Bowls Urban Eats, 102 E. 3rd St., Davenport 563-424-2014. ***From Bowls Urban Eats:*** "You can build anything with only the ingredients you want, so yes, you could do something gluten-free. And we have rice noodles and rice as well."

Café Express, 1507 E Locust St, Davenport has gluten-free bread for sandwiches. They are happy to change gloves and use clean knife if asked.

Café D' Marie, 614 W. 5th St., Davenport. 323-3293. Offers GF sandwiches, salads and fantastic cinnamon rolls. Café open Wednesday through Sunday from 10:30 am – 2:30pm.

Café Indigo, Utica Ridge, Bettendorf serves gluten-free sandwiches, seafood and other items. They also take cross-contamination precautions.

Carousel of Delights, 4009 East 53rd Street, Suite 104, Davenport has gluten free macarons and verrines available every day. Gluten free cupcakes and cakes are available by special order 309-206-8985. Gluten free items are prepared using separate machines and bakeware first thing in the morning before items cooked with wheat flour are prepared.

Chic Soiree, 2002 W 4th Street, Davenport offers gluten-free and vegan options. Gluten-free items are baked first thing in the morning to avoid cross-contamination.

Chick-Fil-A, E. 53rd St., Davenport. Gluten-free bun comes in sealed package. You assemble the sandwich yourself. Go to www.chickfila.com/gluten.asp to view gluten information.

Chili's, E. 53rd St., Davenport. Ask for Gluten-Free menu. To view online go to:
<http://www.brinker.com/gr/allergens/chilis%20Allergen.PDF>

Chipotle, near John Deere Rd. and 41st St., Moline, IL. Also at 53rd. St. and Elmore Ave., Davenport. Gluten-Free information on website: www.chipotle.com

Chuck E Cheese, 903 E Kimberly Rd, Davenport_is now selling GF pizza at their Davenport location. The pizza is prepared in a dedicated facility and baked in a wrapper to avoid cross-contamination.

Cinnamon N Sage, 1115 W 2nd St, Davenport has gf options.

Circa 21 Dinner Playhouse, 1828 3rd Ave, Rock Island, IL has a gluten-free menu and a wide selection.

Crane and Pelican, 127 2nd Street South, LeClaire has an extensive gluten-free menu that includes starters, salads, sandwiches, entrees, pasta and ice cream for dessert.

Crust Oven, 53rd & 18th Streets, Bettendorf serves gluten-free pizza as well as other GF items. They do take cross-contamination precautions when handling GF food.

Culvers now has a GF bun for hamburgers and grilled chicken for their gluten sensitive customers. The bun comes wrapped and you put your meal together. It costs an additional dollar when you order it.

Dairy Queen

View gluten information online at: www.dairyqueen.com/us-en/eats-and-treats/gluten-free-products/

Denny's, Moline, now has GF muffins. They are delicious with breakfast or used as a bun for hamburgers and sandwiches.

Dewey's, at Bettendorf Public Library, now serves gluten-free sandwiches and soups. Gluten-free cakes and other baked goods may be ordered by calling 563-344-4197.

Dunn Bros. Coffee Café, 787 Middle Rd., Bettendorf 563-345-6099 has GF bread for panini sandwiches (grilled) and GF muffins.

Egg Harbor Café, 140 E Wing Street, Arlington Heights, IL has a gluten free menu with many items on it, including pancakes!

East Village Coffee Café, 1104 Jersey Ridge Rd, Davenport_has GF baked goods.

Exotic Thai Restaurant, 3922 38th Ave, Moline and 2303 E. 53rd Street, Davenport. Owner has celiac. Symbols on menu indicate which items are gluten free, vegan, etc., but be sure to specify that you need your meal gluten free.

Family Restaurant, 902 W Kimberly Rd., Davenport, (Village Shopping Center). Can make items gluten free. Ask waiter.

Fresh Deli, in the Freight House downtown Davenport has gluten-free items for sale. You need to ask which soups are gluten free and what other items on the menu are GF. The store there also carries GF items.

Godfathers Pizza, East Moline. Gluten-Free Pizza now available.

Granite City, 5270 Utica Ridge Rd, Davenport offers a GF menu.

Happy Joe's Pizza, Many QC Locations has gluten-free pizza.

Harris Pizza serves gluten free pasta.

Hardee's, all locations. Gluten-Free info on website <http://www.hardees.com/menu/alt-options>.

Healthy Harvest Urban Farms, 1616 2ND Avenue, Rock Island is a café and store that features vegan and organic foods. They have gluten-free wrap sandwiches available that are prepared in a separate area to prevent cross-contamination.

HuHot Mongolian Grill, 3006 E 53rd St, Davenport has a GF menu available and has been certified by GIG.

Hungry Hobo, QC locations, Cheese sauce for baked potatoes is GF. Veggies and ham topping safe. Avoid Taco Potato - not GF.

Jake O's, 2900 46th Ave, Rock Island, IL (309) 788-5635. Owner/chef Jerry Berghege. GF menu. They usually have 2 out of 3 soups that are gluten free every night. They have wonderful fried shrimp made with rice flour and cornmeal. When you arrive just tell the hostess you are gluten free and wish for fried chicken, French fries or shrimp. They will start the gluten free fryer then to heat.

Jersey Mike's, 2124 E Kimberly Road, Davenport is offers individually wrapped Udi's Gluten Free rolls. They are a GIG trained restaurant.

Johnny's Italian Steakhouse, 1300 River Drive, Moline has a gluten free menu.

Lemongrass Café, 1419 5th Ave Moline has a gluten-free menu. Owner has celiac. Symbols on menu indicate which items are gluten free, vegan, etc., but be sure to specify that you need your meal gluten free.

Louie's Wine Dive, located in the Iowa River Landing, 901 E 2nd, Suite 100, Coralville has gluten free options available.

The Machine Shed, 7250 NW Blvd., Davenport, IA. Ask for GF Menu. Verify with server or chef that an item is gluten-free. Meatloaf is not GF.

Mo Bradys, 4830 N Brady, Davenport is able to accommodate a gluten-free diet. Just ask your waiter.

Nhos Café, 3801 Rockingham Road in Davenport, has gluten-free menu options. The website is <http://www.nhoscafe.com>

Noodles & Company, 5345 Elmore Ave, Davenport offers gluten-free options, including gluten-free fusilli or rice noodles.

Olive Garden, 330 W. Kimberly Rd., Davenport, IA. GF menu online at: www.olivegarden.com/Menu/Gluten-Free/. *Note: Be sure GF noodles are prepared in a dedicated cooker, not in the same pot as wheat noodles.*

Olive Tree Cafe Gluten-Free, 2513 53rd Avenue, Bettendorf, has gluten-free menu, pizza and pasta.

Outback Steakhouse, 1235 E. Kimberly Road, Davenport has recently expanded their GF menu.

Pagalo's Pizzeria & Gelato Café (formerly Pinocchio's), 119 1st Ave. W., Milan, IL 61264 309-787-5898 has GF Pizza. Wood fire grilled pizza.

Papa Murphy's offers a gluten-free take and bake pizza!

Pizza Ranch, 880 Lincoln Rd, Duck Creek Plaza, Bettendorf_serves GF pizza (made to order - not on buffet) and GF dessert pizza.

Quad Cities US Family Restaurant, 4910 22nd Ave, Moline. Can make items gf – ask waiter.

QC Fusion, 618 W Kimberly, Davenport, has GF smoothies.

Qdoba Mexican Grill, 4402 16th St., Moline, IL. Allergan information online at: www.qdoba.com/Allergen.aspx. I get naked burrito, which is rice, choice of meat and toppings.

Red Lantern, 4009 E 53rd St, Davenport_has a GF menu. Dine in or take out. Lunch soup is not gf.

River Bottom Chophouse, 102 S Main St, Port Byron has gluten free items available on their menu.

River House, 1510 River Drive, Moline has gluten free options available.

Ross' Restaurant, 2297 Falcon Avenue, Bettendorf has GF items on their menu, including sandwiches, soups and salads. The owner's daughter is GF and does a lot of the cooking.

Shameless Chocoholic, 200 Jones St, LeClaire is entirely gluten free!

Simple Superfood Café, 1132 W Locust St, Davenport has healthy food options and is a completely gluten free facility.

Sriracha Thai Bistro, 2900 River Drive, Suite 118, Moline designates gluten free items on their menu.

Stashu's Pizza, 4200 44th Ave, Moline, IL 797-9449 GF pizzas, calzones and boli rolls. All toppings are gluten-free. Dine-in or carry-out. Delicious. Offers par-baked too, finish baking at home.

Steel & Plow, 2180 53rd St. Moline, has gluten free options including a gluten free bun.

Tantra Asian Bistro, 589 E 53rd St, Davenport has gluten free options available.

TGI Fridays, 1425 River Drive, Moline now has a gluten-sensitive menu available. Look for a red circle marked "GS" for items that are prepared for gluten-sensitive people.

Two Sisters Restaurant, 522 1st St W, Milan. Can make items gf. Ask waiter.

Treehouse Pub & Eatery, 2239 Kimberly Rd, Davenport (across from Duck Creek Golf Course) has gluten free buns available for their sandwiches and burgers.

Ubriaco Stattoria, 1029 Mound St, Davenport is a new restaurant in the East Village that Jerry Bergheger of Jake O's has opened up. It has gluten free options.

Wendy's is leading the way in gluten-free friendly_fast food restaurants. For more information: http://www.wendys.com/food/pdf/us/gluten_free_list.pdf.

Your Pie, 4520 E 53rd St, Davenport is a new pizza place that offers GF pizza.

Zeke's Island Café, 1509 North Harrison in Davenport has a lot of GF options and do not use commercial seasonings.

Outside the QC Area

Bluegrass, IA

Corner Grill, Blue Grass has wonderful, tasty GF pizza on their menu.

Clinton, IA

Krumpets Bakery Café, 1320 11th St., NW, Clinton, IA, 563-242-0935 offers along with regular menu, a GF breakfast and lunch menu. They offer muffins, cookies and breads.

Sweetheart Bakery, 245 Main Ave, Clinton, IA 563-242-4105. Has GF baked goodies from Just Bee Gluten-Free. Variety changes each week, but usually has GF cookies, muffins, cupcakes, sandwich bread.

Iowa City, Coralville, IA

Boyd's Grill & Spirits, 2208 N. Dodge St., Iowa City, IA 319-351-7400
GF Sandwiches, GF pasta, GF pizza. Ask for GF menu

Ho-Hut, Coralville, GF Friendly as reported by member of our group.

Mellow Mushroom, Coralville Mall serves gluten-free pizza.

Monica's, 303 2nd St., Coralville, IA 319-338-7400 has GF Sandwiches, GF pasta, GF Pizza. Ask for GF menu. Great Food.

Carlos O'Kelly's, Iowa City, IL
Ask for Gluten-free Menu. Can also find it online at www.carlosokellys.com

Galena, IL

The Market House Restaurant, Galena, IL has terrific gluten free bread for sandwiches, but even better, they have two gluten-free dessert options! One of our members enjoyed their banana bundt cake with ice cream and chocolate drizzle.

Muscatine, IA

The Sicilian Pizza & Subs, 600 Park Ave. Muscatine, IA. 563-264-8259, has GF pizza, Carry-Out Only.

Chicago Restaurants

Cheeseburgers in Paradise, 297 Finley Rd, Downers Grove, IL has a GF menu (also locations near Madison, WI).

Deerfield Bakery, 25 South Roselle Road, Schaumburg, IL. Excellent cheesecake.

Fogo De Chao, Chicago, www.fogodechao.com

There is a fantastic restaurant in Chicago; it is called Fogo de Chao. They were outstanding in what they did for Meg. They were so aware of even the finest details of eating gluten-

free and they had the biggest selection Meg has ever seen for her. Anything that was not good for her, they made it especially for her and brought it out to the table. She was even able to eat the basket of bread at the table! She ate about 6 baskets just to herself because she was so excited! The bread is made of yucca flour (which is gluten-free). The servers could not have been nicer to her and keep bring more and more bread to her! I would recommend anyone to go to this restaurant in Chicago on N. LaSalle Street when they are in the city. *Reported by a member of our group*

PF Chang's, Chicago Locations, has a gluten-free menu. The servers are very knowledgeable about cross-contamination issues and which sauces, etc. contain gluten.

Rosati's now has GF pizza. They have locations in Belvidere and Sycamore, IL.

Sweet Berry Café Pancake House, 720 N McLean Blvd, South Elgin, IL. Most items on menu can be prepared gf.

Vinci, Chicago, www.vincichicago.com has a gluten-free menu. It is on Halstead in the Lincoln Park area. Meg had a wonderful huge pasta dish among other things and really enjoyed herself.

Wildfire: www.wildfirerestaurant.com.

Adobo Grill: www.adobogrill.com, Bistro 110(across from Water Tower),

Cafe Lucciano (Rush Street) and they all have gluten-free menus and all were fabulous!!
Reported by a member of our group.

Go to this website for more information on GF Dining in Chicago
[www.chicagomag.com/Chicago-Magazine/Gluten-Free-Chicago-Restaurants-and-Stores/
Additional Help](http://www.chicagomag.com/Chicago-Magazine/Gluten-Free-Chicago-Restaurants-and-Stores/Additional%20Help)

Dining Cards

GF Dining Cards, which can be used as an aid in explaining the GF diet and needs to wait staff and chefs, can be ordered from the following:

CSA/USA, www.csaceliacs.org, 1-877-CSA-4CSA

Living Without Magazine, www.livingwithout.com/diningcards.html

Columbia University Celiac Disease Center,
www.celiacdiseasecenter.columbia.edu/inforeg.html

They also have a variety of items available for purchase that help with being on a gluten-free diet.

Restaurant Awareness Program www.glutenfreerestaurants.org. The Gluten-Free Restaurant Awareness Program (GFRAP), developed by the [Westchester Celiac Sprue Support Group](http://www.westchesterceliacsprue.org) (WCSSG), Montrose, New York, facilitates the relationship between individuals with celiac disease and restaurants that understand their dietary needs. Participating restaurants will be able to prepare GF meals in addition to their regular meals.

GF Local Bakers

Miss Ruth's Sweet Treats, 563-355-4947
Bakes GF baked goods. Call her to order.