



GLUTEN-FREE WASHINGTON, DC

Planning a Safe & Scrumptious Trip To Our Nation's Capital

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Good news for those planning a trip to the nation's capital: Washington, DC, and its surrounding suburbs were named **2011's "World's Most Celiac-Friendly Destination"** by The Gluten-Free Travel site.

For Washington, this recognition is long overdue: the city's dining scene is far more cosmopolitan than it's given credit for and regularly welcomes diners from all parts of the globe. The city's wealth and education levels have steadily risen, and so have its expectations for healthful and fresh food. As a result, the city offers plenty of options for business or pleasure travelers on a gluten-free diet.

Of course, it takes a little digging to know where to find gluten-free friendly restaurants. Most tourists are fine with food trucks and museum cafes; gluten-free eaters have to look a bit further.

A SAMPLING OF WHAT'S GOOD, NO MATTER WHERE YOU'RE VISITING AND STAYING:

GETTING THERE

If you're flying into Baltimore Washington Airport (BWI), head to **The Greene Turtle** (which has other local area locations as well) for a wide selection of gluten-free items including wings, fries, steamed shrimp, steak, chicken, crab soup, and salads.



Most visitors find themselves at some point at Union Station, a historic train station built to be the gateway to the city. Fully restored, it now has a full food court popular with tour groups. Luckily, **Pizzeria Uno's** has a Union Station location, and gluten-free pizza is on the menu.

MARYLAND/VIRGINIA

Start at **The Original Pancake House**, with locations in Falls Church, Bethesda, and Rockville. They offer excellent gluten-free pancakes, prepared on a separate griddle and served on unique, dedicated plates, so there are no mix-ups. The Pancake House is particularly popular on weekends, when you will find it teeming with the crayon set.



Austin Grill is a local Tex-Mex chain with six locations in and around the city. The gluten-free chips and salsa will start you off happy, and there are many entrees on their gluten-free menu. Early in the evening is when families go (kids eat free on Tuesdays); later, there is a louder, more bar-like vibe.



In Bethesda, you will find a favorite of the gluten-free community, the **Lilit Café**. On their gluten-free menu, you'll find pizza, sandwiches, and gelato. The café frequently features wine tastings.



LEBENESE TAVERNA



Lebanese Taverna is a Middle Eastern-flavored restaurant with locations in DC (including one not far from the National Zoo, at the Woodley Park Metro stop) and the suburbs. They have an extensive gluten-free menu. Try out the hummus and rice crackers to start, and then enjoy a Middle Eastern feast. Grilled meats and fish are flavorful and satisfying, and there are also many meatless meals that will keep vegetarians happy. There is even a gluten-free kids meal of mini chicken kabobs, hummus, and rice. Top off your evening with gluten-free ice cream flavors that will delight your taste buds—pistachio orange, honey, chocolate, or vanilla-cardamom.

Mama Lucia, with 8 locations in Maryland, offers gluten-free pizza and pasta. Also try **Pete's New Haven Style Apizza**, known to locals as Pete's Apizza (pronounced ah-BEETS), which has gluten-free pasta, pizza, and beer. This self-described "neighborhood pizza and beer joint" makes a crispy crust and uses fresh ingredients that keep all pizza lovers happy. *Locations: Columbia Heights, Friendship Heights, and Clarendon.*



In Virginia, you can find restaurants like **Coastal Flats** and **Wildfire**, both of which feature gluten-free options, at the heavily trafficked Tysons Corner area.



And of course there is a full array of familiar chains with gluten-free menus: **P.F. Changs, Legal Seafood, McCormick & Schmick, Maggiano's Little Italy, Bonfish, Boston Market,** and **Outback Steakhouse.**

DISTRICT OF COLUMBIA

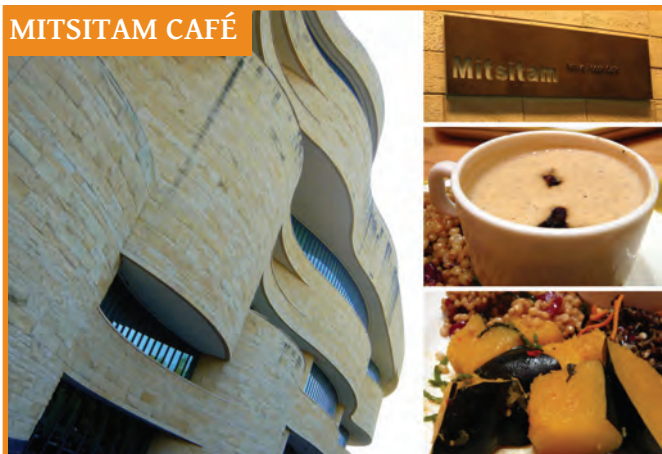
It's in the district itself where you will find unique gluten-free offerings you won't find anywhere else. **Teaism** is a wonderful way to start the day (they open at 7:30 during the week, so you can get an early start before the heat of the day) or recharge midday. Locations near the White House, the FBI, and Georgetown all provide a respite and unique gluten-free menu items to all kinds of travelers.



For those who love Spanish wine and tapas, try **Jaleo** and linger over small plates of flavorful foods and glasses of red or white sangria. The gluten-free menu boasts 30 different dishes. The restaurant uses a shared fryer, so stick to non-fried items.



Oyamel has made a name for itself with its creative Mexican cuisine. This is not for those looking for the usual Tex-Mex choices—one of its items is the grasshopper taco. Don't miss the Mexican Gin & Tonic!



If you plan on being either on the National Mall or at the U.S. Capitol around mealtime, be sure to stop for a fantastic gluten-free lunch at the Museum of the American Indian, at the Mitsitam Café. Mitsitam means "Let's eat." There are five different food stations representing different indigenous cuisines of the American Indian across the Western Hemisphere. The menu changes seasonally, and allergens including gluten are clearly labeled.

Closer to downtown, where tourists typically will visit the FBI, the International Spy Museum, and Ford's Theater, you can find several gluten-free choices. For "Nuevo Latino" cuisine, try **Cafe Atlantico** and its 6-seat restaurant-within-a-restaurant named **minibar**.



When requested, the staff will provide an allergen menu. Sunday brunch is popular for the Latino dim sum, with plenty of gluten-free offerings. For an unforgettable evening, reserve a seat exactly one month in advance at minibar and experience the avant-garde tasting menu.



If you spend some time shopping in DuPont Circle, or nearby in Georgetown, try Firefly for contemporary American comfort food. A tree in the dining room hung with lit lanterns creates a cozy atmosphere. They proudly support local farmers, with fresh, seasonal menus and unique cocktails. The food and atmosphere are grown-up, but a kids' menu keeps little ones happy.

Not far from the Verizon Center as well as the Smithsonian American Art Museum and the National Portrait Gallery, you can relax at **Zatinya** with mezze (small plates) representing Greek, Lebanese, and Turkish cuisine and a unique wine list that celebrates wineries of the Mediterranean.



Also not far away, and particularly helpful to business travelers in town at the Convention Center, is **Finn & Porter** at the Embassy Suites. It is a hip spot for steak, fresh seafood, and drinks. The chef keeps separate grills for meat and bread, has special gluten-free prep areas, and even dedicates pans exclusively to gluten-free diners. Finn and Porter offers both gluten-free lunch and dinner menus. The restaurant has even been known to host gluten-free happy hours.



Finally, if you are looking for a truly special evening near the White House, head to **The Bombay Club**, one of the city's most famous power restaurants. It is known for its superb Indian food, much of it naturally gluten-free. The service is meticulous, and the nightly live piano playing creates a magical ambience.



OTHER GLUTEN-FREE TREATS INSIDE THE BELTWAY:



▲ Doron Petercan, vegan genius behind Sticky Fingers

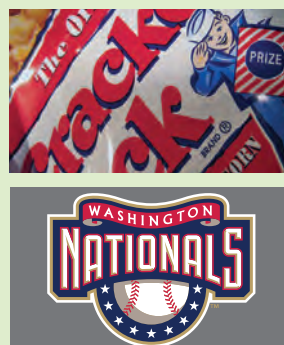


▲ Fancy Cakes by Leslie does gluten-free cupcakes



▲ Kathrine & Sophie of Georgetown Cupcakes

For a happy ending to any meal, cupcakes are all the rage, and DC has lots of gluten-free versions of them. There are **Buzz Bakery**, **Red Velvet Cupcakery**, **Hello Cupcake**, **Frosting**, **Sticky Fingers Sweets & Eats**, **Fancy Cakes by Leslie**, **Georgetown Cupcakes**, and **Sprinkles**.



If you are here in the summer, be sure to take in a baseball game at **Nationals Park**; you'll feel right at home in Section 135 where the concession stand boasts an exclusively gluten-free menu of treats: gluten-free hot dogs, buns, pizza, mac-n-cheese, burritos, chips, Cracker Jack's and ice-cold Redbridge beer.



DC's restaurant scene is heating up, and there are more and more restaurants that welcome gluten-free diners. Keep in mind that many local chefs are knowledgeable about celiac disease and will accommodate all types of food restrictions, even if there is no official allergen menu. Although Washingtonians have a reputation for being workaholics, at the end of the day, they know how to relax and have a good meal, and a gluten-free one at that.