



Gluten-Free Michiana: Your Guide to Dining Out in the South Bend Area

Marcie Gamble

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Gluten-free? Need a restaurant that accommodates friends and family on a gluten-free diet? Gluten-Free Michiana, the first in a series of gluten-free restaurant guides, has over 100 listings of places to eat gluten-free in South Bend, Indiana, and surrounding cities. Find out which restaurants offer menu items that are gluten-free. Learn if the staff is trained to cook gluten-free, and how the kitchen handles the issue of cross-contamination. Are you attending or planning a special event? Discover several banquet halls catering to gluten-free needs. Whether you have celiac disease, are gluten intolerant, or gluten-free by choice, you'll be able to select places to eat. Restaurants were given surveys to fill out detailing how they accommodate gluten-free diners. Browse through the surveys and select a restaurant. Not gluten-free? Share the information with friends who are. Then, enjoy a dinner out with them. An ideal gift!

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