

dining out gluten free

Restaurant dining can be very challenging for those who have celiac disease, or are allergic to gluten. Many find dining out to be so difficult that they avoid eating in restaurants altogether. Symptoms and effects of eating gluten-laden food can be painful and devastating. These diners must not only know which [grains to avoid](#) but also where they're likely to be hidden and the need to protect themselves against cross contamination. (Source: About.com|Celiac Disease). A gluten intolerant individual needs a restaurant where the servers and chefs are aware of special dietary needs. At Paul Martin's American Bistro® we serve up special orders without hesitation.

Gluten hides in many unexpected places. At Paul Martin's American Bistro we offer gluten-free dishes for special order or from our menu. Our chefs and wait staff understand the necessary dietary needs and requests our diners have. Our goal is to have guests relax, enjoy and indulge in the gluten-free dishes prepared with them in mind.

Paul Martin's mantra: "Eat organic. Believe in sustainable. Buy local. Love fresh." is for everyone. We use local, organic, fresh ingredients in our mouthwatering meals; our goal is to create savory, appetizing, gluten-free entrees and desserts to satisfy the most discerning diner. Visit a Paul Martin's American Bistro®, talk with our service staff and chefs, and let them know your concerns and special dietary needs. We want to take care of you and for you to have a memorable meal.

At Paul Martin's we invite you to visit and be excited to dine out, even while making conscious meal choices. Take a look at these delectable meals that can be prepared without gluten:

MNA Prime NY Steak

Mesquite Grilled Lamb Chops

Oysters

Bistro Burger – No Bun!

Our Mushroom or Tomato Soup

Prawn Cocktail

Wild Alaskan Halibut

Seafood Platter

Mahi-Mahi

Ice Cream

Grilled Salmon

All Veggie Sides

Simply ask Paul Martin's to create a customized dish for your meal plan needs then sit back and relax.