

Download The Gluten Free Fast Food Guide

The growing popularity of the gluten-free diet means even fast food restaurant chains—which tend to have pretty gluten-filled menus—are jumping on the bandwagon, providing more options for those of us with celiac disease or non-celiac gluten sensitivity. Good news! More than 60 gluten-free fast-food restaurants in Canada make an online commitment to meeting the needs of the gluten free. This list is your starting point! On a list of fast food restaurants, how could we not start with McDonalds? As it turns out, you can get any of their burgers gluten-free if you skip the bun and opt to have it wrapped in lettuce ...EATING GLUTEN FREE IN DISNEY WORLD. Update: Disney is no longer offering Divvies. They are currently offering bakery items from the Enjoy Life and OMG Manufacturers along with Rocky Mountain Popcorn, and Surf Sweets Jelly Beans throughout the Parks and Resorts.. Worry-free gluten free dining in Walt Disney World includes snacks such as Minnie's Bake Shop Gluten Free cookies sold in 7.2 oz ...