

(Download free ebook) The Gluten-Free Guide to New York

The Gluten-Free Guide to New York

Maria Ann Roglieri

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#2302261 in Books 2014PDF # 1 #File Name: 1424327946297 pagesprice ranges for restaurants, gluten-free menus, over 1000 venues in the New York metro area (including NJ, LI, CT, NY state) | File size: 19.Mb

Maria Ann Roglieri : The Gluten-Free Guide to New York before purchasing it in order to gage whether or not it would be worth my time, and all praised The Gluten-Free Guide to New York:

2 of 2 people found the following review helpful. GF eating with ease I hopeBy Trish MaceI am yet to put this book to the test as I am not travelling to NY until June. However I have been very nervous at the thought of getting my message across with regards to what I can and can't eat. In Australia there is a reasonable knowledge of GF food at restaurants and cafes generally and I had no idea whether it was widely known about in America also. This book has not only put my mind at ease but has shown me that I will be able to enjoy a lot of 'American' treats (such as ribs) despite my being a coeliac.1 of 1 people found the following review helpful. What a helpBy Michael MillerI bought this before a business trip to CT with a side trip to NYC. It was such a help even in CT, and it helped me enjoy Manhattan Gluten-free in style. I never knew that there were entire restuarants where the entire staff understands about cross contamination! I felt great for my entire trip thanks to this book.0 of 0 people found the following review helpful. Okay, but an app could do better, cheaper.By CustomerI feel like an app can do the job better.

New edition for 2015. This book is the ultimate resource, a compilation which provides in a single volume indispensable information-at-a-glance regarding living gluten-free in New York's tri-state area including: Where to dine: New York area restaurants which offer a gluten-free menu and gluten-free friendly restaurants as recommended by members of the gluten-free community. Restaurants are listed alphabetically, by location, and by cuisine. Many gluten-free menus are provided. What to cook: recipes for delicious gluten-free dishes from favorite New York

restaurants How to cook: easy gourmet gluten-free cooking classes offered by New York's professional chefs Where to shop: health food stores that carry gluten-free food products (listed by area) and personal chef and catering services that prepare gluten-free meals Where to seek support: a variety of support groups, list serves, and meet-up dining groups Who can provide medical care: doctors, nutritionists, and research centers for gluten-intolerant patients The Gluten-free Guide to New York is essential for newly-diagnosed and veteran gluten-intolerant people living in or traveling to the tri-state area. It provides crucial information and, as an added bonus, interviews with restaurant owners/managers, professional chefs, special diet consultants, physicians, and celiac activists.