

# The Intolerant Gourmet

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## The Intolerant Gourmet

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### Easy Eats - November 2011

Kafka's The Intolerant Gourmet Plus, a guide to the most versatile gluten-free flours BY AMY HOWARD 24 Taste Test Pass the cheese! We tried 50-plus gluten-free crackers, and these are our picks BY AMY HOWARD 26 Treat Yourself Whip up these from-scratch mixes as one-of-a-kind gifts for all those special someones BY AMY HOWARD 30 Added Value

### Contents

If you are lactose intolerant or wish to avoid dairy, replace the 1 cup milk and 1 cup cottage cheese with 1 cup unsweetened soy milk (or 1 cup water and ½ cup protein powder) and 1 cup plain, lactose-free yogurt Alternatively, you can substitute with non-cow's-milk dairy (eg goat's milk)

### Better for your patients. Better for you.

intolerant patients Box 200 • Gluten-free • With Xylitol • Fluoride (123%) • Non-splatter • Excellent polishing and stain removal • Flash rinsing • 14 great tasting flavors • 100% guaranteed! Free Customized Gourmet Menus! Name of Practice Address City State Zip Please specify below three or more flavors for your 2 FREE menus

### shakes - Precision Nutrition

If you are lactose intolerant or wish to avoid dairy, replace the 1 cup milk and 1 cup cottage cheese with 1 cup unsweetened soy milk (or 1 cup water and ½ scoop protein) and 1 cup plain, lactose-free yogurt Alternatively, you can substitute with non-cow's-milk dairy (eg goat's milk)

**TABLE - The Catering Company**

tastes and dietary requests of all team members whether vegetarian, vegan, gluten intolerant, or meat lover! Many companies can bring you food What differentiates us is the way we prepare, produce and present our meals We offer a flawless experience - from a highly intuitive ordering system through exceptional food and impeccable event service

**Lactose Content in Common Foods - Dr. Gourmet**

Gourmet Title: Lactose Content in Common Foods Created Date: 2/8/2011 3:54:06 PM

**Café Zupas Nutrition Facts 2019**

preparation areas If you are highly allergic or intolerant to gluten, we ask you to exercise judgment regarding your individual needs Because we also offer many unique flavors, not every ingredient we use is listed in our menu descriptions At any given time we may have peanuts, tree nuts, soy, milk, eggs, fish, shellfish, wheat, and gluten in

**ROOM HIRE - CITY BOX HILL**

including gourmet sandwiches, rolls or wraps and fruit juice \$2550 Fruit & Sweet Platters ^ » Seasonal fresh fruit or selection of cheeses \$895 » Selection of mixed cakes or Danish pasties \$595 Special dietary requirements At the time of confirmation, please advise us of any participants that are gluten intolerant, vegan

**BOUCHARD FINLAYSON WINE GOURMET DINING EXPERIENCE**

GOURMET DINING EXPERIENCE at The English Grill The evening will commence with Sauvignon Blanc, 2017/2018 & Canapés in The Leopard Bar & Palace Lounge STARTER Scottish Lobster Thermidor Tart with Autumn Truffles that any item served is 100% allergen or intolerant free

**Calcium Levels in Common Foods - Dr. Gourmet**

Calcium Levels in Common Foods © 2011 Harlan Brothers Productions, LLC | All rights reserved | wwwDrGourmetcom Food Serving Calcium (in milligrams)

**External Catering Order Form - CAE**

including gourmet sandwiches, rolls, wraps and fruit juice Description Continuous tea & coffee Full Day At the time of confirmation, please advise of any participants that are gluten intolerant, vegan or have a nut allergy so that we are able to cater specifically All prices quoted are subject to change with an average service fee from \$10

**2012 James Beard Foundation Book Awards**

2012 James Beard Foundation Awards Nominees 2012 James Beard Foundation Book Awards Presented by Green & Black's Organic Chocolate For cookbooks published in English in 2011

**Remède Physique Spring 2012 COCONUT**

Remède Physique Spring 2012 COCONUT "If you are serious about living healthier, then you will want to consider coconut as a regular part of your diet" ~ Dr Mercola What's the Big Deal About Coconut? Coconut is considered a functional food because it improves your health and enhances the look and feel of food Coconut oil is the most

**www.oliversmarket.com**

Field Roast Deli Slices are charcuterie-style gourmet meats made for a variety of hot and cold sandwiches Chop to add to a salad or roll into a party appetizer FIELD ROAST GRAIN MEAT CO Meatless Chorizo Breakfast Burrito \$499/ea A spicy-hot blend of smoked Chipotle peppers, Chili de arbol

peppers, fresh chopped garlic, sweet onions

**NATURAL AND GLUTEN-FREE & ALLERGEN FREE BAKED ...**

NATURAL AND GLUTEN-FREE & ALLERGEN FREE BAKED GOODS BAKED FRESH IN THE USA Ann's Nut & Fruit Cake, Inc 2 Gluten Intolerant, Allergen Sensitive and have auto immune diseases Our gluten-free cookies gourmet natural plump fat, egg free, and is load antioxidants Our cookie

**POPPA ROLLO' S PIZZA**

intolerant friends — The Garden — Onion Garden fresh onion (be sure to take a mint when you leave) Green Olive From sunny California Black Olive Also from California, but with a bit more sun Green Bell Pepper Fresh from Poppa Rollo's bell pepper patch Spinach You should try our spinach Alfredo pizza Hot Jalapeño From our neighbor to the

**Miss Red's Place (706) 773-2232 (706) 773-4494 Caters for ...**

Philip's Gourmet Grits Orange Juice & Coffee Plastic accoutrements (Vegetarian & Gluten Intolerant Options Available) Pimento Cheese with crackers and toasted pecans Bag of Chips Piece of fresh fruit Dessert of the Day Bag of Condiments Bottled Water 25¢ Extra \$800 per person/minimum 6 people

**your neighborhood pizzeria - Johnny's New York Style Pizza**

The Gourmet Bon Appetit! 419 1679 2179 Fresh spinach, sun-dried tomatoes, black olives, artichoke hearts & feta cheese Johnny's White Pizza N/A 1499 1699 A blend of ricotta, mozzarella, provolone & parmesan cheeses with minced garlic The Great White N/A 1629 2119