

MONTANA CELIAC SOCIETY

BILLINGS SUPPORT GROUP

GLUTEN-FREE RESTAURANT  
INFORMATION

BILLINGS MONTANA AREA

APRIL 2010

**Montana Celiac Society/Billings Support Group  
Gluten-Free Restaurant Survey  
April 2010**

Name of Restaurant: **Red Lobster**  
2250 King Ave West  
Billings, MT 59105

Gluten-Free menu: No

Items on menu that are gluten-free:

“We can make almost anything gluten-free. It just has to be made aware to the server and a manager will stop by the table to double check with the guest who have specific allergies.”

Name of restaurant: **The Athenian**  
18 N. 29<sup>th</sup>.  
Billings, MT

Gluten-free menu: No

Items on menu that are gluten-free:

Greek Salad  
Saeanake  
Chicken & Greele  
Fish  
Steak  
Broiled Shrimp  
ShrimpSantoruni

Name of Restaurant: **Z Pizza**

1430 Country Manor Blvd  
Billings, MT

Gluten-free menu: Yes

Items on menu that are gluten-free:

Pizza

Salad

Chips

Beer

They can meet other dietary needs as well.

Name of Restaurant: **Cracker Barrel**

5620 South Frontage Road  
Billings, MT

Gluten-free menu: No

Staff have a two-page detailed list of menu recommendations for the 8 major food allergens:

The allergens staff can deal with are: Milk Allergens

Egg Allergens

Gluten Allergens

Soy Allergens

Fish Allergens

Shellfish Allergens

Tree nut allergens

Peanut Allergens

Simply tell the restaurant staff what requirements you have.

Name of Restaurant: **Montana Jacks**  
520 Hansen Lane  
Billings, MT

Gluten-free menu: No

Items on menu that are gluten-free:

Steak  
Shrimp  
Cod Vegetables  
Salad bar  
Chicken  
Cottage Cheese  
Cheese

Name of restaurant: **Johnny Carinos**  
3042 Kind Ave West  
Billings, MT

Gluten-free menu: Yes

Gluten-free food items:

Company has a two-page menu which includes appetizers, side soups and salads, entree salads, entrees, dessert and a gluten-free food items that are "kid friendly." Questions, call Ryan Peterson, Manager 652-9661

Name of Restaurant: **Salad Creations**

1911 King Ave W. Ste # 1

coming soon: 1595 Grand Ave Ste # 250

Scott Pekovich,

Area Developer, Montana-Idaho

256-0456

spekovich@saladcreations.net

www.saladcreations.net

Do you have a gluten-free menu? Yes

Do you have any items on your menu that are gluten-free? Yes

Virtually all our salads are prepared gluten-free. Some dressings and a few “throw-ins” would need to be excluded but guests would be informed when ordering if they were instructed. Wraps and Ponini's would contain gluten, thus your group would need to stay away from these menu items.

Would you be interested in serving 25-30 people at one time. All individuals would require gluten-free food? Yes

Do you have any other menu items pertaining to other special dietary needs, such as low sodium, dairy free, nut allergy, low sugar, etc? Yes

If so explain:

Several fat-free dressing, low carb dressing; reduced fat dressing. All our items are made to order, so each guest may choose to leave out ingredients that are problems. (example: sunflower seeds,, etc.)

Special Remarks: “Thanks for the interest.

Name of Restaurant: **Red Lodge Pizza Company**

115 South Broadway  
Red Lodge, MT 59068

Items that are gluten-free:

All Salads, (withhold croûtons)  
broth, soups, wings grilled chicken

Would you be interested in serving 25-30 people at one time. All individuals would require gluten-free food? Yes

Do you have any other menu items pertaining to other special dietary needs, such as low sodium, dairy free, lactaid free, nut allergy, low sugar? Yes

Non-dairy cheese on a pizza topping

Name of Restaurant: **Dairy Queen**

1045 Grand Ave  
3220 Henesta Dr  
Billings, MT

Do you have a gluten-free menu? Yes

Do you have any items on your menu that are gluten-free? Yes

For our customers with gluten intolerance, the following DQ treats are some of our top selling gluten-free products. (Containing no wheat, barley, oats or rye)

Vanilla and Chocolate Soft Serve

Arctic Rush slush – all flavors

MooLatte frozen blended coffee drinks

DQ vanilla Orange Bar

Manufactured Dilly Bars \*Please note: This does not include Dilly bars made in store. Look for the products in a sealed plastic wrap.)

Additionally, the following toppings (for sundae, malt and shakes) are gluten-free

Chocolate  
Hot Fudge  
Marshmallow  
Butterscotch  
Strawberry  
Carmel  
Banana  
Cherry  
Pineapple

If you would like to try one of our famous Blizzard treats, the following is a list of Blizzard treat flavors that are gluten-free.

Rees's peanut butter cups  
Butterfinger bar  
Snickers bar  
Heath bar  
M & M's candy  
Banana Split  
Hawaiian  
Tropical  
Strawberry  
Mint M & M's candy

Keep in mind that the Blizzard machine is used for all flavors of Blizzard treats, including those containing wheat, rye, oats, or barley, and cross-contact may occur with your Blizzard treat. When in doubt whether a product may contain a particular allergen, we recommend you purchase a pre-packaged manufactured novelty treat, which contains an ingredient listing and nutrition facts panel on the package.

**Bruno's, a Taste of Italy**

1911 King Ave W

Do you have a gluten-free menu? No

Do you have any items on your menu that are gluten-free?

We are currently working to add GF Pizza and Pasta to our menu soon!

Would you be interested in serving 25-30 people at one time. All individuals would require gluten-free food? Yes

Do you have any other menu items pertaining to other special dietary needs, such as low sodium, dairy free, nut allergy, low sugar.? Yes Soon to add more

Name of Restaurant: **Country Skillet**  
20 A Big Timber Loop Road  
Big Timber, MT

Do you have a gluten-free menu? No

Do you have any items on your menu that are gluten-free? Yes

What food items do you serve that are gluten-free?

Ham Steaks  
Roast Turkey  
Roast Beef  
Slim Plat

Would you be interested in serving 25-30 people at one time. All individuals would require gluten-free food? Yes

Special Note: Can not guarantee that nothing has touched gluten. We are willing to work with you to make something special.

Name of Restaurant: **Torres Mexican Cafe**  
6200 So Frontage Road  
Josie Torres Quainburg  
Cell: 406-672-5783

Do you have a gluten-free menu? No

Do you have any items on your menu that are gluten-free? Yes

What food items do you serve that are gluten-free?

Corn tacos – meat has no additives; our corn enchiladas are made with rice flour; Mexican rice;  
Beans, Chile Verde Meat is either beef or pork; Rice flour is used to thicken;

Would you be interested in serving 25-30 people at one time. All individuals would require  
gluten-free food? Yes

### **Cafe DeCamp**

1404 6th Ave. N  
Billings, MT 59101

Our menu consists of many various items that are completely gluten free. We aim to be able to accomodate those with more rigid diets. We can provide practically any one of our menu items in a gluten free fashion. I am currently sourcing a feasible gluten free locally produced flour and when that happens I will switch the unbleached whole wheat flour to a gluten free flour thus obtaining an entire crepe menu made with gluten free batter. I hope to accomplish this within the next few weeks as I have a new spring menu appearing in early May. Meanwhile ask your server about our gluten free items. I would also be more than happy to cater an entire gluten free event given it is conducive to the cafe schedule. Here are some examples of already existing gluten free menu items:

-Ask your server if the daily soup is gluten free as that varies from day to day but is often gluten free. I have a tendency not to use roux in my soups unless it calls for a bechamel.

-any of our sandwiches minus the bread, avoid fries and chips if acutely sensitive as they are fried in the same oil that battered fish is.

-Strawberry Rhubarb Smoked Turkey without the Ciabatta, the Waldorf Yoghurt salad is gluten free;  
-Bison Burger w/o bun and fries, sub house salad or Ginger cole slaw or Waldorf  
-6th Ave Cobb w/o baguette  
-Omelete Verde  
-Huevos Rancheros w/o Tortillas  
etc.

The dinner menu has some fixed items and some that change daily so ask your server any questions about how the Fresh Catch is being prepared. The Montana Beef cuts are almost always served gluten free but ask just in case, I could be wrapping aparagus in puff pastry or something?. Anyway, feel free to call anytime with any questions. Thank you.

Jason Corbridge  
Cafe DeCamp 256-7285  
[www.CafeDeCamp.com](http://www.CafeDeCamp.com)

We are more than happy to make accommodations, just communicate them to your server.

Name of Restaurant: **Red Robin**  
1603 Grand Ave  
Billings, MT 59102

**Message to Carl Solberg and Joan Dannenberg after eating at the Red Robin:**

My name is Andy Smith. I am an assistant manager at the Billings Red Robin Gourmet Burgers. I received your business cards and wanted to speak to you regarding the support group. It was an absolute pleasure to hear that we've accommodated you and your affiliates in your dining experiences with us thus far. Whenever a guest raises our attention to an allergy or health-complication involving food, we do everything within our capacity to ensure they have a fun, safe, and tasty experience.

I hope you were filled in on the process tonight, but if not, please allow

me to elaborate. When a guest alerts us to an allergen, their server immediately notifies the manager on duty and provides the guest with our allergen recommendation book. There is a version of this book on the Red Robin corporate website, but it is not specific to our franchise location, our menu, or the food distributed to our local franchise. For this reason, I cannot recommend anyone base their order on the corporate version of the allergen menu without consulting our local version as well. Once a guest has reviewed that menu and placed their order, the server alerts the kitchen to the specific allergy and all condiments that should be left off the order. The kitchen manager or the manager on duty supervises the kitchen staff while that order is prepared, so that proper safety procedure and recipe adherence are ensured. Hands are washed immediately and gloves are changed. All tools and surfaces that will be used in contact with that particular order are cleaned and sanitized. That order is kept separate from all other orders in the kitchen and is delivered by the manager or kitchen manager. It may take longer than a regular order, but it is more important to us that your health not be comprised in anyway.

If there is anyway we can assist you or those affiliated with the MT Celiac Society, please do not hesitate to contact me or the other managers. You may reach us at this email address or by phone (406-248-7778). Thanks again for alerting us to your needs and I hope everyone enjoyed their experience tonight.

Andy Smith,  
Asst. MGMT

Red Robin Gourmet Burgers  
1603 Grand Avenue  
Billings, MT 59102