



## **IDEAS FOR A GLUTEN-FREE DIET:**

Gluten is a serious concern for many individuals, especially those living with Celiac disease, and the subject is on our radar screen.

Regarding our pizzas, we make them by hand and this requires an extensive amount of flour. As such, creating a 100% flour-free environment, and hence a gluten-free pizza, is difficult given our current kitchen setup. That said, if you have an undeniable craving, we're happy to indulge it if you're able/willing to provide your own dough. In our experience, many customers have been pleased with the *Against the Grain Three Cheese Pizza Crust* or *Vicolo Corn Meal Pizza Crust* product from [Whole Foods](#). Should this be an option, simply bring the dough to any Dion's location, ask to speak to the manager, and we'll be happy to meet your request. Do know that in this instance, we are unable to guarantee a flourless pizza given that our stations and ovens will always contain flour particles. For some individuals, low amounts of flour can be tolerated and for others, no amount is acceptable. As such, we'd urge you to keep your own body in mind.

When it comes to salads, all of our choices are a good fit. Just be sure to request "no croutons." It's also important to note that none our dressings contain gluten.

We can also get creative with subs to avoid gluten. Simply order a sub with no bread and we'll toast the ingredients in our oven. The other option is to have our staff wrap the ingredients in lettuce.

Perhaps most important, please let a manager know if you have Celiac disease so extra precautions can be taken to avoid cross-contamination.

Please note the nutritional values provided are estimates based on our standard serving portions. Food servings may have a slight variance each time you visit. In addition, everyone's body is different and we urge you to seek guidance from your own physician and/or a registered dietitian to make the best decisions possible for *you*.