

2014 Minnesota State Fair Vendor - Gluten-Free Food List

Provided by:



The Savvy Celiac.

Minnesota State Fair food vendors supplied Twin Cities ROCK, Celiac Center of Minnesota and The Savvy Celiac with the following information for the Gluten-Free Food List. The vendors believe these foods can be considered gluten free at the 2014 fair. *This list should be considered a starting point for your gluten-free food search. As always, gluten-free eaters should be diligent in asking questions of the vendor and then deciding if the food is okay for you to eat.*

Ball Park Cafe

Location: Underwood; outside garden area
GF Foods: Pyro American Pale Ale, Garlic Fries

Ben's Brats

Location: Judson & Underwood
GF Foods: Bratwurst on a stick

Big Fat Bacon

Location: Carnes Ave, across from WCCO-TV
GF Foods: Big Fat Bacon-1/4 lb. maple-glazed bacon on a stick

Blue Moon

Location: Carnes & Chambers
GF Foods: Waffles, Pizza, Snow Ribbons
(Prepared in close quarters with gluten-full products. Some equipment & ingredients are shared)

Bridgeman's Ice Cream

Location: Judson Ave. between Liggett & Clough
GF Foods: Ice cream: Chocolate, Strawberry, Raspberry Fudge Torte, Peppermint Bon Bon, Vanilla and Caramelicious

Cafe Caribe

Location: Arcade Bldg/Next to DNR
GF Foods: Lakefront New Grist Gluten-Free Beer, Minnesota-Produced Wines

Caramel Apple Sundae

Location: Carousel Plaza, in front of Grandstand
GF Foods: Sparkling Apple Cider Floats, Caramel Apple Slices in a dish (with or without ice cream), Root Beer Floats

Carl's Gizmo Sandwiches

Location: On Cooper near Lee; End of SkyGlide
GF Foods: Low-Carb Gizmo, Foot-Long w/o bun, Hot Dog w/o bun

Charcoal Hut

Location: 1646 Judson Ave; Next to Int'l Bazaar
GF Foods: Turkey Drumsticks, Grilled Chicken Pieces, Breast Fillet, French Fries

Chicago Dogs

Location: The Garden (Dan Patch & Underwood)
GF Foods: Hot Dogs, Bison Hot Dog, Bratwurst & Chili, Condiments, Udi's Bun. Redbridge Lager

Chicken & Chops

Location: Judson next to Dairy Bldg.
GF Foods: Charbroiled Chicken & Pork Chop on a Stick

Cinnamon Roasted Nuts

Location: Int'l Bazaar (Back Wall)
GF Foods: Cinnamon Roasted Almonds, Cashews, Pecans

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Coasters

Location: Corner of Carnes & Liggett
GF Foods: Chef Salad & Dressing, 12 oz. T-Bone, 14 oz. New York Steak, 8 oz. Sirloin Steak, Buffalo Chicken Sandwich (no bun), Omission Beer (Gluten-Removed)

Colonial Nut Roll Company

Location: Visitors Plaza
GF Foods: Nut Rolls (Peanut, Pecan, Cashew, Chocolate-Dipped)

Corn Roast

Location: Across from East End of Grand Stand
GF Foods: Roasted Corn & Butter

Dino's Gyros

Location: Dino's Gyros Bldg; Carnes & Underwood
GF Foods: Hummus, Chicken Gyro Meat, Greek Salad w/o Pita

Dole Whip

Location: Front of Sweet Martha's
GF Foods: Dole Whip Soft Serve (non-dairy)

Foot Long Hot Dogs

Location: Cosgrove St. Between Fine Arts & 4-H Bldg
GF Foods: Cloverdale Foot Long Hot Dog (no bun), Sauerkraut, Ketchup & Mustard

French Meadow Bakery & Cafe

Location: Carnes Ave, across from WCCO radio
GF Foods: Deep Fried Risotto Poppers, Chocolate Chip Cookies, Assorted Cupcakes, Blueberry Muffins, Chocolate Brownies, Brown Rice & Peanut Butter Krispie Bar, Assorted Cookies

"Fresh Squeezed" Lemonade Stand

Location: Outside Food Building on South Wall
GF Foods: Fresh Squeezed Lemonade

Fried Fruit on a Stick

Location: Next to Grandstand Ramp
GF Foods: Fresh Fruit Cup, Fresh Fruit Smoothies, Fresh Fruit Sundae with Vanilla Soft Serve, Fresh Fruit Smoothie Swirled with Vanilla Soft Serve

The Frontier Bar

Location: 1790 Carnes Ave. Arcade Bldg
GF Foods: Omission Beer (Gluten Removed)

Fudge Folks

Location: Grandstand (Lower Level)
GF Foods: Fudge

Hamline Church Dining Hall

Location: 1667 Dan Patch Ave.
GF Foods: Hamburger/Cheeseburger & GF Bun, Roasted Potatoes, Apricot Chicken Salad & Fresh Fruit

Holy Land

Location: International Bazaar
GF Foods: Chicken Gyro Tray, Chicken or Beef or Lamb Kabob on a Stick, Beef or Chicken Koobedeh, Koobedeh Plate, Falafel Tray, Falafel on a Stick, Quinoa Tabouli Tray, Hummus Tray (served with tortilla chips), Grape Leaves on a Stick, Kushari (with or w/o Quinoa Pasta), Veggie Combo (Quinoa Tabouli, Falafel, Hummus, GF Bread or chips)

Jonny Pops

Location: West End Market
GF Foods: Frozen Novelty: Merry Mountain Berry, Coconut Pineapple Paradise, Snelling Strawberry Rhubarb, Coco-Latte

Key Lime Pie Bar

Location: Next to Sky Ride
GF Foods: Island Way Sorbet, Coconut Pineapple, Lemon, and Orange/Mango in Natural Fruit Shells

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Mexican Hat

Location: Dan Patch @ Chambers (Behind KSTP-TV)

GF Foods: Tacos, Enchiladas, Tamales, Taco Salad (request with corn chips), Nachos with Cheese, Nachos Supreme. (Corn Tortillas and Corn Chips)

Minnekabob

Location: Food Bldg. 2nd Stand, Dan Patch & Underwood

GF Foods: Steak, Chicken or Buffalo Kabobs. (Marinated with gluten-free soy sauce)

Minnesota Apples

Location: Horticulture Bldg.

GF Foods: Apples, Apple Cider, Cider Freeze, & Applesauce

Minnesota Farmers Union Coffee Shop

Location: 1635 Dan Patch

GF Foods: Mocha Bar on a Stick, Mango Bar on a Stick, Chai Bar on a Stick; Drinks: Mocha Frappe, Raspberry Frappe and The Union (Mocha & Raspberry)

Moe & Joe's Coffee

Location: Judson & Clough

GF Foods: Coffees

O'Gara's at the Fair

Location: 1626 Dan Patch

GF Foods: Chopped Beef Steak with Onions & Mushrooms, Corned Beef and Cabbage. Pyro Pale Ale (Gluten Free), Mike's Light Cranberry (Gluten Removed)

Patinella's Chicken Grill

Location: Under Walkway to Grandstand

GF Foods: Chicken & Rice Bowls (Chicken marinated in olive oil red wine, vin & spices. Garlic rice has olive oil & garlic only. Yellow rice DOES HAVE gluten & corn cereal solids.

For GF ask for garlic rice to be substituted for yellow rice in any bowl)

-Original Chicken & Rice (chicken, substitute garlic rice for yellow)

-Deluxe Chicken & Rice (chicken, garlic rice, lettuce, tomato, onion)

-LBrazilian (chicken & garlic rice, black beans, lettuce, tomato, onion)

-Italian (chicken & garlic rice, lettuce, tomato, onion, tzaziki)

-Vegetarian (chicken & garlic rice, lettuce, black beans, lettuce, tomato, onion, cheddar cheese)

-Mexican (chicken & garlic rice, lettuce, tomato, onion, sour cream, cheddar cheese)

San Felipe Tacos

Location: Food Building

GF Foods: Nachos Grande, Nachos & Cheese. Request corn tortilla for the following: Beef Taco, Jerk Chicken Taco without the Jerk Sauce, Vegetarian Taco

Simply Nuts & More

Location: East Side of Coliseum/front of big door

GF Foods: Cashews, Mixed Nuts, Cranberry Trail Mix, Triple Berry, Roasted Almonds, M-M Trail Mix, Pistachios, Chocoate Peanuts, Butter Toffee, Peanuts, Pecan Pralines, Cinnamon Almonds

Smokin' Joe's Smokehouse

Location: Northwoods

GF Foods: Beef Jerky, Turkey Jerky, Beef Sticks, Wild Game Sticks

Sonny's

Location: Food Building

GF Foods: Gluten Free Beer Battered Brat, Fresh Fried Potato Chips

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Taco King

Location: Judson Ave. Near *All the Milk You Can Drink*

GF Foods: Beef; Chicken & Bean Tostadas; Nacho Chips & Cheese; Beef, Chicken or Beans Nacho Grande. Ask for corn tortilla or chips

Tejas Express

Location: Garden Bldg; Dan Patch/Underwood

GF Foods: Texas Ranch Eggs, Chicken Wild Rice Burrito Boat, Beergaritas (made with house-made margarita mix and Omission Beer -gluten-removed), Bean & Cheese Burrito Boat, Chicken Nachos-on-a-Stick. *Steak is not GF. Most other items can be made GF.*

Two Rivers Kettle Corn

Location: West End Market

GF Foods: Plain Popcorn, Kettle Korn, Caramel Corn

West End Creamery

Location: West End Market

GF Foods: Kemps Ice Cream in a cup (vanilla, chocolate or strawberry), Orange Dreamsicle Bar, Soda, Dasani Water, Milk

West Indies Soul Food

Location: Int'l Bazaar

GF Foods: Jerk Chicken, Jerk Pork, Grits, Lemonade. Not Only Jamaica Jerk Sauce & Better Be Quiet BBQ Sauce

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