

The Gluten Free Fast Food Guide



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1 Arby's. If you're gluten-free, it's possible to dine at Arby's on most of the meats (without a bun, of course) and on the Farmhouse salad with roast turkey. The chocolate, jamocha swirl, and vanilla shakes also are listed as gluten-free. However, unlike Chick-fil-A (and like most other fast food restaurants),...

Gluten-Free Fast Food Options at Restaurants - Verywell Fit

Gluten is a type of protein found in wheat, rye, and barley. It's found in a large number of different foods — even ones that you wouldn't expect, like soy sauce and potato chips. Gluten-free foods are becoming more available and accessible, including at restaurants. Even fast food restaurants are offering gluten-free options on their menu.

Best Gluten-Free Fast Food: McDonald's, Burger King, and More

Whataburger: apple and cranberry chicken salad. Until someone engineers a satisfying gluten-free Texas toast, the apple and cranberry chicken salad is your best bet at Whataburger. Though just to be clear: it's a salad with grilled chicken, apples, and cranberries. Not the mayo-based Waldorf that goes bad at picnics.

Gluten Free Fast Food: The Best GF Options at Every Major ...

Jason's Deli. Suggestions: Build your own sandwich with their gluten-free bread, stack a plate high with greens and veggies from their salad bar, and pair both with a side of tomato basil soup. As we quickly realized, finding gluten-free options at popular fast food chains was surprisingly easy.

Top 10 Fast Food Restaurants For Gluten-Free Options ...

Gluten-Free Fast Food Below is a list of my favorite fast food places that have gluten-free options. I will be honest, I don't eat out a lot anymore and buy all of my groceries at a local farmers market.

Gluten-Free Fast Food 2019 - No Gluten

Fast food restaurants around the globe are taking steps to include gluten-free food options on their menu. And you can even modify some existing orders to remove the elements that include gluten. Here are just a few examples of fast food menu items that don't include any gluten.

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