



Taste of Chicago is Here Again, What is Safe This Year for Allergenistas?

The Taste of Chicago can be very difficult to navigate with food allergies. So to make it a little easier for my favorite allergenistas, I have compiled a list of vendors that includes their menu and whether their food contains any of the Big Bad 8 allergens and gluten. I have included the menus for all vendors, even if I wasn't able to make contact with the restaurant found on page 7. Please make sure when you go to the Taste, your investigation doesn't stop with this list, ask questions about the ingredients when you get to the booth, ask to see the packaging on any sauces that may be in question and take a definitely watch how your food is being prepared to make sure that proper protocol is being used to avoid cross-contamination.

Bear in mind that the Taste is an incredibly busy event and the staff is hired especially for the Taste, so training in regards to food allergies is sometimes lacking. There are also cross contamination issues that are present in this open air event. Please use additional care when choosing where to eat and use your best judgment. If you have any reservations, it is probably best to pass on that item or vendor. This list is to be used as a starting point; the rest is up to you! Enjoy!

(# 51) Abundance Bakery (105 E. 47th St.) - Upside Down Caramel Cupcake; Upside Down Caramel Pecan Cupcake; Blueberry Muffin; Chocolate Brownie ☺☺☺: Upside Down Caramel Cupcake; Butter Cookies

After speaking to the manager, Bill, I am pleased to announce that the Abundance Bakery has no peanuts in their facilities. They do have pecans and walnuts, so be careful if tree nuts can make you sick. All of their products contain gluten, soy, egg and dairy.

(# 44) Adobo Grill (1601 N. Wells) - Guacamole and Chips; Cochinita Pibil (Pork) Tacos; Chicken Tamale; Churros ☺☺☺: Cheese Empanada; Churro

The manager, George, of Adobo Grill shares with us that the oil they use to cook their food contains soy, however the chips are gluten free! Both the pork and chicken tamales are made using corn tortillas and are free of dairy. The churros do use wheat flour. Adobo Grill does have a gluten free menu, so if you miss them at the taste, you can always visit one of their restaurants on your own.

(#10) Bacino's Pizza of Lincoln Park (2204 N. Lincoln Ave.) - Stuffed Spinach Pizza; Stuffed Sausage Pizza; Thin Crust Cheese Pizza; Thin Crust Sausage Pizza ☺☺☺: Stuffed Spinach Pizza; Thin Crust Cheese Pizza

Many apologies from DJ Harrington, manager at Bacino's, the dough used to make their pizza contains soybean oil and wheat. Bacino's does not have any cheese alternatives available at the taste. He does mention that the only nuts on site at the restaurants are pine nuts, no peanuts are used at Bacino's.



(# 8) Billy Goat Tavern & Grill (1535 W. Madison Ave.) - Rib Eye Steak Sandwich; Double Cheeseburger; Single Cheeseburger; Baked Potato Chips ☼☼☼: 1/2 Cheeseburger; Potato Chips

Bill that works at the Michigan Avenue location shared with us that you can ask for either their hamburger (or cheeseburger if you can have dairy) and steak without a bun.

(# 27) BJ's Market and Bakery (8734 S. Stony Island Ave.) - Mustard-Fried Catfish; BBQ Turkey Ribs; BBQ Chicken Tenders; Sweet Potato Chips ☼☼☼: Mustard-Fried Catfish; Peach Cobbler

Steven Jones, the manager at BJ's, sends his apologies that nothing would be safe from the Big Bad 8 allergens at the Taste, but encourages you to come in and try the gluten free caramel corn at their store.

(# 1) Bobak Sausage Company (5275 S. Archer Ave.) * - All Natural Maxwell Polish Sausage; All Natural Hot and Spicy Jambalaya; Bacon Wrapped German Frankfurter; All Natural Chicken Apple Gouda Sausage ☼☼☼: All Natural Hot and Spicy Jambalaya; Paczki (Jelly Filled Bismarck)

Gary Longo, the manager at Bobak's, reports that there is no wheat/gluten, soy or egg in any of their sausages (there is dairy in the Chicken Apple Gouda Sausage), make sure to ask for no bun. Sorry the Paczki is off limits for those with a wheat, dairy, soy or egg allergy (the Paczki does not contain nuts, but peanuts and tree nuts are present in the facility). Make sure to visit Bobak's where all of their sausages are gluten free, every day.

(# 18) Carbón (300 W. 26th St.) * - Fire-Grilled Steak Taco; Tequila Lime Chicken Taco; Tilapia Taco ☼☼☼: Elote; Roasted Veggie Taco

We got the low down from Carbón's manager, Joel: There will be no dairy served on any of Carbon's tacos at the Taste, you have your choice of flour, whole wheat or corn tacos. Sorry those of you with soy allergies, the oil they use does contain soy. Joel also invites allergenistas to visit Carbón where they love to accommodate special orders for us!

(# 21) C'est Si Bon! (643 E. 47th St.) - Collard Green Egg Rolls; Sweet Potato Cheesecake; Barbecue Shrimp Skewer with Corn Cobette; Fresh Fruit Cup ☼☼☼: Cajun Meatballs; Firecracker Chicken Wingettes

Alicia Turner of C'est Si Bon! breaks down each dish for us...

Collard Green Egg Rolls – No dairy, egg, peanut or tree nut

Sweet Potato Cheesecake – No treenut (peanut is used in the crust)

Barbecue Shrimp Skewer – Alicia wasn't sure about the ingredients, I'd skip it to be safe

Fresh fruit cup – Free of Big Bad 8 and Gluten

Cajun Meatballs – No egg, dairy, peanut or tree nut

Firecracker Chicken Wingettes – Sauce is from Louisiana Hot Sauce which contains (Aged peppers, vinegar, and salt.) The egg rolls containing gluten, are fried in the same oil, cross contamination is a concern in this fast paced environment.



(# 15) Churro Factory (2214 S. Wolcott Ave.) * - Churros; Funnel Cake; Single Scoop of Ice Cream (Vanilla, Strawberry or Chocolate) ☼☼☼: Mini Churros; Buñuelo Chips (Sweet Fried Chips with Cinnamon and Sugar)

The Churro Factory manager, Rubin shares with us that the churro's contain wheat but no egg or dairy is used in the dough, please note that all churros are fried in oil that contains soy. No peanuts or tree nuts are kept on the premises.

(# 40) Connie's Pizza (2373 S. Archer Ave.) - Deep Dish Cheese Pizza; Deep Dish Sausage Pizza; 10" All Natural Vegetarian Gourmet Pizza; ☼☼☼: Mini Meatball Sandwich; Slice of All Natural Vegetarian Gourmet Pizza

Connie's president, Michael sends his apologies that all items at the Taste will contain, gluten/wheat, dairy and soy (found in the oil). The restaurant has discontinued the use of peanuts in their restaurants, but some tree nuts remain. Make sure to visit Connie's after the taste to try their gluten free crust.

(# 39) Dominick's (Chicagoland Locations) - Red/Green Seedless Grapes; Cherries; Watermelon Slice; Roasted Ultra Sweet Corn on the Cob ☼☼☼: 1/2 Watermelon Slice; Pineapple Bites

All fruit is free of the big bad 8 and gluten, sweet corn contains dairy.

(# 16) Doreen's Pizzeria (13201 S. Baltimore Ave.) * - 7" Sausage Pizza; 7" Chicken Bacon Ranch Pizza; 7" Sausage Jalapeno Pizza; 7" Five Cheese Pizza ☼☼☼: 1/2 Sausage Jalapeno Pizza; 1/2 Five Cheese Pizza

The manager, Leann shared with us that although there is wheat and dairy in all of their products, their pizza contains no egg, peanuts or tree nuts.

(# 24) Eli's Cheesecake (6701 W. Forest Preserve Dr.) - Frozen Chocolate Chip Crunch Dipper; Turtle Cheesecake with Vanilla Ice Cream; Mud Pie Cheesecake; Plain Cheesecake (with or without strawberries) ☼☼☼: Plain Cheesecake; No-Sugar-Added Chocolate Cheesecake (made with Equal®)

Last year Debbie Marchok, VP of product development shared with us that all menu items at the Taste contain dairy, wheat and the possibility of peanuts and tree nuts from cross contamination. I spoke with Debbie's assistant Kaitlin this year and the same restrictions apply.

(# 53) Garrett Popcorn Shops (Chicagoland and O'Hare Locations) - Popcornsicle (Caramel Popcorn, flash frozen on a stick); Caramel and Cheese Popcorn Mix; 1/2 lb. Mixed Nuts; ☼☼☼: Popcorn Ball; Mixed Nuts

After a little digging on the website, I found the following information about their products, I called Jovani in customer service to verify ingredients. I never realized Garrett's was gluten free!



Caramel corn or Caramel Crisp Popcorn - **Ingredients:** Brown Sugar, Unsalted Butter, Popcorn, Corn Syrup, Water, Salt, Baking Soda (leavening). **ALLERGEN INFORMATION:** Contains Milk. Produced in a kitchen that also processes peanuts, tree nuts, milk and soy. None of our products are made with ingredients that contain gluten.

Cheesecorn Popcorn - **Ingredients:** Popcorn, Coconut Oil (refined coconut oil, beta-carotene [color], artificial flavor), Dehydrated Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes), Soybean Oil, Palm Oil, Salt, Cream, Sodium Phosphate, Yellow 5, Lactic Acid, Soy Lecithin (an emulsifier), Yellow 6. **ALLERGEN INFORMATION:** Contains Milk, Coconut & Soy. Produced in a kitchen that also processes peanuts, tree nuts, milk and soy. None of our products are made with ingredients that contain gluten.

(# 9) Guey Lon (3968 N. Elston)-Shrimp & Vegetable Tempura; Orange Chicken w/Vegetable Fried Rice; Crispy Fried Chicken Wings; "Crab" Rangoon ☼☼☼ Egg Roll; Vegetable Tempura

I spoke with the owner, Jean, who is super sweet and she said that most products at the taste contain soy, wheat and egg. The shrimp and vegetable tempura, the orange chicken and vegetable fried rice are free of dairy. Jean invites allergenistas to come and visit Guey Lon after the taste, where they make all their products to order and can work with diet restrictions.

(# 41) Harold's Chicken #71 (2109 S. Wabash Ave.) - Chicken Wings; Chicken Nuggets; Fried Okra; Fries ☼☼☼ Chicken Wing and Hush Puppies; Hush Puppies

Ms. York, the manager at Harold's shared with us that wheat is used on their chicken wings, but that they are cooked in a dedicated fryer. Make sure you take the time to watch the food preparation, it only takes one allergen in the oil to contaminate the fryer. All of their products are free of dairy, egg, peanut, tree nut, fish and shellfish. Harold's does sell a fish product in their stores, but will not have any at the Taste.

(# 5) JR Dessert Bakery (2841 W. Howard St.) - Plain Cheesecake (with Fresh Strawberry or Caramel Pecan Sauce); Frozen Chocolate Dipped Cheesecake Bar; Key Lime Pie; Chocolate Molten Lava Cake (with or without Ice Cream) ☼☼☼ Plain Cheesecake; Ice Cream with Fresh Strawberry Sauce

I spoke with the owner, Janet Rosing and she gave me the breakdown on each dish.

Plain cheesecake – contains milk, egg and wheat

Strawberry sauce – FREE of the Big Bad 8 and Gluten

Caramel Pecan Sauce – contains milk and tree nuts

Frozen Chocolate Dipped Cheesecake Bar – contains milk, egg and soy

Key Lime Pie – contains milk, egg, soy and wheat

Chocolate Molten Lava Cake – contains milk, egg, wheat and soy

There are peanuts and tree nuts on the premises at JR's Dessert Bakery



(#35) Kasia's Deli (2101 W. Chicago Ave.) - Pierogi (Potato, Sauerkraut, Beef, Potato Cheddar Jalapeno); Grilled Polish Sausage Sandwich with Pickle, Sauteed Onions or Sauerkraut; Sausage or Chicken Kabob with Rice, Vegetables and Honey Mustard; Potato Pancakes with Sour Cream or Apple Sauce

☼☼☼: Cheese Blintz with Raspberry Sauce; Pierogi (Potato and Cheese) with Sour Cream

Agnes sends her apologies to allergenistas, wheat, dairy, soy and egg are used in all products being sold at the Taste. If you come to the restaurant, please call in advance and modifications can be made to omit certain allergens. In fact, Kasia's Deli just held a private party for a customer suffering from celiac disease!

(# 3) La Justicia (3901 W. 26th St.) - Enchiladas; Steak Tacos; Combo Fajitas; Churro

☼☼☼: Enchilada; Chicken Taco

I spoke with the manager, Julio and he informed me that corn tortillas are used on their tacos, enchiladas and fajitas, cheese and sour cream is available at their booth, but only by request. Please note that La Justicia uses a cooking oil that contains soy and the restaurant does have peanuts and tree nuts on the restaurant premises. Julio invites allergenistas to visit the restaurant if you miss the taste, they are happy to help with any food restrictions.

(# 49) Manny's Cafeteria & Delicatessen (1141 S. Jefferson St.) - Barbequed Turkey Leg; Corned Beef Brisket Sandwich; Potato Pancakes; Apple Pie Square ☼☼☼: Apple Pie Square; Macaroni and Cheese

Many apologies from the folks at Manny's, a lot of things are being made for them from outside vendors for the Taste where they lack control of the process, also, if they run out of ingredients, they can't guarantee the mix of ingredients (suppliers with cross-contamination issues) will be the same in the hurry to keep the booth stocked with food.

(# 36) Sabor Latino (3810 W. North Ave.) - Steak & Onions with Rice and Pigeon Peas; Puerto-Rican Steak Sandwich; Jaibarito Sandwich (Farmer Sandwich); Pork Filled Banana Dumpling ☼☼☼: Mini Jibarito Sandwich; Pork Filled Banana Dumpling

The kitchen assistant, Miguel shared with us that if you need to avoid gluten, ask for your sandwich without the bun, but be aware the Puerto-Rican steak sandwich is topped with mayonnaise that contains egg and soy. None of the products sold at the Taste contain fish, shellfish, peanuts or tree nuts.

(# 47) Shokolad Pastry and Café (2524 W. Chicago) * - Varenyky (Potato & Cheese or Eggplant, Snow Pear, Potato & Indian Spice Sauce); Crepes (Spinach, Mushroom & Feta or Sweet Cheese w/Fruit); Grilled Citrus Chicken Breast w/Honey Dijon Sauce & Carrot Salad ☼☼☼: Varenyky; Key Lime Shortbread

The manager Anna shares with us the allergens in their offerings at the Taste, please note peanuts and tree nuts are used on site at the café.

Varenyky – contains dairy, wheat, egg, - no soy

Crepes – contains wheat, dairy, egg – no soy

Grilled citrus chicken breast – free of wheat, soy, egg and dairy



Shokolad Pastry and Café tries to accommodate food allergies in their restaurant, Anna asks that you call ahead to see if accommodations can be made for your specific allergens.

(# 52) Timothy O'Toole's Pub (622 N Fairbanks Ct.) * - Buffalo Wings; Mini Angus Burgers & Tater Tots; Chicken Fingers (Plain or Saucy); Grilled Chicken Salad Pita ☹☹☹: Buffalo Wings; Tater Tots

I spoke with the assistant general manager, Tony and he gave me the low down on their menu. The Buffalo wings are no longer dredged in flour, but they use a peanut oil for all their frying. The tater tots are purchased from an outside vendor and he wasn't sure what coating is on them, so I would stay away to be safe. Make sure you look to see if the tots and wings are going into the same deep fryer to avoid cross contamination. The mini angus burger sans a bun would be an option for those of you avoiding gluten. Sorry the chicken fingers contain wheat, egg, peanuts and dairy and the grilled chicken salad pita contains egg and dairy (you can omit the wheat by skipping the pita). Tony invites allergenistas to come in to the restaurant where additional substitutions can be made to accommodate your allergens.

(# 22) Vee Vee's African Cuisine (6232 N. Broadway St.) - Red Beans and Rice with Jerk Chicken; Sauteed Goat with Fried Plantains; Sauteed Goat with Jolloff Rice; Red Beans and Rice with Fried Plantains ☹☹☹: Red Beans & Rice w/Jerk Chicken; Sauteed Goat w/Jolloff Rice

I spoke with Chi-Chi – everything is FREE of the Big Bad 8 and gluten. No soy in the oil, no flour on the goat, no egg in the recipes!

(# 29) Vienna Beef/ Gold Coast Dog (Chicagoland) - Hot Dog (Chicago Style or Plain); Fire Dog; Polish Sausage with Grilled Onions and Mustard; ☹☹☹: 1/2 Hot Dog; Pickle on a Stick

I spoke with Ellen in the main office at Vienna Beef and she shares with us that the skinless hot dog and polish sausage is being used at the Taste, below are the ingredients in the hot dogs and polish sausages for your convenience. I have left a message with Kim Brown that works in the lab at Vienna, to clarify the origin of the natural flavorings and colorings. I will be updating this list as I hear back from restaurants, keep posted.

Skinless Hot Dog Ingredients:

Beef, Water, Salt, Corn Syrup, Dextrose, Mustard, Natural Flavorings and Coloring, Garlic Juice (Garlic Juice, Salt), Sodium Erythorbate, Sodium Nitrite, Extractives of Paprika.

Skinless Polish Sausage Ingredients:

Beef, Water, Salt, Corn Syrup, Dextrose, Mustard, Natural Flavorings and Coloring, Garlic Juice (Garlic Juice, Salt), Sodium Erythorbate, Sodium Nitrite, Extractives of Paprika.



Waiting to Hear Back from these Restaurants...

(# 11) Abbey Pub (3420 W. Grace St.) - Roasted Corn on the Cob; Fish and Chips (Fries); Irish Egg Rolls; Fries with Irish Curry
☪☪☪: Fat Free Ice Cream Bar; Irish Egg Roll

(# 7) Chicago Joe's (2256 W. Irving Park Rd.) - 1/2 Slab of Ribs with Fries; Coconut Shrimp with Fries; Calamari with Fries; Popcorn Shrimp with Fries
☪☪☪: Cheese Fries; Chili

(# 14) Cubby Bear (1059 W. Addison St.) * - Garlic Fries; Ancho Rubbed Pork Sandwich; Pork Wings; BBQ Beef Sandwich
☪☪☪: Garlic Fries; Chicken Tostada Salad

(# 43) Franco's Ristorante (300 W. 31st St.) - Lemon Italian Ice; Watermelon Italian Ice; Stracciatella Gelato (Vanilla with Chocolate Shavings); Stracciatella Gelato in a Waffle Cone
☪☪☪: Lemon Italian Ice; Watermelon Italian Ice

(# 12) The Grill on the Alley (909 N Michigan Ave.) - Prime Rib Quesadillas; Grilled Anjou Pear Salad with Walnuts and Maytag Blue Cheese; Gazpacho with Avocado and Chopped Chives; Mango Rice Pudding with Dried Cranberries
☪☪☪: Gazpacho with Avocado and Chopped Chives; Mango Rice Pudding with Dried Cranberries

(# 30) Harry Caray's (33 W. Kinzie St.) - Homemade Potato Chips; Fried Dough; Toasted Cheese Ravioli; Chocolate Chip Cookies
☪☪☪: Toasted Cheese Ravioli; Oatmeal Raisin Cookie

(# 19) Hashbrowns (731 W. Maxwell St.) - Sweet Potato Fries; Sweet Potato Hashbrowns; Maxwell Street Burger; French Toast Sticks
☪☪☪: Sweet Potato Fries; Sweet Potato Hashbrowns

(# 25) Home Run Inn Pizza (4254 W. 31st St.) - 6" Cheese Pizza; 6" Sausage Pizza; Cheese Fries Topped with Bacon and Sour Cream; Strawberry Pecan Salad
☪☪☪: 1/2 Cheese Pizza; Mozzarella Stuffed Bread Stick

(# 2) Iyanze (4623 N. Broadway St.) * - Jollof and Oxtail; Coconut Rice and Sauteed Goat; Bissap Sorbet (Frozen Hibiscus Leaf Tea with Whipped Cream); Rice & Beans with Jerk Chicken and Plantain
☪☪☪: Jerk Chicken; Bissap Sorbet (Frozen Hibiscus Leaf Tea with Whip Cream)

(# 50) Lagniappe-Creole Cajun Joynt (1525 W. 79th St.) - Chicken and Waffles; Catfish Po'Boy; Crawfish Boil; Beignets
☪☪☪: Beignets; Pralines and Cream



(# 48) Las Tablas Colombian Steakhouse (2942 N. Lincoln Ave.) - Empanada Sampler with Plantain; Steak or Chicken with Plantain; Chorizo with Yuca (Casava Fries); Dulce De Leche (Ice Cream)

☪☪☪: Yuca (Casava Fries); Sweet Plantain

(# 32) Lou Malnati's Pizza (805 S. State St.) - Sausage Pizza; Cheese Pizza; Chopped Salad; Bruschetta

☪☪☪: Chopped Salad; Bruschetta

(# 20) The Noodle Vietnamese Cuisine (2336 S. Wentworth Ave.) - Beef on a Stick; Crab Rangoon; Shrimp Rolls; Curry Chicken on Rice

☪☪☪: Crab Rangoon; Beef on a stick

(# 31) Oak Street Beach Café (5700 S. Cicero Ave.) - Grilled Lobster Tail with Potato; Grilled Shrimp on a Skewer with Potato; Sausage, Peppers and Potatoes; Grilled Wings and Potato

☪☪☪: Potato and Wingettes; Garlic Red Potatoes

(# 42) O'Brien's (1528 N. Wells St.) - Celtic Corn on the Cob; Gourmet Beef Hot Dog (Chicago Style); Buffalo Popcorn Shrimp; French Fries

☪☪☪: Cherry Dumpling; French Fries

(# 38) Original Rainbow Cone (9233 S. Western Ave.) - Original Rainbow Cone (Cake or Waffle); Cookie Dough or Cookies and Cream Cone; Waffle Cone Sundae (Vanilla Yogurt with Blueberries and Strawberries); Slice of Rainbow (Cake Roll)

☪☪☪: Taster Cup of Rainbow; Dream Cup (Vanilla Yogurt with Orange Sherbet)

(# 46) Pegasus Restaurant & Taverna (130 S. Halsted St.) * - Gyros; Greek Chicken on Pita; Loukaneko (Greek Sausage); Kefthethes (Greek Meatballs)

☪☪☪: Loukaneko (Greek Sausage); Baklava

(# 13) Polka Sausage and Deli (8753 Commercial Ave.) - Polish Sausage Sandwich with Kraut; Bratwurst Sandwich with Kraut; Grilled Chicken Breast with Onions; Pierogi with Sour Cream

☪☪☪: Pierogi; Polish Sausage Sandwich with Kraut

(# 33) Polo Café & Catering Bridgeport U.S.A. (3322 S. Morgan St.) - Garlic Mozzarella Cheese Bread; Pair of Petite Grilled USDA Prime Sirloin Steak Sandwiches with Béarnaise Sauce; Grilled BBQ Pork Loin on a stick; Baked Crab Cake Nuggets

☪☪☪: Garlic Mozzarella Cheese Bread; Mashed Potatoes Stuffed Chocolate Cupcake

(# 37) Reggio's Pizza (1339 S. Halsted St.) - Turkey Sausage on Whole Wheat Crust; Deep Dish Sausage Pizza; Cheese Pizza; Red, White and Blue Italian Ice

☪☪☪: Cherry Italian Ice; Cheese Pizza

(# 4) Ricobene's on 26th (252 W. 26th St.) - Italian Breaded Steak Sandwich; Beef & Sausage Combo; Fresh Cut Fries with Cheese; Boneless Buffalo Wings

☪☪☪: Italian Breaded Steak Sandwich; Breaded Eggplant



(# 23) Robinson's No.1 Ribs (225 S. Canal St.) - BBQ Ribs; Rib Tip Combo; Boneless Rib Sandwich; Pulled Turkey

☼☼☼: Hot Links; Turkey Wings

(# 28) Star of Siam (11 E. Illinois St.) - Pot Stickers (Chicken and Vegetable Dumplings); Pad Thai Noodles (Vegetarian Stir Fry); Grilled Chicken Satay with Peanut Sauce and Cucumber Salad; Tempura Shrimp and Vegetable (Sweet Potato, Green Bean and Broccoli)

☼☼☼: Pot Stickers (Dumplings); Pad Thai Noodles

(# 17) Summer Noodle & Rice (1123 W. Granville Ave.) * - Japanese Shrimp Tempura Burger & White Sweet Potato Tempura; Japanese Veggie Burger and White Sweet Potato Tempura; Seafood Platter: Crispy Golden Fried Crab and Shrimp Bundles; Veggie Platter: Crispy Tempura Asparagus, Eggplant, Green Samosa, Carrot, Green Bean and Sweet Potato

☼☼☼: Veggie Platter: Crispy Tempura Asparagus, Eggplant, Green Samosa, Carrot, Green Bean and Sweet Potato; Vegetable Green Samosa

(# 45) Tamarind (614 S. Wabash Ave.) - Steamed Bun Soup (Meatball) with Vegetable; Gyoza (Dumpling) Shrimp and Vegetable; Banana and Chocolate Egg Roll; Apple Wonton

☼☼☼: Gyoza (Dumpling) Shrimp and Vegetable; Apple Wonton

(# 26) Tuscany (1014 W. Taylor St.) - Italian Beef Sandwich; Italian Sausage Sandwich; Italian Turkey Meatball; Chicken Parmigiana Sandwich

☼☼☼: Toasted Cheese Ravioli; Italian Sausage Sandwich

(# 34) Tutto Italiano (501 S. Wells St.) - Fried Ravioli Marinara; Italian Fries; Steak Burger with Blue Cheese; Grilled Chicken Mozzarella Sandwich

☼☼☼: Italian Fries; Fried Ravioli Marinara

(# 6) Vermilion (10 W. Hubbard St.) - Grilled Tandoori Turkey Leg; Latin Arepas, Chicken Vindaloo; Mango-Cumin Fries, Tamarind Chutney; Churros with Spiced Chocolate Dip

☼☼☼: Grilled Shredded Tandoori Turkey; Churros (Spiced Chocolate Dip)

(Buckingham Fountain Plaza) Dominick's Gourmet Grocer - Gourmet Cheese Trays; Chocolate Dipped Strawberries; Hand Dipped Apples