



## Taste of Chicago Allergen Guide

I called each restaurant to inquire about the allergens in their foods at the Taste of Chicago. Questions I asked included:

- Does the oil you cook with contain soy?
- When you deep fry items do you use the same oil for items that contain flour or wheat?
- I also went over the 8 major allergens and gluten as the main allergens for the purposes of this guide.

I have listed each food item for sale per booth along with what allergens they contain. This list is growing as I connect with restaurants, make sure you download your copy right before you go to the Taste, I will be updating daily. Any restaurants not listed have not provided information.

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 less than what you would find in restaurants. There are also cross contamination issues that are present in this open air event. Please use great care when choosing where to eat. Watch how the food is prepared, if you have any reservations, it is always best to avoid a possible threat. This list is to be used as a starting point; your safety is ultimately up to you! Enjoy!

### **Tuscany – Booth 34**

Claudio was kind enough to fax me their ingredient list.

- Italian Beef Sandwich – wheat, soy, corn
- Italian Sausage Sandwich – wheat, soy, corn
- Italian Turkey Meatballs – wheat, soy
- Toasted Cheese Ravioli – wheat, egg, dairy, soy

### **Adobo Grill – Booth 54**

Chef Freddy recommends these gluten free treats:

Guacamole and chips – OK

Chicken Tamales – dairy

Cochinata Pibil (pork) tacos – OK

### **Lou Malnati's Pizzeria – Booth 30**

Jim Freeman of Lou's shares with us the oil they use is free of soy, however they use dairy and wheat in their pizza. Everything Lou's serves at the taste is made fresh on-site, so you could have a Malnati's salad, ask them to make it without the cheese. After the taste, Jim recommends for wheat substitutes to try the crust less Lou, a pizza where the sausage serves as the crust. They even sent it out for testing, gluten free!



### **Bacinos of Lincoln Park – Booth 8**

I talked to the manager, John, and he sends his apologies. This is probably a skip for us allergenistas - the oil they use has soy, no gluten free crust and no alternatives to cheese.

### **Billy Goat Tavern – Booth 6**

The manager, Bill, shared with us that you can ask for both the hamburger (cheeseburger if you can have dairy) and the steak to be served without a bun.

### **BJS Market and Bakery – Booth 33**

Steven gives the low down on their products...

- Oil used contains soy
- Chicken tenders                      soy, wheat and egg
- Sweet Potato Chips                      soy
- Peach cobbler                              wheat and dairy

### **Los Dos Laredos Inc. – Booth 40**

Their supplier of corn tortillas manufactures flour tortillas on the same machines. I asked if they put soy in their oil and I was left on hold for over 10 minutes, so if you want to try Los Dos Laredos make sure the oil is safe for you.

### **Manny's Coffee Shop & Deli – Booth 1**

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.

### **Connie's Pizza – Booth 38**

Many apologies from Connie's Pizza as all their products at the Taste use wheat, oil that contains soy, there are no nuts in any items at the taste, but Connie's has nuts on their premises where the Taste food is prepared. Connie's invites you to the restaurant where more options are available for us allergenistas!

### **Robinson's No. 1 Ribs – Booth 21**

Charles Robinson himself says try the skinless turkey wings on grill. Please note: their original sauce contains soy and natural flavors that could contain wheat.

### **Dominick's – Booth 37**

Dominick's has lots of great treats for allergenistas, red/green seedless grapes, cherries, watermelon, and pineapple bites (sorry for those of you with dairy allergies, the corn is dipped in butter).



### **Tutto Italiano – Booth 32**

Vill shares with us what allergens are present in their “Tastes”

- Chicken salad - soy, wheat/gluten
- fried ravioli - wheat, egg, dairy and soy
- Steak Burger - can get without bun, but dairy is used to coat steak before cooking
- Italian Fries - Fries are coated in parmesan cheese before cooking, also contains soy

### **Tamarind – Booth 53**

Lisa shares with us what allergens to avoid at the Tamarind booth – good news: no soy in their cooking oil

- Orange Chicken with Rice - egg
- Thai Red Curry with Chicken - egg
- Taiwan Shining Noodles - wheat
- Banana Chocolate Egg Roll - dairy, wheat
- Taro French Fries - wheat

### **Star of Siam – Booth 26**

Many apologies from Eddy at Star of Siam but most dishes contain allergens.

You can try the Chicken Stay without the peanut sauce (Eddy recommends the red chili sauce)

### **Eli's Cheesecake Company – Booth 22**

Debbie Marchok – VP of product development sends her apologies to allergenistas, all products being served at the taste contain wheat, egg, milk, soy and may or may not contain peanuts and tree nuts.

### **Grill on the Alley – Booth 12**

Chef Anselmo shares with us what allergens to look out for in their dishes.

Oil in restaurant does not contain soy (they use cottonseed oil)

- Prime Rib Quesadilla - wheat, cheese
- Gazpacho with Chopped Avocado and Chives - Chef Anselmo says they use LP Worcestershire and maintains they use Tamari instead of soy or wheat (I couldn't find an ingredient list for this brand, beware those allergenistas with soy and wheat allergies)
- Rice pudding with mango and dried cranberries - dairy, egg
- Grilled Anjou pear salad with walnuts and maytag blue cheese - dairy, tree nuts (sorry, walnuts are premixed in salad)



### **JR Dessert Bakery – Booth 46**

Spoke with Janet Rosing – this is a facility that processes peanuts and tree nuts, be careful for cross contamination.

- Plain Cheesecake with strawberries or caramel pecan sauce - dairy, wheat, tree nuts (pecan sauce only), egg
- Frozen chocolate dipped cheese cake bar - soy (in chocolate), dairy, wheat, egg
- Key lime pie - wheat, egg, dairy, soy
- Apple pie with ice cream - wheat, dairy, egg

### **Kasia's Deli – Booth 47**

Elizabeth shares with us allergens to watch including all cooking oil contains soy.

- Pierogi with sour cream - wheat, egg, dairy, soy
- Grilled polish sausage – bought from outside source – not sure of ingredients
- Chicken kabob with vegetable rice - soy
- Potato pancakes with sour cream and pico de gallo or apple sauce - wheat, egg, dairy, soy
- Cheese blintz w/ raspberry sauce - wheat, dairy, soy, egg
- Potato and cheese pierogi - wheat, dairy, soy, egg

Elizabeth notes that the items they are serving at the taste are their most popular. There are other dishes that they could have in the restaurant that would be more allergen free. Don't forget, they use oil that contains soy...

### **La Justicia Restaurant – Booth 3**

Julio gives us the low down on allergens in their Taste Products – oil contains soy, corn tortillas are used for all items at La Justicia's booth

- Enchilada - cheese, soy
- Chicken Enchilada – cheese, soy
- Steak Tacos - soy
- Chicken tacos - soy

Julio wanted to share with us that La Justicia tries to accommodate food allergies in their restaurant, but has less flexibility with the items at the taste.

### **Vee Vee African Restaurant – Booth 20**

Chi-Chi shares with us everything is allergen free, no soy in the oil, no flour on the goat, no egg in the recipes! I'll let you know how the goat is...

- Jerk Chicken with Red beans and Rice
- Sautéed goat meat with plantain
- Jollof rice and goat
- Red beans and rice