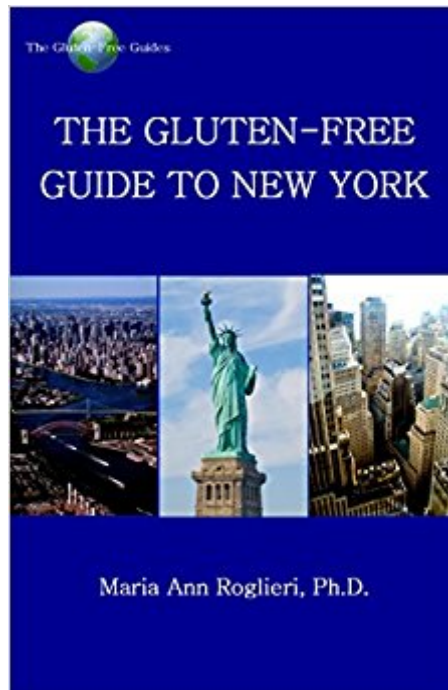




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# The Gluten-Free Guide To New York



## Synopsis

New edition for 2015. This book is the ultimate resource, a compilation which provides in a single volume indispensable information-at-a-glance regarding living gluten-free in New York's tri-state area including:

- Where to dine: New York area restaurants which offer a gluten-free menu and gluten-free friendly restaurants as recommended by members of the gluten-free community. Restaurants are listed alphabetically, by location, and by cuisine. Many gluten-free menus are provided.
- What to cook: recipes for delicious gluten-free dishes from favorite New York restaurants
- How to cook: easy gourmet gluten-free cooking classes offered by New York's professional chefs
- Where to shop: health food stores that carry gluten-free food products (listed by area) and personal chef and catering services that prepare gluten-free meals
- Where to seek support: a variety of support groups, list serves, and meet-up dining groups
- Who can provide medical care: doctors, nutritionists, and research centers for gluten-intolerant patients

The Gluten-free Guide to New York is essential for newly-diagnosed and veteran gluten-intolerant people living in or traveling to the tri-state area. It provides crucial information and, as an added bonus, interviews with restaurant owners/managers, professional chefs, special diet consultants, physicians, and celiac activists.

## Book Information

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## Customer Reviews

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I am yet to put this book to the test as I am not travelling to NY until June. However I have been very nervous at the thought of getting my message across with regards to what I can and can't eat. In Australia there is a reasonable knowledge of GF food at restaurants and cafes generally and I had no idea whether it was widely known about in America also. This book has not only put my mind at ease but has shown me that I will be able to enjoy a lot of 'American' treats (such as ribs) despite my being a coeliac.

I bought this before a business trip to CT with a side trip to NYC. It was such a help even in CT, and it helped me enjoy Manhattan Gluten-free in style. I never knew that there were entire restaurants where the entire staff understands about cross contamination! I felt great for my entire trip thanks to this book.

I feel like an app can do the job better.

When I got the guide I was very impressed because even if it had been released lately they sent me some separate updates. Well... I didn't check every place of course, because I spent only one week in NYC. I only went to 5 of the places that I had found inside the guide. Unfortunately I found only 2 places out of 5: it was a disappointment... I know that NYC is a huge city, always on the move, and I certainly expected not to find every single place marked in there. However, just to make an e.g, my tourist guide never failed...! Maybe I just was a bit unlucky, but I'll never know... :-)) Cheers.

I bought this book for a trip to NYC with my celiac granddaughter--so that we wouldn't have to go into a random restaurant and find all she could eat is a salad. It was very helpful for that! However it was hard to look stuff up "on the run" ... maybe an index would've been helpful. We'll keep the book for future trips, and for planning ahead.

This is a great resource for people travelling to New York. It's in reference form, with titles, addresses and some menus of restaurants that are aware of the celiac diet, and in some cases specially prepare gluten-free food. I needed my book quickly and Maria did everything she could to get it to me. This book and its author are terrific.

This is a great gluten-free restaurant guide for people living in or visiting the NY tri-state area. It not only highlights great places to eat gluten free, but also lists where to shop. The sample menus are also very helpful.

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