

February 20, 2020

https://www.purewow.com/food/gluten-free-restaurants-in-nyc?utm_medium=email&utm_source=ny&utm_campaign=40290&utm_content=30_Days_editorial

The Best Gluten-Free Restaurants NYC Has to Offer

By MARISEL SALAZAR | FEB. 21, 2020

New York City has no shortage of places to eat, but if you're someone who prefers your gluttony sans gluten, dining out can be significantly more of a challenge. Not to worry: We've rounded up the city's best spots for a gluten-free meal, from old-school Italian to indulgent baked goods. Because gluten sensitivity or not, pizza should never have to be off-limits. Here, 15 of the best gluten-free restaurants NYC has to offer.



THE WELL LAUNCHES KITCHEN & TABLE

3. THE WELL KITCHEN & TABLE

Executive chef Sherry Cardoso of this restaurant/all-day wellness space works with a network of integrative doctors and healers to create a gluten-free menu that uses vitamin-rich ingredients and focuses on the healing properties of different herbs. The menu is also free of artificial flavors, colors and sweeteners, as well as inflammatory oils, fillers, stabilizers, added hormones, antibiotics, pesticides and GMOs.

Some favorites include the soft dosa, a savory lentil and rice pancake served with turmeric-spiced scrambled eggs, and the coconut cauliflower fried rice with pasture-raised egg, baby carrots, fermented ginger and Cherry Lane farm chilis.

2 E. 15th St.; the-well.com/kitchen-and-table