



FINDING GLUTEN FREE EATS

If you're looking for dishes with a healthy twist, San Diego is the ideal place to tackle your new diet with fun and flavorful options. Going gluten-free doesn't mean giving up the foods you love, so go against the grain with these conscientious eateries and their mouthwatering menus around the city!

Looking for a celiac-friendly way to enjoy America's favorite food? [Woodstock's Pizza](#) has got you covered with their dedication to serving the gluten-free community. Found in Pacific Beach, Woodstock's goes the extra mile with their ingredients to top the charts as the #3 Independent Pizzeria in the Nation. With hand-made vegan and gluten-free crusts made fresh each day, this hometown pizzeria is serving up smiles with their pizza, topped with premium whole-milk mozzarella, nitrate-free meats, and locally-sourced veggies. Featuring favorites such as the **Grateful Veg**, with sliced bell peppers, white onions, fresh tomatoes, mushrooms, and black olives, Woodstock's is bringing pizza back to the people!

If you've got zero-grain on the brain, head up to [The Village at Pacific Highlands Ranch](#) for some fresh and flavorful gluten-free options. Nestled in the heart of Carmel Valley, The Village is home to both casual and gourmet dining options for your dietary needs! Stop into [Vitality Tap](#) for a healthy treat packed with nutrients and organic produce for your body's needs, including fruit and vegetable juices, smoothies, and acai superbowls such as the **Almond Butter**, a blend of unsweetened acai, banana, almond butter, almond milk, and toppings of sliced fruit.

Hungry for more? Stroll through the shops at The Village to [Fresh Brothers](#), a business based on fresh thinking that is branching into the San Diego area with their Carmel Valley location. Featuring a special section of their kitchen for gluten-free foods, Fresh Brothers makes the promise that your dining experience will be just the way you like it. Delight in gluten-free pizza and salad options as well as **Gluten-Free Buffalo Wings**, baked and never fried with gluten-free hot, mild, sweet chili, BBQ, roasted garlic, and super-hot sauces, all zero trans fat and zero saturated fat for a health-conscious way to enjoy your favorite foods.

Stop feeling crummy about your gluten-free options at [Wood Ranch](#), your friendly neighborhood barbecue hotspot. Using the best, locally-sourced ingredients available, Wood Ranch is dedicated to developing innovative dishes and catering to guests' desires for unique options. With a full gluten-free menu of all their best dishes, Wood Ranch

leaves no one out when it comes to finding a delicious dining experience! Try the **Tri Tip Salad**, made with mixed greens, gorgonzola crumbles, Tahitian tomato, and mint julep dressings all tossed with your choice of house-made gluten-free dressings including balsamic vinaigrette, ranch, blue cheese, tangy Italian, thousand island, and a low-calorie champagne vinaigrette.

Located in the charming and historic Kensington neighborhood, [The Haven Pizzeria](#) is the place to be for gluten-free pizza lovers. Now, there's no need to miss out on some of the best Neapolitan style pizzas in San Diego with The Haven's gluten-free crusts! Load up on Italian sandwiches, unforgettable salads, or get your pizza fix in a warm and inviting atmosphere, with local favorites including the SoCal classic **The Cortez**, a gluten-free crust pizza packed with candied bacon, mozzarella, gorgonzola, and tomatoes with toppings of fresh arugula and avocado slices.