



FOOD CULTURE JUSTICE

The Gumbo That
Unites Us All

NEW ORLEANS, LA
OCTOBER 16-19, 2010

Gluten-free, Vegetarian, & Vegan Dining in New Orleans

Most people in this city are not accustomed to catering to restrictive diets. We've done our best to find places that are likely to have food that meets the needs of conference-goers with dietary restrictions, but cannot guarantee that each of the places listed here will have something you can eat. We recommend you call ahead to be sure.

Restaurant reviews are available on Yelp.com, Citysearch.com, or your favorite review website.

WHERE & WHAT TO EAT

organized by neighborhood

French Quarter

Walking distance from the Sheraton

Angeli on Decatur \$ (v) 1141 Decatur St

Open every day 11am-11:30pm (weekends 'til 1am).
Open late, this is the perfect place to stop in for an eggplant sandwich after a long night at the bars.
CASH ONLY (504) 566-0077

Bennachin \$ (v) 1212 Royal St

Delightful African cuisine, with unusual flavors & dishes. Many vegan options. (504) 522-1230

Green Goddess \$\$ (v) 307 Exchange Place

Lunch – every day except Tuesday 11am-3:30pm
Dinner – Thurs-Sunday 6pm-11pm
International/eclectic. This tiny restaurant features one of the most creative cocktail menus in the entire city (Alli recommends the "Solidarity Sunshine").
Vegetarian-friendly. (504) 301-3347

Muriel's Jackson Square \$\$\$ (GF) 801 Chartres Ave

Cajun/creole. Will provide a separate Gluten-free menu upon request; they even have gluten-free beer!
(504) 568-1885

Royal Street Deli (v) 801 Royal St

This tiny shop offers a few vegan and vegetarian sandwiches, as well as offerings for omnivores.
(504) 529-3777

Downtown/Central Business District

Walking distance from the Sheraton

Domenica \$\$\$ (v) 123 Baronne St *in the Roosevelt Hotel*

A Chef John Besh restaurant; Italian. Order some pizzas to-go (linger in the gorgeous hotel lobby on your way in to pick them up) then walk to the riverfront and eat them along the Mississippi. If you're dining in, make sure to order a Salumi & Formaggi plate with torta fritta, and don't miss the Stracci pasta.
(504) 648-6020

Lüke \$\$\$ (GF) (v) 333 Saint Charles Ave

A Chef John Besh restaurant; French creole. Can cater to most dietary restrictions. (504) 378-2840

Marigny/Bywater *(partially walking distance/for further locations a cab is recommended)*

Frenchmen Street is the must-visit place for live music in New Orleans. In three blocks there are a couple dozen venues that have great live music, including Blue Nile, Café Negril, d.b.a., Snug Harbor, Spotted Cat, Apple Barrel, and more. Check WWOZ's music calendar online at wwoz.org or listen to 90.7 FM at the top of every hour for the Livewire to see who's playing. (Look for John Boutte at d.b.a. on Saturday nights – he sang the theme song to HBO's Treme)





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Marigny/Bywater (continued)

13 Monaghan \$ (v) 517 Frenchmen St

Veggie- and vegan-friendly place open until 4am every day. Known for their BBQ tofu po-boy and "tachos" (tater-tot nachos). Alcoholic beverages served. (504) 942-1345

Bacchanal \$\$ (v) 600 Poland Ave *cab distance*

Live music, outdoor courtyard, great food, beaucoup wine. This place is quintessential New Orleans. Don't miss it, especially on Sunday nights for the Backyard guest chef menus (as seen on HBO's Treme). Or bring a group of new friends from the conference and order a cheese plate to share. Vegetarians should try the Holyfield sandwich off the deli menu. (504) 948-9111

Satsuma Café \$ (v) 3218 Dauphine St

Local, fresh ingredients, for breakfast and lunch. Vegan and vegetarian-friendly. (504) 304-5962

Sukho Thai \$\$ (v) 1913 Royal St

Located just off Frenchmen St, Michael recommends you eat here, then head out for a night of great live music. Vegan and vegetarian options. (504) 948-9309

Uptown (*Many parts accessible by either the St Charles streetcar or the Magazine bus*)

Boucherie \$\$ (GF) 8115 Jeannette St *at the uptown end of the Canal St. streetcar*

Open Tues-Saturday 11am-3pm, 5:30pm-9:30pm
Southern & soul food; can cater to special dietary needs. (504) 862-5514

Casamento's \$ (GF) 4330 Magazine St

Fried seafood and great raw oysters. Everything but the gumbo is gluten free. CASH ONLY (504) 895-9761

Coquette Bistro & Wine Bar \$\$\$ (GF) (v)

2800 Magazine Street

French bistro. Can cater to most dietary restrictions. (504) 265-0421

Juan's Flying Burrito \$ (v) 2018 Magazine St. *4 blocks South of St Charles*

Delicious and locally owned, Juan's is a great place to share margaritas with friends. Menu favorites are the Jerked Nachos and the Pork 'n' Slaw Tacos. Offers vegetarian and vegan items. (504) 486-9950

Mid-City location: **4724 S Carrollton**
take the Canal streetcar, or catch a cab
(504) 486-9950

La Thai \$\$\$ (GF) (v) 4938 Prytania St

Thai food. Advertizes gluten-free options; has several vegan options as well. (504) 899-8886

Naked Pizza \$-\$\$ (GF) (v) 6307 S. Miro *cab distance*

Uses fresh, healthy ingredients; offers gluten-free pizza crust. Call to find out if they deliver to your hotel. (504) 865-0244.

Surrey's Café & Juice Bar \$ (v) 1418 Magazine St

Fresh grub for vegetarians, vegans & omnivores alike. Breakfast & brunch, open 8am - 3pm every day. CASH ONLY (504) 524-3828

Taqueros \$\$ (GF) 1432 Saint Charles Ave

Mexican & Argentine Tapas. Call to verify that they're open; hours are inconsistent. (504) 267-3032

Mat and Naddie's \$\$ (v) 937 Leonidas St

Vegan and vegetarian friendly creole food. Great lunch buffet, too. (504) 861-9600

Whole Foods \$ (GF) (v) 5600 Magazine St

Organic/natural grocers, with hot & cold prepared foods as well. Open 8am-9pm every day. (504) 899-9119

