Gluten is a protein found in grains like wheat, malt, barley, spelt, and rye. It is often cross-contaminated with other foods.

Celiac disease makes gluten act like a poison to the body. If consumed consistently, it can lead to nutrient loss, and many potential illnesses down the road.

What do you want for lunch?

We could go out for—Jack?

What's wrong?

I don't know what I can eat anymore...
Well... we can go for sushi!

My son has celiac disease, and I was wondering if this restaurant is accommodating to those who can't have gluten...

What's Celiac disease? Does rice have gluten? What do you put in the rice?

Just malt vinegar, so you should be fine. Actually, malt vinegar has gluten, Thanks anyway.

February 2017

February 2018

February 2019

February 2020

February 2021

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Jack! You have to see this! What do you want for lunch? I think I'll go for sushi.