



2016 Gluten Free Foods at the Minnesota State Fair

Minnesota State Fair food vendors supplied us with these foods they consider gluten free at the 2016 fair. *This list should be considered a starting point for your gluten-free food search. As always, GF eaters should be diligent in asking questions of the vendor and then deciding if the food is okay for you to eat.* *GR=Gluten Removed, not Gluten Free

Ball Park Cafe

Location: Outside Garden Area
GF Foods: Garlic Fries and Sweetland Hard Cider

Ben's Brats

Location: Judson & Underwood, front of Haunted House
GF Foods: Ben's Brats, Bratwurst on a stick

Blue Moon

Location: Carnes & Chambers
GF Foods: Waffles, Pizza, Snow Ribbons NEW: Vanilla & Chocolate Shakes. (Prepped near gluten-full products. Some shared equipment & ingredients)

Bridgeman's Ice Cream

Location: Judson Ave. between Liggett & Clough
GF Foods: Ice cream: Chocolate, Peppermint Bon Bon, Salted Carmel Espresso, Vanilla & Butter Brittle (Prepped near gluten-full products. Made on shared equipment)

Cafe Caribe

Location: Arcade Bldg/Next to DNR
GF Foods: Burning Brothers Pyro GF Beer, MN-Produced Wines

Caramel Apple Sundae

Location: By the Grandstand
GF Foods: Caramel Apples in a dish with or without icecream, Apple Cider Floats, Flavored Soda Floats, water and pop

Caribbean Smoothies

Location: Leggett St. In front of horse entrance
GF Foods: All Fruit Smoothies- Strawberries, bananas, peaches, pineapples, organs, blueberries, and raspberries

Charcoal Hut

Location: 1646 Judson Ave; Next to Int'l Bazaar
GF Foods: Grilled Chicken Breast, Turkey Drumstick, Hamburger, all beef hot dogs, 1/4 chicken, Pulled Chicken salad, Grilled Chicken Salad, Schwan's Lemon Italian Ice, Fries, and entrée pickle

Carousel Foods

Location: Adventureland
GF Foods: Pork Chops and Turkey Legs

Chicago Dogs

Location: The Garden (Dan Patch & Underwood)
GF Foods: Hot Dogs, Bison Hot Dog & Chili, sweet relish, mustard, peppers, pickle spear, salad mustard, ketchup, sauerkraut, cheddar cheese, Udi's Bun. Redbridge Lager

Chicken & Chops

Location: Judson next to Dairy Bldg.
GF Foods: Charbroiled Chicken & Pork Chop/Stick, Grill Happy Seasoning

Cinnamon Roasted Nuts

Location: Int'l Bazaar (Back Wall)
GF Foods: Cinnamon Roasted Almonds, Cashews, Pecans

Corn Roast

Location: East End of Grand Stand
GF Foods: Roasted Corn & Butter

Dole Whip

Location: Front of Sweet Martha's
GF Foods: Dole Whip Soft Serve (non-dairy)

Falafel King

Location: Food Building #125
GF Foods: Falafel on a stick, Bowls: Falafel, Garlic Chicken, Veggie

Foot Long Hot Dogs

Location: Cosgrove St. Between Fine Arts & 4-H Bldg
GF Foods: Cloverdale Foot Long Hot Dog (no bun)

French Meadow Bakery & Café and People's Organic Coffee

Location: Carnes Ave, across from WCCO radio
GF Foods: Deep Fried Risotto Poppers, Assorted Cookies & Cupcakes, Blueberry Muffins, Chocolate & Caramel Bar, Lemon Poppyseed muffins, Macarons, Chocolate Brownies, And Brown Rice & Peanut Butter Krispie Bar, NEW: Sandwiches w/GF Bread (separate prep area & ingredients) Fresh Cucumber Lemonade, Black Currant Iced Tea, and Iced Hibiscus Tea. Offer Hemp, coconut and almond milk for espresso and coffee drinks

Fresh French Fries

2 Locations: 1) Midway- Corner of Liggett St and Carnes Ave 2) Dairy
Location- Just across the Street from the Dairy Building
GF Foods: French Fries

Fresh Squeezed Lemonade

Location: Outside Food Bldg | GF Foods: Fresh Squeez'd Lemonade

Fried Fruit & Fried Olives

Location: Carousel Park; Next to Grandstand Ramp
GF Foods: Fresh Fruit Cup & Smoothies. Fresh Fruit Sundae w/ Vanilla Soft Serve, Fresh Fruit Smoothie w/ Vanilla Soft Serve

The Frontier Bar

Location: 1790 Carnes | GF Foods: Omission Beer (*GR)

Fudge Folks

Location: Grandstand (Lower Level) | GF Foods: Fudge

Hamline Church Dining Hall

Location: 1667 Dan Patch Ave.
GF Foods: Hamburger/Cheeseburger or Chicken & GF Bun, Roasted Potatoes, Salad & Fresh Fruit

Henry's Kettle Korn

Location: Northwoods | GF Foods: Kettle Korn

Holy Land

Location: International Bazaar
GF Foods: Chicken Gyro Tray, Chicken, Beef or Lamb Kabob on a Stick, Beef or Chicken Koobedeh, Koobedeh Plate, Falafel Tray, Falafel on a Stick, Quinoa Tabouli Tray, Hummus Tray (served with tortilla chips), Grape Leaves on a Stick, Kushari (with or w/o Quinoa Pasta), Veggie Combo (Quinoa Tabouli, Falafel, Hummus, GF Bread or chips)

Island Noodles

Location: International Bazaar | GF Foods: Island Slaw

See us in our booth at the HealthFair 11 building at Dan Patch & Cooper!



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Jerky Shoppe

Location: Grandstand, Lower Level East End
GF Food: Jerky: Hickory, Hot Beef. Beef Sticks: Mild, Teriyaki, Hot& Spicy, and Mango-Habanero

Jonny Pops

Location: West End Market
GF Foods: Frozen Novelty:-Raspberry, Blueberry & Cream, Chocolate, Coffee, & Cream, Coconut Pineapple & Cream, Chocolate-Dipped Cherry on a Spoon, Strawberries & Cream, and Banana, Cinnamon & Cream Dipped in Chocolate

Key Lime Pie Bar

Location: Next to Sky Ride; across from Food Bldg
GF Foods: Island Way Sorbet, Coconut Pineapple, Lemon, Orange/Mango in Natural Fruit Shell, Frozen Fruit Bar (GF & DF)

Lamb Shoppe

Location: Food Building
GF Food: Lamb Chop on a stick, Sheepdog (Honey infused Lam Dog with Quinoa, Kale and raw Kraut)

Mexican Hat

Location: 1780 Dan Patch Ave, Right North of the KSTP-TV and next to Vesico's, Just south under the Grandstand Ramp
GF Foods: Taco, Super Taco, tamale, enchilada, Nachos, Nacho Supreme, Taco Salad & Mini Taco Salad (Made with corn chips instead of shell) All meat is gluten free.

Minnesota Apples

Location: Horticulture Bldg.
GF Foods: Apples, Apple Cider, Cider Freeze, & Applesauce

Minnesota Farmers Union Coffee Shop

Location: 1635 Dan Patch
GF Foods: Bee Nice Blueberry Chipotle Sweet Corn Muffin, Mocha Bar on a Stick, Mango Bar on a Stick, Chai Bar on a Stick; Drinks: Mocha Frappe, Raspberry Frappe and The Union (Mocha & Raspbry)

Moe & Joe's Coffee

Location: Judson & Clough | **GF Foods:** Coffees, teas, milk and Juice

O'Gara's at the Fair

Location: 1626 Dan Patch GF Foods: Corned Beef and Cabbage, Chicken Caesar Salad, Strawberry Salad, Truly Spiked & Sparkling, Pyro Pale Ale (Gluten Free), Loon Juice Hard Cider, Cannon River Wines, Kinky Cocktail and Kinky Slush

Patinella's Chicken Grill

Location: Under Walkway to Grandstand
GF Foods: Chicken & Rice Bowls (Chicken marinated in olive oil red wine, vin & spices. Garlic rice has olive oil & garlic only. Yellow rice DOES HAVE gluten & corn cereal solids. For GF ask for garlic rice to be substituted for yellow rice in any bowl)
-Original Chicken & Rice (chicken, substitute garlic rice for yellow)
-Deluxe Chicken & Rice (chicken, garlic rice, lettuce, tom., onion)
-Brazilian (chicken & garlic rice, black beans, lettuce, tom., onion)
-Italian (chicken & garlic rice, Italian beans, Romano cheese)
-Vegetarian (chicken & garlic rice, lettuce, black beans, lettuce, tomato, onion, cheddar cheese)

-Mexican (chicken & garlic rice, lettuce, tomato, onion, sour cream, cheddar cheese, pico)

Pickle Dog (New Fair Food)

Location: On the corner of Carne and Liggett
GF Foods: Pickle on a stick, Pickle Dog (Pastrami, Cream Cheese and Pickle), Fire Dog (Pastrami, Cream Cheese, Jalapenos, and Pickle)

Shanghaied Henri;s

Location: International Bazaar | **GF Foods:** Omission Pale Ale.

Simply Nuts & More

Location: East Side of Coliseum/front of big door
GF Foods: Cashews, Mixed Nuts, Cranberry Trail Mix, Triple Berry, Roasted Almonds, M-M Trail Mix, Pistachios, Chocolate Peanuts, Butter Toffee, Peanuts, Pecan Pralines, Cinnamon Almonds

Spring Grove Sodas

Location: Next to DNR Outdoor Stage
GF Foods: Spring Grove Soda Pop Flavors- Strawberry, Lemon Sour, Root Beer, Orange, Black Cherry, Cream Soda, Creamy Orange, Grape, Rhuberry

Strawberry Patch

Location: Liggett Street (front of horse barn)
GF Foods: Strawberries & Hot Fudge, Strawberries & Cream

Sonny's

Location: Food Building
GF Foods: Gluten Free Beer Battered Brat, Fresh Fried Potato Chips

Taco King

Location: Judson Ave. Near *All the Milk You Can Drink*
GF Foods: Beef; Chicken & Bean Tostadas; Nacho Chips & Cheese; Beef, Chicken or Beans Nacho Grande. Ask for corn tortilla or chips

Texas Steak Out

Location: Underwood St. Across from Little Farm Hands
GF Foods: Bacon-Wrapped Turkey Leg, Turkey Leg, Bacon-Wrapped Corn on the Cob, Corn on the Cob, Baked Potato, Tater Dog, Tater Twister. Order the following with NO ROLL: Steak Dinner on a Stick, BBQ Ribs, Sliced Brisket, and Pulled Pork

TOT BOSS (New Fair Food)

Location: East side of Underwood St between Wright and Dan Patch Aves, South of Kidway
GF Foods: Tater Tots, Tater Tot Nachos, Chili Tots, Bacon Wrapped Tots, Loaded Tots and Dipping Sauces. All Tater Tots are Gluten free and cooked in a dedicated fryer.

Two Rivers Kettle Corn

Location: West End Market
GF Foods: Plain Popcorn, Kettle Korn, Caramel Corn, Cheddar Cheese Popcorn, Jalapeno Cheddar Popcorn

West End Creamery

Location: West End Market
GF Foods: Kemps Ice Cream (vanilla, chocolate or strawberry), coffee and pop

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