



2023 Gluten-Free Foods at the Fair List

Sponsored by Twin Cities R.O.C.K.

Minnesota State Fair food vendors individually provided foods they consider gluten-free. Twin Cities R.O.C.K. requested vendors evaluate ingredient and supplier information and disclose cross-contamination protocols.

This list should be considered a starting point for your gluten-free food search. *Those eating gluten-free should be diligent in asking questions of the vendor before deciding if a food item is okay for you to eat.*

*** Indicates chance of inadvertent gluten cross-contact, based on vendor-provided responses; however, control methods are part of operational procedures. Vendors with no * indicate purposeful control measures in place and/or use of naturally gluten-free food/ingredients. This list is not a certification of gluten-free foods or vendors. Use personal discretion when making selections.**

About a Foot Long Hot Dog * GF Foods: Cloverdale weiners Location: Multiple locations	Auntie M's Gluten Free (<i>Dedicated GF</i>) GF Foods: Corn dog, cheese curds, funnel cake Location: South side of Judson Ave between Nelson & Underwood Sts, just west of Adventure Park	
Ball Park Café * GF Foods: Garlic Fries Location: East side of Underwood St. between Dan Patch & Carnes Aves	Big Fat Bacon GF Foods: 1/4 pound of bacon on a stick! Location: South side of Dan Patch Ave. between Nelson & Underwood Sts	
Butcher boys GF Foods: Beef boat aka steak in a dish Location: West side of Liggett St between Carnes and Judson Aves, outside the Horse Barn AND North side of Dan Patch Ave between Nelson and Underwood Sts	Cafe Caribe * GF Foods: Alcoholic Beverages: Multiple hard seltzers, ciders, and wines. Cajun Peel-N-Eat Shrimp. Location: South side of Carnes Ave. between Chambers & Clough Sts	
Carousel BBQ GF Foods: Turkey Legs Location: West side of Chambers St between West Dan Patch and Carnes Aves	Caribbean Smoothies GF Foods: Real fruit smoothies Location: West side of Liggett St. between Carnes & Judson Aves	
Caramel Apple Sundae GF Foods: Caramel Apples with or without ice cream, apple soda floats, soda floats Location: Between Chambers and Nelson Sts, just south of the Grandstand	Charcoal Hut, The * GF Foods: Grilled Hamburger patty, chicken fillet, quarter chicken, Turkey drumstick, lettuce salad w/pulled Turkey or chicken breast added, French Fries Location: East side of Judson Ave. between Underwood & Cooper Sts, next to the International Bazaar	
Chicago Dogs * GF Foods: Vienna Beef hot dogs, Di Vanco roast beef, GF buns, Heinz ketchup, Old Dutch chips: all toppings and garnishes are GF Location: In The Garden, east wall	Corn Roast GF Foods: Roasted Sweet Corn with or without butter Location: SE corner of Dan Patch Ave. & Nelson St.	
Dino's Gyros * GF Foods: Falafel Sandwich <i>without bread</i> , Tirokroketes Location: North side of Carnes Ave. between Nelson & Underwood Sts	Falafel King GF Foods: Falafel; Sautéed veggies; shawarma bowl Location: In the Food Building, south wall	
Fish & Chips Seafood Shoppe * GF Foods: Grilled Shrimp On-A-Stick marinated in Marzetti Italian Golden Original Dressing, Members Mark garlic powder, and Tone's lemon pepper (Sam's club). Melted butter and fresh lemon garnish if desired Location: In the Food Building, NW section	French Meadow Bakery & Cafe * GF Foods: Iced Toasted Almond & Date Scone; Sconuts; Earth Wings; Breakfast and Heirloom Tomato Turkey & Bacon Croissant- <i>sub Gfree bread</i> ; Multiple teas, coffees, and lemonades Location: North side of Carnes Ave. between Nelson & Underwood Sts	
Fresh French Fries GF Foods: French Fries, Ketchup Location: North side of Judson Ave. between Nelson & Underwood Sts AND East side of Liggett St. between West Dan Patch & Carnes Aves	Fried Fruit & Fried Olives GF Foods: New Peppadew Olives; Fresh Fruit Cups; Fresh Real Fruit Smoothies Location: West of Nelson St. just south of the Grandstand	
German Root Beer and Popcorn GF Foods: Fresh popped popcorn, fountain drinks, ice-cream floats Location: East of Chambers St. just south of the Grandstand	Giggles' Campfire Grill GF Foods: NorthWoods salad on a stick; Salmon on a stick/smoked salmon, <i>without the cracker and cream cheese</i> ; Elk burger or Smoked Pulled pork, <i>without the bun</i> Location: SE corner of Lee Ave. & Cooper St. at The North Woods	
Granny's Cheesecake & More GF Foods: Strawberries and/or bananas dipped in chocolate Location: North side of Dan Patch Ave. between Nelson & Underwood Sts	Hamline Church Dining Hall GF Foods: Buns for burgers and sandwiches, sides of potatoes, corn, chips and beans; fruit cups and green salads Location: North side of Dan Patch Ave. between Underwood & Cooper Sts	
Hangar, The * GF Foods: Turkey Leg, burger or brisket, <i>no bun</i> ; Bacon Wrapped Pork Belly, Roasted Corn Location: North side of Murphy Ave. between Underwood and Cooper Sts, at the North End	Henry's Kettle Korn GF Foods: Kettle Korn Location: East side of Cooper St. between Lee & Randall Aves, at The North Woods	
iPierogi GF Foods: Cabbage Rolls, Polish sausage Location: In the Food Building, south wall	Jammy Sammies by BRIM (<i>Dedicated GF</i>) GF Foods: Sota Sandwich, Sundae Sammies, iced coffee drinks and lemonade Location: At the North End, NW section	

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JonnyPops GF Foods: JonnyPops Frozen Pops Location: At West End Market, center section	Juanita's Fajitas * GF Foods: Chicken, steak, and veggie fajitas, Breakfast burritos, SW beans; <i>Request no tortilla</i> Location: West of Nelson St., just south of the Grandstand
Kathie's Cotton Candy GF Foods: Cotton Candy bag or stick Location: West of Nelson St, just south of the Grandstand AND West side of Liggett St. between West Dan Patch and Carnes Aves	Key Lime Pie Booth GF Foods: Island Way Sorbet & 100% natural frozen fruit Bar Location: West side of Cooper St., just north of the Agriculture Horticulture Building
Manny's Tortas * GF Foods: Tacos al pastor in a blue corn tortilla Location: In the Food Building, NE section	Minnekabob GF Foods: Steak or Chicken Kabobs Location: In the Food Building, NW section AND South side of Dan Patch Ave. between Underwood & Cooper Sts
Minnesota Apples GF Foods: Apples, Apple Cider, Applesauce, Apple Cider Freezies Location: In the Agriculture Horticulture Building, south side	Nitro Ice Cream GF Foods: Nitro Ice Cream and Toppings (Chocolate, Caramel, Hot Fudge) Location: In the Food Building, NE corner
OOf-da Tacos * GF Foods: Nachos, chips & cheese, Nacho Supremes, Nacho Bucket, Loaded Bucket & Taco Salads Location: NE corner of Dan Patch Ave. & Cooper St.	Pickle Dog GF Foods: Pickle Dog Location: South side of Carnes Ave. between Liggett & Chambers Sts
Produce Exchange, The GF Foods: Fresh fruits, grilled peaches, kombucha, juice Location: NW corner of Carnes Ave. & Underwood St.	Quench'd: Lemonade/ Bottled Water GF Foods: Lemonade Sorbet and Fresh Squeezed Lemonade Location: South side of Dan Patch Ave. between Nelson & Underwood Sts
Route 66 Roadhouse Chicken & Potato Skins GF Foods: Potato Skins Location: In the Food Building, NW corner	Sara's Topsy Pies GF Foods: Minty Magic Tarts and Irish Pecan Tarts Location: In the Food Building, NW wall
Sausage by Cynthia GF Foods: Andouille Sausage, Irish Sausage, Creole Chaurice, Chicken Fiesta, Swedish Sausage, Tuscan Sausage, Wild Rice and Jalapeno Cheese, Wild Rice Beef Pattie, Weisswurst Location: North side of Judson Ave. between Nelson & Underwood Sts	Simply Nuts and More GF Foods: Cashews-mixed nuts-cranberry trail mix-pecan pralines-butter toffee peanuts- cinnamon almonds-triple berry mix-sour gummy worms Location: In the Warner Coliseum, east side
Smokin' Joe's Smokehouse GF Foods: Beef Jerky, Turkey Jerky and an assortment of meat sticks Location: East side of Cooper St. between Lee & Randall Aves, at The North Woods	Sonny's Food * GF Foods: Flash fried potatoes; gluten free brat; beverages Location: In the Food Building, NW section
Spinning Wylde GF Foods: Watermelon Juice, Cloud Coolers, Cotton Candy Location: Located north of Wright Ave between Cooper and Cosgrove Sts, at Family Fair at Baldwin Park	Spring Grove Soda GF Foods: Spring Grove Soda Pop has nine flavors Location: West side of Nelson St. between Carnes & Judson Aves
Strawberries 'N Creme GF Foods: Fresh strawberries with non-dairy whip topping Location: SW corner of Randall Ave. & Underwood St.	Summer Lakes Beverage GF Foods: Multiple flavored mocktails and sweet tea Location: East side of Underwood St between Lee & Randall Aves, just south of Little Farm Hands
Tasti Whip GF Foods: Dole soft serve in all flavors (pineapple, strawberry, mango, lemon) Location: Located on the NW corner of Dan Patch Ave and Underwood St	Tejas Express GF Foods: Gluten free beer; all Beergaritas can be made with the gluten-free beer Location: In The Garden, north wall
Two Rivers Kettle Korn GF Foods: Popcorn, cheddar cheese popcorn, kettle korn, caramel corn Location: At West End Market, SE section	Union Hmong Kitchen * GF Foods: Nqaij (Grilled Meat) w/ Chilled Rice Noodles - Sausage, Chicken, or Tofu Location: At the International Bazaar, south wall, west corner
West End Creamery GF Foods: Most ice cream flavors are totally gluten-free. Milkshakes, floats, and sundaes. Location: At West End Market, NW section	Wow Fudge GF Foods: Gourmet Fudge Location: Located in the Creative Activities Annex, south wall

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