

Busy Gluten Free

# MY TOP 10 FAST FOOD CHAINS

## FOR THE GLUTEN INTOLERANT



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# Busy Gluten Free

## *My Top 10 Fast Food Chains For The Gluten Intolerant*



## **Good news—you can still eat out with a gluten intolerance!**

Hi, I'm Jen. I've been navigating gluten-free eating for over 20 years, and I know how overwhelming it can feel—especially when you just want something quick and easy.

### **That's exactly why I created this guide.**

Inside, you'll find 10 fast food chains that offer gluten-free options (including a few that are fully gluten-free), so you don't have to second-guess your choices or spend forever researching.

My goal is simple:

***to help you feel more confident, more prepared, and a lot less stressed when you need to grab something on the go.***

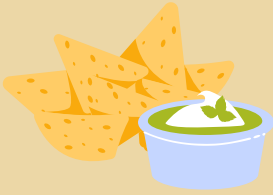
Take a look through the list and see what works for you—I hope it makes your next meal just a little easier.

And if you ever have questions or just want to talk through options, I'm always here: ***help@busyglutenfree.com***

You don't have to figure this out alone.

**[www.busyglutenfree.com](http://www.busyglutenfree.com)**

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## Chipotle

***·All items are GF except for the flour tortilla.***

·Chipotle uses bowls so you can add whatever items you choose! They state they have only 53 ingredients with no artificial anything, and it's all fresh.

·They have a dedicated fryer just for the tortilla chips, which are gluten-free and cooked in sunflower oil.

**[Chipotle - Home Page](#)**

**[Locations](#)**

**[Allergens information](#)**

**[Nutrition calculator](#)**

·Comment taken directly from the website:

·GLUTEN INTOLERANCE & CELIAC DISEASE

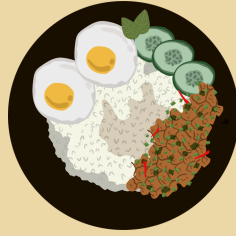
If you avoid gluten, don't eat our flour tortillas. If you are highly sensitive to gluten and would like us to change our gloves, just let us know at the start of your order. You should be aware that items containing corn, including corn tortillas (chips and crispy corn tortillas) and corn salsa, may have trace amounts of gluten from potentially co-mingling with gluten-containing grains in the field.

·They have an app as well that makes ordering super easy. I'm a regular for sure lol, they know my name when I order!



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Bibibop



*·All items are gluten-free.*

·You build a bowl, starting with a base (kale, lettuce, sweet potato noodles, or rice) and then add any ingredients you like, even sauces!

**[Bibibop Home Page](#)**

**[Locations](#)**

**[Nutrition](#)**

·Comment directly from the website:

·In addition to promoting our 100% Gluten-Free menu, each of our locations maintains a certification from the Gluten Intolerance Group specifically for restaurants with gluten-free options.

**·They have cookies that are gluten-free for dessert!  
I particularly love the snickerdoodle cookie!**

·You can buy the sauces at local stores to use at home as well.

·They have an app which makes everything super convenient!  
I wish I had a Bibibop closer to me,  
but I visit a lot when I'm near a location.

**yum!**

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## Culver's

***Culver's has many gluten-free items and offers a Rotella gluten-free bun for their burgers, but they are NOT a gluten-free restaurant.***

Below is a great allergen guide on their website, where you can filter by any allergen to see which items you can eat. They have sides, salads, custard, lemon ice, and the burgers (just need the GF bun).

### **Nutrition and Allergens Guide**

- The GF bun is in its own package for you to assemble the burger yourself, and when I go there, I let them know ahead of time I have an intolerance, and they treat this like an allergy by cooking on a different station, changing their gloves, etc.
- In general, though, because this is a chain restaurant and each location could be different, they say they can't promise there isn't cross-contamination in how they prepare their meals.
- They do **NOT** have a dedicated fryer, but their French fries are gluten-free. Some chain locations may use a separate fryer for people with allergies, but this is not guaranteed.

### **Culver's Home Page** **Locations**

Overall, they have always been willing to accommodate my needs, so if you are not extremely sensitive (cross-contamination may be possible),  
***give them a try!***

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## Chick-fil-A



***Lots of gluten-friendly options for the gluten-intolerant!***

They have an awesome online menu that lists each item and its allergens. They also offer a gluten-free bun (sealed in a bag) for any sandwich! Take a look at all the options below!

### **Nutrition and Allergens Guide**

·They warn on their website that there could be possible cross-contamination, just due to food items that contain gluten being prepared in the same kitchen.

·They use only refined peanut oil for their fryer (for their chicken), which, according to the FDA, is not a major food allergen. Of course, they fry items that aren't gluten-free, so if you are extremely sensitive, stay away from anything fried here. Some locations mention they use a separate fryer for their fries with canola oil, but I cannot find anything standardized on their home page about this topic.

**[Click here to go to a gluten-free query page on their site with lots of common questions about eating there gluten-free](#)**, along with a list of all their gluten-free and gluten-friendly items.

·Go to the main website and click on 'find restaurants', and it will find the closest location to you.

### **Chick-fil-A Home Page**

·They have tons of choices and even breakfast items, and they have their own app, making ordering super easy!

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### Domino's

Offer a *gluten-free pizza*! They have a page on their website below explaining their gluten-free crust and how they prepare their pizzas. They cannot promise there is no cross-contamination, though, because they also prepare other pizzas on their regular crust. They have a video on this page as well that explains it further!

#### **Domino's Gluten-Free Crust**

On the allergen page on the website below, you can filter by wheat to see all items that contain gluten. The toppings on the pizzas are gluten-free as of today, but double-check the page below before ordering.

#### **Domino's Nutrition and Allergy Guide**

#### **Locations**

#### **Domino's Home Page**

Overall, Domino's does the best it can as a fast-food restaurant while still offering people a gluten-free option. Obviously, if you have extreme gluten sensitivity, I would not recommend eating here.

They also have an app that makes ordering super simple!

Domino's has been a quick option in the past when I'm craving pizza!

**YUM**

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## In-N-Out



A well-known burger, fries, and shakes restaurant that has been around for 75 years. They pride themselves on fresh food, nothing put in a microwave, frozen, or pre-packaged.

They have a very simple menu, not a lot of items, consisting of burgers, fries, shakes, and drinks. Click below to see their menu.

### ***In-N-Out Menu***

At the bottom of this page is a link that says, 'download allergen info'.

The only item on their menu listed as containing wheat is the hamburger bun. They have an option called 'protein style,' meaning the hamburger would be wrapped in a lettuce wrap instead.

All the other items on their menu, fries, shakes, and drinks, are all gluten-free!

### ***Locations***

### ***In-N-Out Home Page***

One unique thing about In-N-Out is that they don't deliver orders, and they don't have online ordering or an app.

I have not personally tried In-N-Out yet because there are no locations near me, but I am looking forward to trying it!

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## Firehouse Subs

They do not have a gluten-free menu, but do have a gluten-free roll by Schar at every location. They, of course, can't promise there won't be contamination just because they have other rolls that aren't gluten-free, but when I have been in and told them I have an allergy, they have prepared my sub on a separate station.

### ***Gluten-Free Roll - Firehouse Subs***

### ***Nutrition - Firehouse Subs***

At the link above, there are various links, including one specifically about allergy information. This is a great tool that lets you sort by whether each item they sell contains wheat, and it will only list those that do NOT contain wheat. If you click any item, it will bring up the nutrition and ingredients, and at the bottom, it tells you when this was last updated.

They offer gluten-free items such as subs, salads, soups, coleslaw, chips, fries, chili, and drinks!

### ***Locations - Firehouse Subs***

### ***Firehouse Subs - Home Page***

Overall, a good option for those with gluten intolerance, just make sure to let them know ahead of time, and they will prepare yours separately!

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## Wendy's



Wendy's does not offer a gluten-free menu or guarantee there will be no contamination, but they do have gluten-free items on their menu and label them 'without wheat'. *If you are extremely sensitive, though, I wouldn't recommend going here as they have shared fryers.*

**[Click here to view their menu items; once you are on a particular item, you can view ingredients and allergens.](#)**

**[Click here to go to the page about the Cobb Salad.](#)** They list the ingredients for each item in the salad, including allergens. The only ingredient with wheat is in the crispy onions, but they are in a separate package, so you don't have to use them.

•They have further information below about how they identify the major 9 food allergens on their website and in their app to help make picking an item easier.

### **[Nutrition & Food Allergies - Wendy's](#)**

In general, Wendy's is fast food, but with fresh ingredients. There are several go-to items that I order if I am out and need to stop and get something to eat: Chili, Fries, Cobb Salad, and a Frosty, for example!



**[Locations - Wendy's](#)**

**[Wendy's Home Page](#)**



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## Five Guys

Five Guys' menu is composed mostly of gluten-free items: Hamburgers, hot dogs, fries, shakes, drinks, etc. According to their allergen menu, the only items that contain gluten are the buns and 2-3 of the milkshake mix-ins, of which you could just choose not to use.

**[Click here to access their nutrition and allergy guide](#)**

*They have a dedicated fryer for just the fries cooked in 100% peanut oil, so no contamination.*

You can order a hamburger or hot dog in a lettuce wrap as well as just plain. I have been to Five Guys before, and when I mentioned I have a gluten intolerance, they took precautions to make sure no buns were near my food.

**[Menu - Five Guys](#)**

It looks to me they have at least one Five Guys in every state.

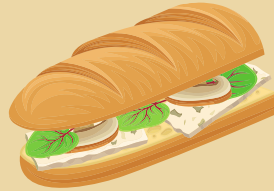
**[Locations - Five Guys](#)**

•Overall, great place for a quick bite to eat, and with a mostly gluten-free menu, the sky is the limit! Enjoy!

*Go Enjoy Food Again!*

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## Jersey Mike's



Jersey Mike's is a sub restaurant where they build the sub right in front of you!

They have a ton of sub options, and they offer Udi's gluten-free bread with the subs! When I ordered a sub with this bread, they took precautions for no contamination by making the sub in a separate location, using new gloves, a new knife, etc. The bread came in a separate bag from the other buns.

One pretty nice feature on their website is that you can go through the nutrition/allergy menu below, and based on the sub you pick, toppings, etc., it will tell you the nutrition information and the allergens for exactly the sub you built, for clarity.

### **Nutrition and Allergens Information - Jersey Mike's**

Here is the main menu below. In addition to the subs, they have chips, drinks, and even a **gluten-free Snickerdoodle cookie!**

### **Menu - Jersey Mike's**

They have over 3,300 Jersey Mike's nationwide, so I'm sure there is one near you:

### **Locations - Jersey Mike's**

Not a common thing for a sub restaurant to have a gluten-free bun option, so go give it a try, you might just like it!

# Busy Gluten Free

I hope this made things feel a little easier for you

Eating out with a gluten intolerance can feel overwhelming—but you don't have to figure it out on your own.

**That's exactly why I created Busy Gluten Free.**

If you're looking for more support, guidance, and real-life help navigating gluten-free dining, you can visit my website here:

***Busy Gluten Free***



And if you travel (or want to feel more prepared when you do)...  
I'm currently creating detailed gluten-free city guides designed to take the stress out of finding safe restaurants and bakeries—without all the guesswork.

These will go beyond lists and focus on helping you feel confident in your choices.

If you'd like me to let you know when they're ready, you can join the waitlist here:

***Save your spot***

If you ever have a question or aren't sure what to order somewhere, feel free to reach out—I'm always happy to help.

***help@busyglutenfree.com***



I'm really glad you're here!

~ Jen

*enjoy*