



A City of Gluten-Free Love

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Philadelphia is best known as the *City of Brotherly Love*. However, after visiting (and eating my way through) this city, I've happily renamed Philadelphia the *City of Gluten-Free Love*! You won't find a shortage of gluten-free food or fun while visiting this historic city. Use the itineraries below as your guide to navigating this amazing destination.

GET YOUR GAME ON!

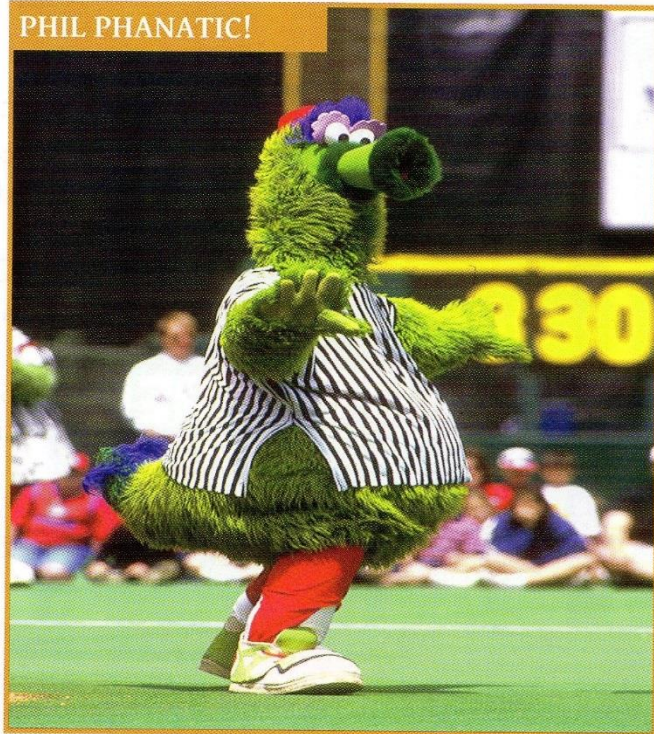
If your motto is, "Eat, Sleep, Sports," then you've come to the right city! Check out a game (or several) side by side with Philadelphia's devoted fans. Bonus points for the Philadelphia arenas' huge commitment to providing gluten-free menu items. Are you ready to get your game and grub on?

The **Wells Fargo Center**, home to the **Philadelphia Flyers** hockey and the **Philadelphia 76ers** basketball teams serves Redbridge beer, Woodchuck Cider, gluten-free hot dogs and buns as well as chicken sandwiches in Section 122 of the stadium.

Lincoln Financial Field, home of the **Philadelphia Eagles** football team, offers gluten-free hot dogs and buns along with Redbridge Beer in Sections 117, 203, and 219. Sign up for a behind the scenes tour of the stadium to check out the press box, announcers' booth, field, and locker room.

Head out to a ball game at **Citizen's Bank Park** to watch the Philadelphia Phillies baseball team. Be sure to get an order of the

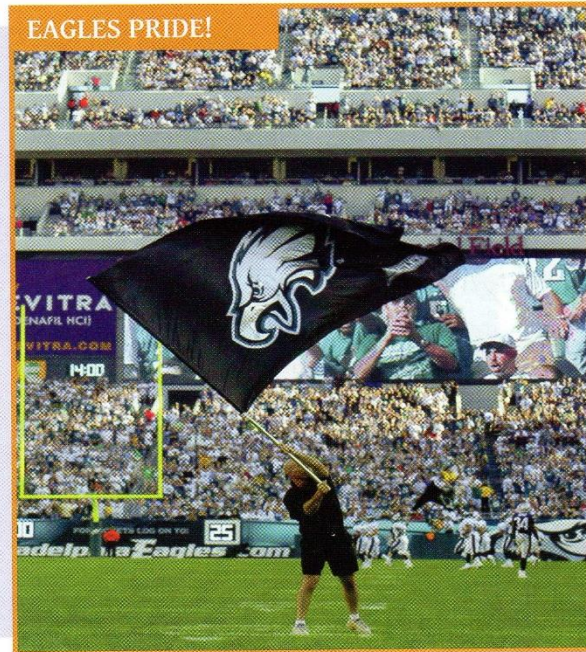
PHIL PHANATIC!



highly addictive **Chickie's & Pete's Crabfries** in Section 102. Never heard of crab fries? First things first, these fries are not made from crabs. Yes, the name can be a bit confusing! Crabfries are crinkle cut potatoes deep fried (in a dedicated fryer) and then liberally seasoned with Old Bay. To make a tasty thing even better, dip them in a side cup of melted cheese. Check out Section 128 as well as **Ashburn Alley** for other gluten-free concessions including snacks, gluten-free hot dogs and buns, Redbridge Beer, Woodchuck Cider, and **Bull's BBQ** food.

Goal! **PPL Park** (www.philadelphiaunion.com/ppl-park) is the home of Major League Soccer's **Philadelphia Union**. Chow down on gluten-free hot dogs at **Hot Dog Nation** (Sections 104 and 125), gluten-free hamburgers at **Black Angus Grill** (Sections 101 and 122), gluten-free pizza at **Seasons Pizza** (Sections 109 and 127), and Redbridge Beer served at **Snake & Shield** (Sections 103 and 114).

Post game, stop by the 10-foot bronze Rocky statue at the base of the **Philadelphia Museum of Art** (www.philamuseum.org). Don't forget to run up the museum steps while belting out Eye of the Tiger!



CHILD'S PLAY

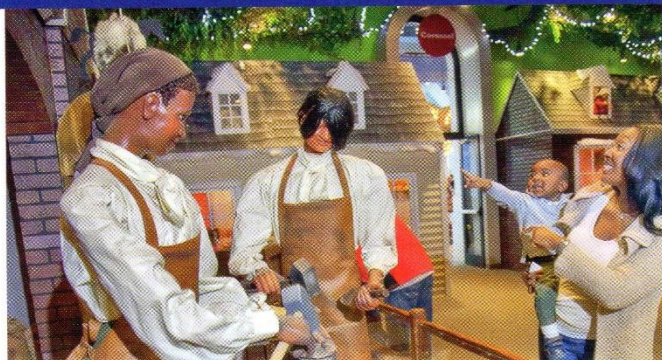
The **Please Touch Museum** focuses on teaching children through interactive exhibits and special events (mostly aimed at children seven years and younger). Leave the real world behind and explore the wonder of your imagination! As you enter the Please Touch Museum, take in the life-sized, 40-foot replica of the Statue of Liberty's Arm and Torch (made of "found objects" gathered and assembled by local artist Leo Sewell). Descend down the Rabbit Hole to enter the topsy-turvy world of Wonderland. Take a nostalgic ride on a beautifully refurbished 1908 carousel. The **Please Taste Café** offers lots of gluten-free snack options such as fresh fruit and veggie snacks, Nugo Bars for a gluten-free chocolate option and Cookies for Me (assorted gluten-free sugar cookies). Entrée options include hot dogs with gluten-free buns, chicken soup made with rice noodles, and stir fry rice bowls with a gluten-free Asian stir fry sauce. Please Taste Café is also a "nut free zone".

The Franklin Institute (www.fi.edu), named after the noted American scientist and statesman Benjamin Franklin, is an interactive science museum for kids of all ages. With three floors of hands on

exhibits such as Space Command, the Train Factory, and Sir Isaacs Loft, families will have plenty to explore. The Franklin Institute is also home to an IMAX Theatre and the **Fels Planetarium**. Pack some gluten-free snacks or lunch as brown bagging is welcome.

Looking for a quack-tacular good time? **Ride The Ducks** (www.ridetheducks.com) is the perfect family adventure! Their land and water journey of Philadelphia is fun, engaging, and educational. Ride through the historic streets of Philadelphia before splashing down into the Delaware River for a fun cruise. My kids especially loved the Wacky Quackers given out at the end of the trip (be forewarned, they will be quacking like ducks for the rest of the day!).

Need to refuel and recharge from all the fun? For a kid-friendly meal, head to **Giorgio on Pine** (www.giorgioonpine.com). With gluten-free pasta, pizza, and homemade gluten-free desserts, their menu is sure to please the kids and kids at heart. Another option is **Maggiano's Little Italy** (www.maggianos.com) – serving up crayons and paper to keep the little ones entertained while they wait for their gluten-free pasta.



LIBERTY BELL



WHAT'S THE CRACK ABOUT?

For over 250 years, the **Liberty Bell** has been a symbol of patriotism and American independence. Originally cast in London, England in 1752, the bell cracked shortly after it arrived at the Pennsylvania State House.

In 1753, two local craftsmen, John Pass and John Stow, recast the bell using the metal from the first bell. Much to their embarrassment, this bell cracked as well when rung, so it was recast again. After repeated ringing, the third bell began to crack in the early 1800s. On February 22, 1846, the bell rang for its final time on George Washington's birthday.

In the late 1800s and early 1900s, the Liberty Bell traveled across the United States. Traveling by rail, the bell made several stops along the way for local townspeople to view. During this cross-country travel, the cracking became increasingly worse and souvenir hunters had removed over one percent of the bell's weight.

The iconic bell weighs an impressive 2000 pounds and hangs from its original yoke made from American elm. The cost of the original bell from London, England was approximately \$225 including insurance and shipping.

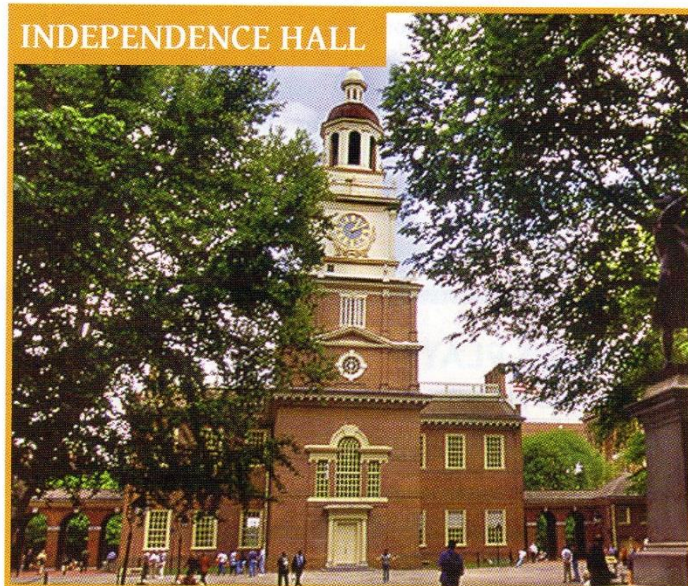
Visitors to the **Liberty Bell Center** can view video presentations, exhibits about the Liberty Bell, as well as the actual bell with the large crack that is about 2 inches wide and 2 feet long. Learn more at www.nps.gov/inde/liberty-bell-center.htm.

DON'T KNOW MUCH ABOUT HISTORY?

Have you forgotten what Mr. Costello of seventh grade history class taught you? Don't worry, checking out the incredible historic sites in Philadelphia is sure to jog your memory!

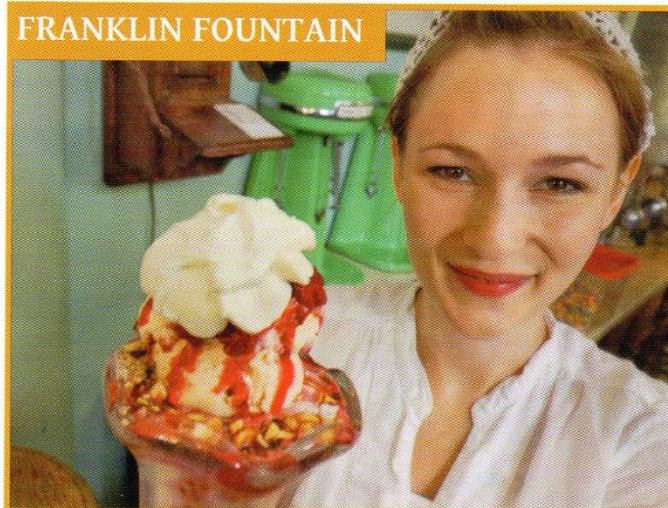
A visit to Philadelphia just isn't complete without touring the historic and iconic points. Take in **Independence Hall**, the birthplace of both the Declaration of Independence and the Constitution. **The Liberty Bell Center** offers a video presentation and exhibits about the Liberty Bell, focusing on its origins and its modern day role as an international icon of freedom. Stop by the home of America's most famous flag maker, **Betsy Ross** and tour her house (located just blocks from Independence Hall and the Liberty Bell). Information can be found of these historic sites and more at www.independencevisitorcenter.com.

INDEPENDENCE HALL



Sightsee in an old-fashioned horse and carriage ride or opt for a double decker bus or trolley to get you where you need to go. When you're done with your history lesson, head down to the **Franklin Fountain** (www.franklinfountain.com) for ice cream in an authentic parlor. Travel back in time in a meticulously recreated soda fountain complete with egg creams, banana splits, and homemade ice cream. I'm particularly fond of the ginger ice cream but Philadelphia Vanilla is sure to please. The Franklin Fountain also offers soy ice creams.

FRANKLIN FOUNTAIN



A FOODIE IN PHILADELPHIA

Stephen Starr likens the experience of dining out to that of attending a theater production. And Starr's dining experience does not disappoint. It truly entertains all of the senses. A trend setting restaurateur, **Starr** (www.starr-restaurant.com) has several restaurants located in Philadelphia, all accommodating the most discerning gluten-free foodie. Included in Starr's portfolio are **Buddakan** (www.buddakan.com) serving up Asian fusion (the wasabi mashed potatoes and lobster fried rice are amazing), **Alma de Cuba** (www.almadecubarestaurant.com) offering modern Latin cuisine, and **Morimoto** (www.morimotorestaurant.com), named after head chef Morimoto of Food Network's *Iron Chef*, prepares the very best in contemporary Japanese cuisine.

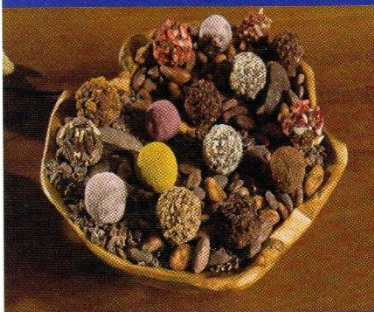
Jose Garces is owner and executive chef at nine restaurants (www.grg-mgmt.com) in the Philadelphia region and all are counted as amongst the city's best. Spanish tapas restaurant **Amada** (www.amadarestaurant.com) offers an extensive gluten-free menu. **Distrito** (www.distritorestaurant.com), a spirited celebration of the vibrant culture and cuisine of Mexico City offers an array of gluten-free options including a decadent flourless chocolate cake. **Tinto** (tintorestaurant.com) is a wine bar and restaurant inspired by the Basque region of Northern Spain and Southern France.

Within the **Ritz-Carlton Philadelphia** is the **10 Arts Bistro and Lounge** (www.10arts.com) by Eric Ripert. Much of the lounge as well as food menu offerings are gluten free. In addition, the talented Pastry Chef of 10 Arts is Monica Glass. Chef Moni was diagnosed with gluten sensitivity in 2009 and strives to change the way people see and eat gluten-free. Guests at 10 Arts can always find a gluten-free dessert option on Chef Moni's menu.

Sazon Restaurant and Cafe (www.sazonrestaurant.com) is a home-style restaurant serving authentic Venezuelan cuisine. Husband and wife team Robert and Judith create true magic in their restaurant. Gluten free & vegetarian options abound. Try the arepas (corn patties similar to a sandwich roll). I had the Grilled Veggie Delight arepa which had portabella mushrooms, eggplant, green pepper, tomatoes, onion, and spinach infused with cilantro pesto. The fried sweet plantains with shredded white cheese were the perfect combination of sweet and savory. Save room for Sazon's chocolate flan, caramel vanilla egg custard, and homemade chocolate truffles!

Be sure to save room for dessert! **Sweet Freedom Bakery** (www.sweetfreedombakery.com) is the first and only completely gluten-free, vegan, allergy-friendly bakery in the area! Be sure to try the Magic Bars and Cookie Sandwiches.

FOODIE FAVORITES IN PHILADELPHIA



▲ Assorted Gluten-Free Truffles from Sazon Restaurant

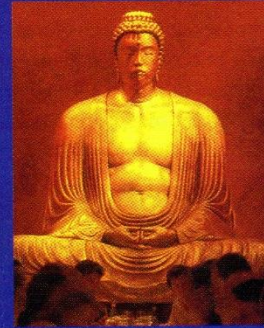


▲ Sweet Freedom Bakery has gluten-free cupcakes



▲ Cool taxi cab table booth at Distrito Restaurant

The city of Philadelphia and its surrounding suburbs are booming with gluten-free options. Whether it's fine dining, a casual night out, a bite on the go or a gluten-free cupcake, there are options for everyone. To help you find options in your neck of the woods, we've put together a Delight Philadelphia City Map that provides descriptions of restaurants as well as personalized directions. Check it out now at www.delightglutenfree.com/philadelphia.



Looking for more information on Philadelphia-area restaurants? Check out Michael Savett's **Gluten-Free Philly** blog for inside tips on Philadelphia and the surrounding regions. Michael is the father of a 10 ½ year old son who was diagnosed with celiac disease at age 3. Learn more at www.glutenfreephilly.com.