

AUGUST 30, 2012

FREE STYLE

Taking the gluten-free plunge in Lakeview



Want to add some [gluten-free](#) meals to your repertoire but dread spending hours scanning labels at [Whole Foods](#)? You're in luck: [Bountiful Eatery](#) is an adorable and affordable new [gluten-free](#) spot in Lakeview that's now on our healthy-lifestyle radar.

The casual restaurant has small tables for dining in, but most customers seem to choose carryout. We loved the filling but reasonably sized turkey-and-apple wrap (\$9) on a gluten-free pita from [Rose's Wheat-Free Bakery and Café](#) in Evanston. Like all of the wraps on the menu, it comes with a good-sized salad of kale and spinach.

The [best deals](#) are found on Bountiful's [smoothie](#) menu. We couldn't believe the 16-ounce options cost only \$4--considerably less than other places around town. We tried the Green Power smoothie with kale, spinach, bananas and apple juice, and today will make our third return visit to order the same thing--it's that good.

Other highlights include a kale-apple-walnut salad (\$8), the lean but juicy bison burger on a Rose's bun (\$10) and the veggie-laden tofu kebab (\$8). And we have to admit, we splurged on a gluten-free cookie (also from Rose's) and don't even feel all that guilty about it.

Now we see what the gluten-free hype is all about.

Bountiful Eatery, 3312 N. Broadway; 773-687-9811 or bountifuleatery.com

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