

## Bountiful Eatery serves it up gluten free!

HEALTHY EATING | SEPTEMBER 27, 2012 | BY: MELISSA DILEONARDO |



Bountiful Eatery: Gluten-free eating in Lakeview!

**Credits:** Ed O'Brien

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### RATING FOR BOUNTIFUL EATERY, CHICAGO, IL



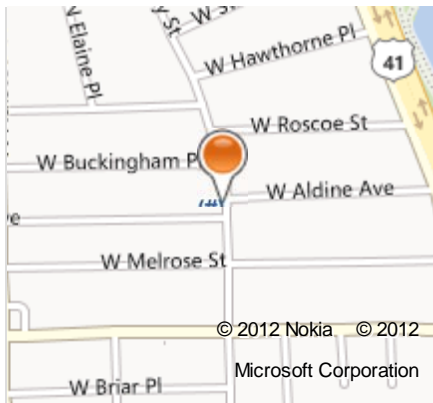
I recently had the pleasure of enjoying a weekend luncheon at Bountiful Eatery - Chicago's latest [gluten-free](http://en.wikipedia.org/wiki/Gluten-free_diet) ([http://en.wikipedia.org/wiki/Gluten-free\\_diet](http://en.wikipedia.org/wiki/Gluten-free_diet)) casual eatery in the Lakeview neighborhood. My guests and I all have specific dietary needs: gluten-free, vegan, high protein/low-carb, and vegetarian. Bountiful Eatery provided a variety of fresh and healthy choices that were reasonably priced and very flavorful.

Recently opened, Bountiful Eatery advertises, "Fresh healthy eating that's gluten free." Their mission statement: *A healthy meal for everyone.* As more individuals learn to avoid processed foods, or try eliminating gluten from their

diets due to allergies and/or sensitivities, having a convenient go-to place for a quick casual meal can be tricky. Bountiful Eatery not only fits the bill for healthy and inexpensive brunch, lunch, and dinner, but also works to develop community wellness by hosting various events.

Back to the meal: Bountiful's menu is easy to navigate and provides a variety of options. You can choose

between a sandwich (made on a gluten-free pita from Rose's Bakery), salads, soups, grilled selections (burgers and kabobs), and brunch items - including gluten-free muffins, and French toast! Bountiful Eatery also makes a made-to-order smoothies, using a variety of fresh vegetables, fruits, supplements, and both dairy and non-dairy products. There is something for everyone.



**Location:** 3312 N. Broadway, Chicago, IL 60657

The bison burger was grilled to perfection and very savory. Served with a green salad and quinoa on the side, the plate provides a substantial portion that will give you the energy you need to get through your afternoon or evening routine. One of my guests raved over the Three Salad Sampler, which allowed her to get a taste of Bountiful's signature quinoa, black bean, and chickpea salads. Just the right amount of each salad that is filling, but not indulgent. We were lucky enough to sample a naturally delicious seasonal pumpkin spice [smoothie](http://en.wikipedia.org/wiki/Smoothie) (<http://en.wikipedia.org/wiki/Smoothie>) that was not over powered with sugar. The Spinalicious smoothie (spinach, peaches, strawberries, and apple juice) is a great way to drink your fruits and vegetables. Adding a boost of energy, vitamin C, or soy/whey protein can enhance these tasty drinks for more balanced nutrition.

Bountiful Eatery's website lists their upcoming events and classes: everything from [gluten-free beer](http://en.wikipedia.org/wiki/Gluten-free_beer) ([http://en.wikipedia.org/wiki/Gluten-free\\_beer](http://en.wikipedia.org/wiki/Gluten-free_beer)) tasting to lectures on [celiac](http://www.health.com/health/library/mdp/0,,nord222,00.html) (<http://www.health.com/health/library/mdp/0,,nord222,00.html>) disease/gluten allergy. Coming soon, Bountiful Eatery will also host community yoga classes on Tuesday and Thursday mornings. You can learn more about Bountiful Eatery's mindful menu and upcoming happenings via their website: [www.bountifuleatery.com](http://www.bountifuleatery.com) (<http://www.bountifuleatery.com>). The Lakeview venue is also available for parties and if you can't get to Bountiful you can have their healthy meals delivered to your door.

Not sure you will feel satisfied with a gluten-free or vegan meal? Get to Bountiful Eatery and learn how healthy eating can be both nourishing and delicious.



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Melissa diLeonardo is a Certified Personal Trainer and Group Fitness Instructor via The American Council on Exercise. She is also a Registered Yoga Teacher (RYT-200). Melissa loves to help others feel good and achieve goals through movement and body awareness. She is a member of [Crossfit](#) Chicago...