

Colorado Restaurants with *healthier* options that are more likely to accommodate your special needs

Many of these restaurants will accommodate your special needs and others use organics and whole foods. Call in advance to determine if the restaurant is compatible with your health needs and make known any special requests. Bon appétit.

Denver and Surrounding Areas

Abrusci's Italian (GF menu), 3244 Youngfield, Wheat Ridge, 303-232-2424; 300 Fillmore St., Denver/Cherry Creek.

Black Pearl, 1529 S. Pearl St., Denver, 303-777-0500, www.blackpearldenver.com

City, O' City (GF menu), 206 E. 13th Ave., Denver, 303-318-9844, www.watercoursefoods/locations.com

Deby's Bakery (GF menu), 2369 S. Trenton Way, Denver, 303-283-4060, www.debysglutenfree.com; completely gluten-free grocery store and manufacturing facility with more 400 gluten-free items.

Govindas, 1400 Cherry St., Denver, 303-333-5462

Indochine Cuisine & Caterer (GF menu), 10920 S. Parker Rd.#B9, Parker, 720-851-8559, www.indochine-cuisine.com

Kaos Pizzeria (GF menu), 1439 S. Pearl St., Denver, 303-733-5267, www.kaospizza.com

Larkburger (GF menu), 8000 E. Belleview Ave., Greenwood Village, 303-779-0093; 340 East Alameda, Denver, 303-963-5357; www.larkburger.com

Linger, 2030 W. 30th Ave., Denver, www.lingerdenver.com

Luca D'Italia, 711 Grant St., Denver, 303-832-6600

Maggiano's Little Italy (GF menu), 500 16th St., Denver, 303-260-7707;
7401 S. Clinton St., Englewood, 303-858-1405

Mercury Café, 2199 California St., Denver, 303-294-9281

Mizuna, 225 E. 7th Ave., Denver, 303-832-4778

Naturally Organic, 5470 S. Parker Rd., Aurora, 303-400-1150

P.F. Chang's (GF menu), www.pfchangs.com

Broomfield/Flatirons: 1 W Flatiron Drive Unit 500, Bldg. 5, 720-887-6200

Denver: 1415 15th St., 303-260-7222

Lakewood: 7210 W Alameda Ave., 303-922-5800

Park Meadows: 8315 S Park Meadows Center Dr., 303-790-7744

Panzano (GF menu), corner of 17th and Champa, downtown Denver, 303-296-3525,
http://www.panzano-denver.com/menu.php?sec_id=34

Pizza Fusion (GF menu; organic), 571 E. Colfax Ave., Denver, 303-830-0223,
www.pizzafusion.com

Posh Pastries, 10471 S. Parker Rd., Parker, 303-840-1251, www.poshpastriesbakery.com; gluten-free available.

Potager Restaurant, 1109 Ogden, Denver, 303-832-5788, potagerrestaurant.com

Raw, 3531 S. Logan St., Englewood, 303-921-0220, www.doughrawme.com

Rheinlander Bakery (GF), 5721 Old Wadsworth Blvd, Arvada, 303-467-1810,
Sweetdeliverance.com or www.Wheatfreefood.com

Root Down, 1600 W. 38th Ave. Denver, 303-993-4200, rootdowndenver.com

Sazza, 2500 E. Orchard at University, Greenwood Village, 303-797-2992,
www.sazzarestaurant.com

Soul Food, 6th Ave. & Washington St., Denver, 303-837-1460

Tzatziki's Mediterranean, 5919 S. University Blvd., Denver, 303-730-1175

Watercourse Foods (GF menu), 214 E. 13th Ave., Denver, 303-318-9843, watercoursefoods.com

Via Yias, 8310 E. Belleview, Greenwood Village, 303-741-1110

Z Cuisine, 2239 & 2245 West 30th Ave., Denver, 303-477-1111, zcuisineonline.com

zpizza (GF menu), 4940 S. Yosemite St, E-9, Greenwood Village, 303-221-0015, www.zpizza.com

Boulder

Boulder Tea House, 1770 13th Street, 303-442-4993

Café Prasad, 904 Pearl St., 303-447-2667

Laudisio Italian Restaurant (GF menu), 29th and Canyon, www.laudisio.com

Leaf, 2010 16th St., 303-442-1485

Organica Café, 1634 Walnut St., 303-443-1368

Sushi Zanmai, 1221 Spruce St., 303-440-0733, www.sushizanmai.com

Turley's, 2805 Pearl St. (28th and Pearl St.), 303-442-2800, www.turleysrestaurant.com

V.G. Burgers, 3267 28th St., 303-440-2400

zpizza (GF menu), 1695 29th Street, #1252, (303) 545-5222, www.Zpizza.com

Colorado Springs

Adam's Mountain Café, 110 Cannon Ave., Manitou Springs, 719-685-1430, adamsmountain.com

The Blue Star, 1645 Tejon, 719-632-1086

Dale St. Café, 115 E. Dale Street, 719-578-7998, www.mydalestreetcafe.com

Extreme Pizza (GF), 7340 N. Academy, Colorado Springs, 719-522-1515

Gertrude's Restaurant, 2625 W. Colorado Ave., 719-471-0887, www.gertrudesrestaurant.com

La Creperie (GF menu), 204 N. Tejon, 719-632-0984

Outside The Bread Box (GF), 2027 W. Colorado Ave., 719-633-3434,
www.outsidethebreadbox.com; available for purchase at Vitamin Cottage.

Sammy's Deli, 830 Arcturus, 719-471-3348, www.sammysorganics.org

Sencha, 331 S. Nevada, 719-632-8287

Sonterra Grill (GF menu), 28B S. Tejon St., 719-471-9222, www.rockymtnrg.com/sonterragrill

Springs Orleans (GF menu), 123 E. Pikes Peak Ave., (719) 520-0123, www.springsorleans.com

The Olive Branch (GF menu), 23 S. Tejon St., (719) 475-1199, www.theolivebranchrest.com

Walter's Bistro, 1606 W. 8th, 719-630-0301, www.waltersbistro.com

Breckenridge

Blue Moose, 540 S. Main, 970-453-4859

Evergreen

Whispering Weeds, 27972 Meadow Dr., 303-567-0140

Longmont

Sweet Escape Pastries, 600 S. Sunset, Ste D, 720-204-2062, sweetescpastries.com; wholesale outlet.

Vail

Terra Bistro (GF menu), 352 E Meadow Dr., 970-331-0005, terrabistrovail.com

Personal Chefs

Cucina Susanna, Susan Martinez, 303-918-7453