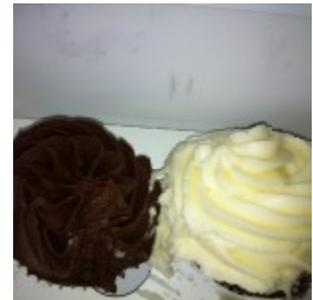


Savory & Safe Sister Weekend in Fredericksburg, VA

Two weekends ago I had a much needed sister weekend with my older sister, Lisa. She recently moved to [Cary, NC](#) and we decided to meet about half way between where we each live. This put us in [Fredericksburg, VA](#). We stayed at the [Marriott Courtyard Fredericksburg Historic District](#). In the weeks before our trip I researched some things I wanted to do and safe places to eat. Using the internet and social media can really help when planning an allergen free trip! As always, I also packed some healthy peanut free and gluten free snacks.

Due to traffic on 95S I arrived for a later than planned in Fredericksburg. Lisa arrived first, while she was waiting for me she went to scope out one of the places on my must do list, [Colonial Cupcakes](#). Colonial Cupcakes has a peanut free kitchen and every day has one gluten free cupcake option- heaven for me! Such a nice sister, she bought me one of the last gluten free peanut free cupcakes for the day! We ate a late lunch at [Soup and Taco](#) right on Caroline Street. I had chicken tacos (corn tortillas). They were good and safe! Then, an afternoon of shopping and talking with my sister. What could be better? A few of the stores that we really enjoyed included: [Ladyburg Modern Skincare Apothecary](#) ([Facebook page](#)), [Taste Oil, Vinegar, and Spice](#), [The Virginia Wine Experience](#), [Whittingham and the Kitchen at Whittingham](#), as well as some resale shops and boutiques on Caroline Street and side streets. One of my favorite treats is “fancy” soap and I found many options at the Ladyburg Apothecary. The owners were there and very welcoming! Taste oil vinegar and spice was a fun place where you can actually sample the many balsamic vinegars and olive oils. I purchased some for gifts and the blueberry balsamic for our family. The staff was very helpful and confirmed it was safe for me to sample their vinegars and oils. After shopping and a little rest at the hotel it was back out for dinner!

I had several options for dinner, but we chose – [Castiglias Italian Restaurant](#) and wow I am really glad we did! This place was hands down the best Italian restaurant I have gone to yet that offers gluten free menu items. I had read that the owner has a family member with [celiac disease](#) and had several gluten free options. They have a separate gluten free menu, just ask for it. It was busy of course as was a Saturday night, but we didn't have to wait too long! Our waiter was excellent and took my diet needs seriously. Lisa and I shared gluten free mozzarella sticks that were just delicious and not too heavy with a side of marinara. Lisa does not have to be gluten free but she also really enjoyed this app. I also ordered a side salad. I decided to order the pizza (ricotta, mozzarella, chicken) with a side of pizza sauce even though there were many gluten free options. The pizza was a full size pizza which is rare for gluten free. It



tasted superb and to-date the BEST gluten free pizza I have ever had! I had to take what I couldn't eat back to the hotel room which had a refrigerator. Lisa & I ended up eating it for breakfast the next day! After dinner, more talking for us sisters before bed.

Sunday morning we did a quick workout, had a swim in the hotel pool and soak in the hot tub. We ate the leftover pizza for breakfast. After showering we hit Caroline street for a few more items we wanted to bring back home. I also got to see Colonial Cupcakes for myself and ordered some to bring home to the family. The employees where all dressed in colonial uniforms and the store is in a house setting. Very fun and safe! We stopped by the [Hugh Mercer Apothecary Shop](#) as well. About mid-day we had to pack our cars and head home. I was lucky to have some quality time with my sister. It always goes too quick!

One place we didn't get to eat at was [Foode](#). I had called them ahead of time and they were willing to work with my diet restrictions, emphasizing that their kitchen was small. After discussion, I felt more comfortable trying brunch, but we will have to try next time. Fredericksburg, VA was such a quaint historic town. Some of the buildings reminded me of one of my hometowns, Annapolis, Maryland. I hope we will get to meet up again for another savory and safe sister's weekend sooner rather than later!



