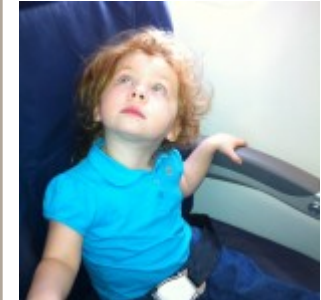


Eating Success in Cary, NC!

Over Veteran's Day weekend my daughter (age 2) and I went to visit my sister and her family in [Cary, NC](#). They have only lived there about a year and a half so I am not that familiar with the area yet. My sister is a teacher so she had off of work on Veteran's day. We arrived on a Saturday and returned home Monday evening. To be honest, I hadn't done too much research on gluten free restaurants before arriving except for gluten free pizza. My sister told me ahead of time that the neighbors would be coming over with their children Saturday night for a pizza party. I found several gluten free blogs for North Carolina including a [Gluten Free Raleigh blog](#); Raleigh isn't too far from where my sister lives. Of course I brought some safe foods for traveling and my stay.



Up, Up, & Away to Cary, NC

I thought I would share a few of the places that I had **successful gluten free and peanut free meals in Cary, NC**.

1. We went to [Zoes Kitchen](#) for lunch on Saturday right after my sister picked us up! I had never hear of this restaurant and it was a delicious finding. It is a fast food type, but has good quality healthy choices. I had the Tomato Bisque soup and the Chicken Kabob which comes with braised white bean and a side greek salad. The food was delicious and the Kabob meal had such generous portions that I gave a whole kabob to my brother-in-law.



Zoes gluten free menu

2. I found two pizza places that carry gluten free pizza near where my sister lives. They are [zpizza](#) and [Mellow Mushroom](#). They choose to order from Mellow Mushroom and the pizza was pretty good.

3. On Sunday we took a picnic lunch to a nearby park. The park was great with lots of fun things for kids to do, a giant covered pavilion, and restrooms! We all had a great time enjoying the gorgeous weather outside. On the way home before my daughter's afternoon nap we went to [Yopop](#) for Frozen Yogurt. This frozen yogurt is made from natural ingredients and has live probiotics. I actually didn't think that I would get to eat any due to my deadly peanut allergy. However, after discussing my peanut allergy and gluten intolerance with the manager, I found out that the store we went to does not carry any peanut flavors due to many kids with allergies. They had their gluten free flavors posted for all to see. I was able to enjoy a chocolate and vanilla swirl frozen yogurt which was like heaven. I can't tell you the last time I ate frozen yogurt that wasn't at home!



4. Monday morning my brother in-law watched the kids while my sister and I walked to have breakfast at [Tossed!](#) They have a gluten free menu and are very allergy aware. My sister and I shared a fresh fruit smoothie! This was also exciting as I usually cannot have smoothies out as they are high risk for cross

contamination. However, after conversations with staff at the restaurant I found that they do not carry any nut products to mix in the smoothies. The staff also re-washed the blender for me just to be extra careful. My sister and I both had omelets only she had bread with hers and I did not. It was so great to have a little time alone with my sister, enjoy a safe meal, and sit outside as the weather was amazing that weekend.

What towns have you had success while dining with food allergies or intolerance?