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## Riding the Peanut Free & Gluten Free Waves in Ocean City, Maryland

Just about a month ago we went to **Ocean City (OC), Maryland** for a post labor day vacation. This is a great time for the beach as kids are back in school and hotel rates are lower. I grew up going to OC MD and had a great time enjoying it with our 2-year-old daughter for the first time. I decided that I would have a technology free vacation and therefore did not take pictures of food or tweet during the trip. However, I thought others might find helpful some of the places I found to eat that had peanut free and gluten free options.



The first place of course is our own hotel room! We stayed at the **Holiday Inn Oceanfront** on 67<sup>th</sup> street. I choose this place for many reasons including an almost full size refrigerator in the complete kitchen! I always bring safe foods to eat when traveling and it was great to have a place to store and prepare items. This hotel is great for anyone, but especially families. We were there on the last day the poolside bar was open and that was much fun to sip a drink in the pool.

A place I really enjoyed for breakfast was **Layton's on 92nd**, ocean side. Layton's has gluten free options for all meals! I had gluten free pancakes and fresh fruit. It was very tasty and a nice change from eggs, which is what I usually find when eating breakfast out that, is gluten free and peanut free. While we were there I heard several other customers ordering gluten free items.

**Dead Freddie's** was a fun pirate themed restaurant on 62<sup>nd</sup> street ocean side right near our hotel. There is something for everyone; they have a sports bar, restaurant with inside and outside seating, and an outdoor pirate themed play area for kids with sand. Being a Maryland girl at heart I had to have something with crab. After asking some questions and waiting, I was so happy to learn that the crab dip was gluten free as well as peanut free. I subbed celery for the bread and enjoyed it greatly. I was able to find several safe items for dinner, but decided on salad (no croutons) and chicken.

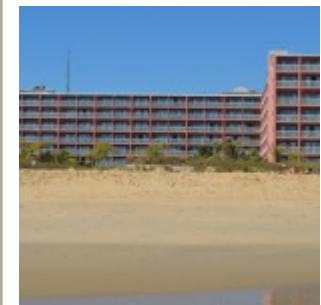
For our crab night we went to **The Crab Bag** at 13005 Coastal Highway. I like my crabs Maryland style and we have learned over the years to spend the money to buy the larger ones by the dozen versus the all you can eat. We brought an arsenal of toys and items to keep our toddler busy in order to spend the time needed for crabs. A table near us was in the same situation trying to enjoy this Maryland specialty with a toddler.

The boardwalk can be a stressful place for those of us with diet restrictions, especially nut or peanut allergies. There are so many items which are not safe to eat due to nuts or high risk of cross contamination such as the popcorn, ice cream, french fries, fudge or candy from Candy's Kitchen. One place on the

boardwalk that was a great place to dine was the [Harrison's Harbor Watch](#), at the end of the boardwalk. On our last night, we enjoyed this restaurant that has great views and has gluten free notations on the menu, which makes choosing your safe meal easier. I enjoyed the crab imperial as my entrée and it was great. Not something I usually recommend, but I enjoyed something with crab each day on this trip!

One restaurant on the boardwalk that we did not have a chance to go to but I have heard has a gluten free menu is [Shenanigan's Irish Pub & Grille](#) on 4<sup>th</sup> street & the Boardwalk. I will have to remember this for my next trip to OC MD. I hope I get to ride the waves again safely sooner rather than later.

***What are your favorite beaches and restaurants to visit?***



Holiday Inn Ocean Front, OC MD