

# Download Essential Gluten Free Grocery Triumph Dining

Find 5,000 Gluten Free Restaurants and 30,000 Gluten Free Foods in Triumph Dining's annual guides. A question commonly asked by those just starting out on a gluten-free diet. And the answer, in a word, is yes. While that initial, one-worded answer is straightforward, there are some finer points that make it worth discussing at greater length. Have you noticed a McDonald's on every street corner in your area? Most people seem to take McDonalds for granted, but for someone with celiac disease, if you are traveling or stuck out in public for whatever reason, having McDonald's gluten-free menu nearby can be very beneficial and reassuring. Lettuce Entertain You Enterprises, Inc. (LEYE) is an independent, family-owned restaurant group based in Chicago that owns, manages and licenses more than 130 establishments in Illinois, Arizona, Minnesota, Maryland, Nevada, California, Virginia and Washington D.C.