

NYC Lower East Side Food Tour Dietary Restrictions (gluten-free & vegan)

We go to 6 of the following places, we choose the places, subject to change

Katz's Delicatessen

Gluten-free: beef pastrami

Vegan: pickles

Russ and Daughters

Gluten-free: dried fruit

Vegan: dried fruit

El Castillo de Jagua

Gluten-free: mashed plantains with egg and salami

Vegan: mashed plantains with onion

Arancini Bros.

Gluten-free (none)

Vegan: multiple vegan flavors arancini

Pickle Guys

Gluten-free: everything

Vegan everything except pickled fish

Kossar's Bilays

Gluten-free: smoked salmon

Vegan: plain bialy

Doughnut Plant

Gluten-free: gluten-free donuts available

Vegan: vegan donuts available