

New Orleans Lower Garden District Food Tour

Gluten-Free & Vegan Options

Subject to change with the season!

Turkey and the Wolf

GF: cobb salad

Vegan: Vegan Chik'n Sandwich

Juan's Flying Burrito

GF: Tacos Americanos on a corn tortilla

Vegan: Mardi Gras Indian taco, no cheddar jack

Little Korea BBQ

GF: banchan

Vegan: banchan

Lilly's Cafe

GF: spring roll

Vegan: vegan egg roll

Stein's Market and Deli

GF: Xim Salad

Vegan: garden salad

District Donuts Sliders and Brew

GF: gluten-less donut drop

Vegan: one small cafe drink

