

New Orleans French Quarter Food Tour

Gluten-Free & Vegan Options

Subject to Change with the Season!

Felix's Oyster Bar

GF: chargrilled oysters, no breadcrumbs

Vegan: garden salad or french fries

Leah's Pralines

Gluten Free: praline

Vegan: candied pecans

The Royal House:

Gluten Free: jambalaya

Vegan: fried eggplant, no parmesan

Nola Po-boys

Gluten Free: red beans

Vegan: grilled veggie poboy no mayo

Central Grocery:

Gluten Free: olive salad and zapps chips

Vegan: olive salad and zapps chips

The New Orleans Creole Cookery:

Gluten Free: Shrimp Creole

Vegan: steamed veggies and Cajun rice