

Downtown LA Food Tour Dietary Restriction Alternatives

The tour visits six of the following restaurants, subject to change. In cases where there is no alternative tasting option at one restaurant, the guide will order an alternative from another restaurant on our list so that everyone on the tour will get six different tastings total.

Pitchoun Bakery

Gluten-free: Macaron

Vegetarian: Almond Croissant

Vegan: Macaron

Dairy Free: Almond Croissant

Nut Allergy: Regular or Chocolate Croissant

Horse Thief Barbecue

Gluten-free: Beef Brisket

Vegetarian: Mac n Cheese OR Cornbread OR Potato Salad

Vegan: N/A

Dairy Free: Beef Brisket

Nut Allergy: Beef Brisket

Sari Sari Store

Gluten-free: Pork Belly Skewer

Vegetarian: Adobo Shishito Peppers

Vegan: Adobo Shishito Peppers

Dairy Free: Pork Belly Skewer

Nut Allergy: Pork Belly Skewer

DTLA Cheese

Gluten-free: N/A

Vegetarian: OG Grilled Cheese

Vegan: N/A

Dairy Free: N/A

Nut Allergy: OG Grilled Cheese

Guisados

Gluten-free: Most taco options here are gluten free

Vegan: Vegan Peppers Taco (sautéed red and green bell peppers and onions topped with avocado) OR the Vegan Medley Taco (a mixture of sauteed vegetables topped with salsa verde)

Vegetarian: Squash Taco OR Mushroom Taco

Dairy Free: Most taco options here are dairy free or can be made dairy free

Nut Allergy: Most taco options here have no nuts

Gyoza Boys

Gluten-Free: All gyoza dumplings here are gluten-free

Vegan: Vegetable gyoza dumplings

Dairy Free: All gyoza dumplings here are dairy-free

Nut Allergy: All gyoza dumplings here have no nuts

Little Damage

Gluten-free: The four seasonal rotating ice cream flavors are gluten-free

Vegetarian: The four seasonal rotating ice cream flavors are vegetarian

Vegan: One of the four seasonal rotating ice cream flavors is always vegan and dairy free

Dairy Free: One of the four seasonal rotating ice cream flavors is always vegan and dairy free

Nut Allergy: The four seasonal rotating ice cream flavors have no nuts

Donut Friend

Gluten-free: N/A

Vegetarian: All donuts at Donut Friend are vegan

Vegan: All donuts at Donut Friend are vegetarian

Dairy Free: All donuts at Donut Friend are dairy free

Nut Allergy: Many of the donut options are nut free