

ALLERGY SHOTS

BURGER UP!

Come one, come all; these allergy- and veg-friendly foods have an open invitation this barbecue season.

—Alisa Fleming

THE BUN

Gluten-free & Toasty!

Gently grill these perfectly sized rolls for a gluten-free taste of hamburger heaven. **Canyon Bakehouse** runs a gluten-, dairy-, nut- and soy-free facility. They do use eggs. \$5/4-pack. In natural food stores nationally and sold online; see www.canyonbakehouse.com.

THE CHEESE

Going Gour-Melt

Reintroduce Swiss, Provolone and Cheddar to your burger with **Daiya's** new tapioca-based Dairy-Free Slices. Free of the Top 8 allergens, gluten and corn, it's hard to believe how luxurious they taste. \$4.99-\$5.99/7.8 oz (11 slices). In stores nationally; see www.daiyafoods.com.

THE BURGER

Faux-Free Patties

Skip the soy "meat"! For a true veggie burger experience, **Crunch** contains organic quinoa, millet and vegetables. All four flavors (Original, Spicy Italian, Sweet Curry and Green Chile) are free of dairy, soy, corn, eggs and nuts and made in a gluten-free facility. \$4.99-\$6.99/4-pack (3.2 oz each). In stores nationally; see www.crunchfoods.com.



THE BUN

Rollin' in Options

Rudi's Gluten-free Buns (\$5.99/4-pack) recently received a "soft and fluffy" recipe makeover. Meantime, the company's organic line (\$4.79/8-pack) boasts white, wheat, 100% whole wheat and potato sliders as a vessel for your burger. Baked in a dairy- and nut-free facility; the gluten-free variety contains eggs. In stores nationally; see www.rudisbakery.com.

THE CHEESE

Fantastic Four

Customize your "cheeseburger" with American, Cheddar, Pepper Jack or Mozzarella Rice Vegan Slices from **Go Veggie!** New purple packaging makes these dairy-free, calcium-rich finds easy to spot. Contact the company regarding their strict allergen practices. \$3.49/6.7 oz (10 slices). In stores nationally; see www.goveggiefoods.com.

THE BURGER

Grand Grillers

Who knew the "World's Best Veggie Burger" was gluten-free certified and made in a Top 8-free production facility? **Hilary's Eat Well** also boasts a nutritious Adzuki Bean Burger and their new Hemp & Greens Burger. \$3.29-\$3.99/2-pack (3.2 oz each). In natural food stores nationally; see www.hilaryseatwell.com.

The Condiments:

Now it's time to dress your perfect burger. See page 10 for our great selections: from blue 'cheese' and coleslaw dressings to allergy-friendly BBQ sauce.