



GLUTEN-FREE

INFORMATION REGARDING GLUTEN-FREE FOODS AT O'HARE INTERNATIONAL AIRPORT

Almost every O'Hare food location can prepare meals with gluten-free ingredients.

Our airport kitchens do not have gluten-free kitchen preparation areas. Therefore, O'Hare concessions cannot guarantee foods are free of gluten cross-contamination.

For those with severe Celiac Disease, a serious genetic autoimmune disease, several airport locations offer completely gluten-free foods, prepared in gluten-free environments, including:



CIBO Gourmet Express Market

T2 Main Hall and near Gate H1

Offers gluten-free prepackaged turkey and tuna sandwiches, chips, breakfast and protein bars. Gluten-free brands such as Lesser Evil RX Bars, Sink, Paqui, Dang Chips, and more! CIBO Gourmet Express Market also offers vegan, Kosher, and Healthy Fare for Kids (TM) meals that comply with F.I.T. City Initiatives.



Fresh Market on the Go

Gate C23

Fresh Market on the Go offers a wide selection of Kind Bars, Mocha Bites, Nugo Chips, Daily Crave Veggi Sticks, Deep River items, Go Snacks and Go Picnic items, Mrs. Mays Crunches, Quest Snacks, wide assortment of Chocolates, Jerky Nick Sticks, Chobani yogurt, and Next Organic bagged nuts and fruits.



Green Market

Gates H6, L3

Small gluten-free snacks available such as RX Bars, Kind Bars, Nugo Bars in multiple flavors, Kettle Chips, Quinoa and GuS beverages.



Jamba Juice

Gate B7

Offers smoothies, cold coffee brews, fresh fruit juices, and Boosts.



Nuts on Clark

Gates C19, E4, H8, T5 Baggage Claim

Completely gluten-free - all menu items.



Smoothie King

Gate B6

All Smoothie King items from smoothies, to punches to breezes...are gluten-free and prepared in a gluten-free kitchen. Smoothie King is dedicated to their "Cleaner Blend" initiative, which eliminates all artificial colors and flavorings from their products.



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A sampling of Gluten-Free Ingredient* Options served at O'Hare locations:



Eat Well. Travel Further.

Gate F20

Bento boxes themed around current lifestyle eating habits such as a Paleo Lunch Box, Protein Snack Box and a Vegan Lunch Box.



Farmers Fridge

Gates B20, F9, K6, T3 Baggage Claim, T5 Baggage Claim

Vending machines featuring fresh healthy salads.



Green Market

Gates H6, L3

Chopped Chicken Chipolte Salad, Harvest Salad, Caprice Salad, Roasted Root, Hummus & Veggies, Coming Soon: Classic Chef Salad, Edamame & Chick Pea Salad, Bacon Cheddar Potato Salad and Tuna Protein Box.



Hub 51

Gate M10

Sushi Rolls, Arugula Salad, Brussels Sprout Salad, Sonoma Salad, Roaster Turkey Chopped Salad, Denver, Mexican, and Spinach & Cheddar Omelets.



Tocco

Gate M7

Breakfast Tegamino or Asparagi prepared with gluten-free pasta. Bisanzio, Carbonara and Salmone entrees made with gluten-free pasta choices.



Tortas Frontera by Rick Bayless

Gates B10, K4, M12

Taqueria Salad - Romaine, arugula, radishes, roasted onion, carrots, roasted Poblano, queso cotija, avocado lime dressing, crunchy tortilla strips and avocado.



Wicker Park Seafood & Sushi Bar

Gates C1, E1

Select from many health-centric choices from Raw bar, Nigiri and Sushi Rolls.

* This is a list of gluten-free **INGREDIENT** options - not necessarily prepared in gluten-free kitchens that avoid cross-contamination.