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The year in review: Fine dining for those with dietary restrictions

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Grill Angus Tenderloin at the Fuego Restaurant

Credits: Photo By Cori Solomon

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Each year I put together a list of [restaurants](http://www.examiner.com/restaurants) (<http://www.examiner.com/restaurants>) that go overboard to accommodate those with [dietary restrictions](http://www.examiner.com/topic/dietary-restrictions/articles) (<http://www.examiner.com/topic/dietary-restrictions/articles>). Discovering fabulous gourmet dining can be difficult for allergy sufferers and those with dietary restrictions. Finding restaurants both in and around Los Angeles as well as other parts of the nation where the chef will adapt his menu to meet your needs can sometimes be

daunting.

Being an allergy sufferer myself, I know that when I dine out, [fine dining](http://www.examiner.com/topic/fine-dining) (<http://www.examiner.com/topic/fine-dining>) to be specific, I want something special, not something I can cook at home. I dislike when a gourmet restaurant suggests I remove a sauce, poach or grill the meat or fish thereby taking the easy

way out. For me that shows lack of creativity on the part of the chef.

This year I found several restaurants that had the perfect menu for those with dietary restrictions or allergies. I also discovered many chefs who embraced the situation by going that extra mile and at the same time enjoying the creative aspect of doing something a bit different and out of the norm.

2011 restaurants catering to those with allergy or dietary issues:

[Nirvana Grill](http://www.examiner.com/epicurean-travel-in-los-angeles/absolutely-nirvana-nirvana-grille-is-a-top-laguna-beach-restaurant-review) (<http://www.examiner.com/epicurean-travel-in-los-angeles/absolutely-nirvana-nirvana-grille-is-a-top-laguna-beach-restaurant-review>), Laguna Beach, CA

[Mastro's Restaurant](http://www.examiner.com/epicurean-travel-in-los-angeles/mastro-s-restaurant-the-number-one-scottsdale-steakhouse-by-far-review) (<http://www.examiner.com/epicurean-travel-in-los-angeles/mastro-s-restaurant-the-number-one-scottsdale-steakhouse-by-far-review>), Scottsdale, AZ

[West Restaurant and Lounge at the Angeleno Hotel](http://www.examiner.com/epicurean-travel-in-los-angeles/west-restaurant-and-lounge-hotel-angeleno-s-best-keep-secret) (<http://www.examiner.com/epicurean-travel-in-los-angeles/west-restaurant-and-lounge-hotel-angeleno-s-best-keep-secret>), Los Angeles, CA

Frank & Albert's at the Arizona Biltmore, Phoenix AZ

[Succulent Café and Trading Company](http://www.examiner.com/epicurean-travel-in-los-angeles/succulent-cafe-trading-company-solvang-s-up-and-coming-restaurant-review) (<http://www.examiner.com/epicurean-travel-in-los-angeles/succulent-cafe-trading-company-solvang-s-up-and-coming-restaurant-review>), Solvang, CA

[4300 Restaurant](http://www.examiner.com/epicurean-travel-in-los-angeles/central-coast-wine-and-dine-demetria-estate-winery-and-4300-restaurant) (<http://www.examiner.com/epicurean-travel-in-los-angeles/central-coast-wine-and-dine-demetria-estate-winery-and-4300-restaurant>), Lompoc, CA

[Fuego Restaurant](http://www.examiner.com/epicurean-travel-in-los-angeles/fuego-restaurant-award-winning-santa-fe-restaurant-review) (<http://www.examiner.com/epicurean-travel-in-los-angeles/fuego-restaurant-award-winning-santa-fe-restaurant-review>), Santa Fe, NM



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