



GLUTEN FREE GUIDE TO

MAJOR LEAGUE BASEBALL

STADIUMS

urban tastebuds by ADAM BRYAN

THE GLUTEN FREE GUIDE TO

MAJOR LEAGUE BASEBALL STADIUMS

Major League Baseball ballparks across the nation have become extremely gluten-free friendly throughout the past seasons. Today, all 30 teams' stadiums offer gluten free fantastic food and beer options, most of which are available in special gluten free carts.

And I'm not just talking about bun-less burgers, hot dogs, and gluten free beer – I'm talking about cheesesteaks, nachos, chili cheese fries, sushi, Korean BBQ, fruit platters, fish n' chips, and so much more!

Here's a simple guide to every gluten-free option available at each ballpark. Just look for your team on the next page to find their gluten free menu, options, and cart location within the ballparks.

Let's play ball!

TABLE OF CONTENTS (clickable)

NATIONAL LEAGUE WEST	4
ARIZONA DIAMONDBACKS AT CHASE FIELD	4
COLORADO ROCKIES COORS FIELD	4
LOS ANGELES DODGERS AT DODGER STADIUM	4
SAN DIEGO PADRES AT CHASE FIELD	5
SAN FRANCISCO GIANTS AT AT&T PARK	5
NATIONAL LEAGUE CENTRAL	6
CHICAGO CUBS AT WRIGLEY FIELD	6
CINCINNATI REDS AT GREAT AMERICAN BALL PARK	6
MILWAUKEE BREWERS AT MILLER PARK	6
PITTSBURGH PIRATES AT PNC PARK	7
ST. LOUIS CARDINALS AT BUSCH STADIUM	7
NATIONAL LEAGUE EAST	8
ATLANTA BRAVES AT TURNER FIELD	8
MIAMI MARLINS AT MARLINS PARK	8
NEW YORK METS AT CITI FIELD	8
PHILADELPHIA PHILLIES AT CITIZENS BANK PARK	9
WASHINGTON NATIONALS AT NATIONALS PARK	9
AMERICAN LEAGUE WEST	10
HOUSTON ASTROS AT MINUTE MAID PARK	10
LOS ANGELES ANGELS AT ANGEL STADIUM OF ANAHEIM	10
OAKLAND ATHLETICS AT O.CO COLISEUM	10
SEATTLE MARINERS AT SAFECO FIELD	10
TEXAS RANGERS AT RANGERS BALLPARK IN ARLINGTON	11
AMERICAN LEAGUE CENTRAL	12
CHICAGO WHITE SOX AT US CELLULAR FIELD	12
CLEVELAND INDIANS AT PROGRESSIVE FIELD	12
DETROIT TIGERS AT COMERICA PARK	13
KANSAS CITY ROYALS AT KAUFFMAN STADIUM	13
MINNESOTA TWINS AT TARGET FIELD	13
AMERICAN LEAGUE EAST	15
BALTIMORE ORIOLES AT ORIOLE PARK AT CAMDEN YARDS	15
BOSTON RED SOX AT FENWAY PARK	15
NEW YORK YANKEES AT YANKEE STADIUM	16
TAMPA BAY RAYS AT TROPICANA FIELD	16
TORONTO BLUE JAYS AT ROGERS CENTRE	16

NATIONAL LEAGUE WEST

Arizona Diamondbacks at Chase Field

Gluten Free Cart (Section 106)

- Hot dogs
- Nachos
- Redbridge Beer

A-Zona Grill (Insight Diamond Level)

- Achiotte Basted Grilled Mushroom Burrito

Game Seven Grill (Gila Rivers Casino Plaza)

- Southwest Chop Salad
- Angry Orchard Cider
- Ace Pear Cider
- Redbridge Beer

Colorado Rockies Coors Field

Gluten Free Stand (Section 143)

- Hot dogs
- Hamburgers
- Chicken sandwiches
- Chips
- Brownies
- Cookies
- Redbridge beer

Los Angeles Dodgers at Dodger Stadium

Healthy Plate (Section 30 – Field Level; Section 108 – Loge Level; Section 10 – Reserve Level)

- Snack options
- Redbridge beer

LA Tacqueria (Section 45 – Reserve Level)

- Tostada salads

San Diego Padres at Chase Field

Gluten Free Stand (Section 104)

- Hamburgers
- Hot dogs
- Salads
- Gluten free beer
- Hummus and vegetables

San Francisco Giants at AT&T Park

Budweiser Brew Pub (Section 112 – Promenade)

- Chips
- Hot dogs
- Omission Beer

NATIONAL LEAGUE CENTRAL

Chicago Cubs at Wrigley Field

Sheffield Grill (Section 140)

- Hamburgers
- Hot dogs
- Red bridge beer – also at various stands
- Vegetable and fruit cups

Cincinnati Reds at Great American Ball Park

United Dairy Farmers Market

- Fruit
- Salads
- Sushi

Various Stands

- Hotdogs, bratwurst, sausages, brat burgers – all bunless
- Soft serve ice cream

Milwaukee Brewers at Miller Park

Grab and Go (Section 122)

- Turkey sandwiches
- Chips
- Brownies
- Chocolate torte

New Grist Beer (Sections 110, 126, 212, 224)

- Gluten free beer

Various Concession Stands

- Chicken taco salads
- Chicken nachos
- Cheese fries
- Hot dogs, bratwursts, and sausages – all bunless
- Popcorn
- Kettle corn

- Peanuts
- Cotton candy
- Minute Maid frozen treats
- Soft serve custard

Pittsburgh Pirates at PNC Park

Just4U (Section 129)

- Kosher hot dogs
- Nachos and salsa
- Salads
- Sweet potato chips
- Panini sandwiches
- Fruit
- Redbridge beer

Chickie's and Pete's (Section 132)

- Chickie's and Pete's crabfries and cheese sauce

Rita's Italian Ice (Section 103 and 105)

- Italian ice

St. Louis Cardinals at Busch Stadium

Farmer's Market (Section 136)

- Garden salads
- Ham and Swiss sandwiches
- Redbridge beer

Various Stands (Sections 152, 432, 509)

- Turkey legs

Various Stands (Section 150, 272, 433)

- Hot dogs, bratwursts, grilled chicken, polish sausage, hamburgers, veggie burgers, beef brisket – all without sauce and bun
- Redbridge beer
- Peanuts
- Soft Serve Custard
- Cracker Jack

NATIONAL LEAGUE EAST

Atlanta Braves at Turner Field

Gluten Free Cart (Section 106)

- Burgers
- Hotdogs
- Chicken sandwiches
- Chips
- Popcorn
- Cookies
- Brownies
- Redbridge beer

Miami Marlins at Marlins Park

Gluten Free Cart (Section 2)

- Roast beef sandwiches
- Club sandwiches
- Hot dogs
- Muffins
- Redbridge beer

Goya Latin Café (Sections 36, 223)

- Rice and bean bowl

Clevelander

- Buffalo wings
- Salads without croutons
- Popcorn
- Caramel apples

New York Mets at Citi Field

Hain Celestial Stand (Section 105)

- Hot dogs
- Hamburgers
- Gluten free beer

Philadelphia Phillies at Citizens Bank Park

Gluten Free Stand (Section 136)

- Cheesesteaks
- Hot dogs
- Seasons Pizza
- Chicken Tenders
- Bull's BBQ Sandwiches
- Angry orchard cider
- Redbridge beer (served throughout park)
- Woodchuck cider

Market Express (Section 321, 421)

- Salads without croutons

Chickie's and Pete's (Section 102)

- Crabfries and cheese sauce

Various Stands (Sections 106, 116, 132, 208, 308 and Ashburn Alley)

- Philadelphia Water Ice

Washington Nationals at Nationals Park

Gluten Free Cart (Section 136)

- Chili cheese dogs
- Hot dogs
- Nachos
- Loaded nachos
- Popcorn
- Tortilla chips
- Potato chips
- Redbridge beer

AMERICAN LEAGUE WEST

Houston Astros at Minute Maid Park

Goya Latin Café (Section 119)

- Hot dogs
- Gluten free beer
- Salads – made to order

Los Angeles Angels at Angel Stadium of Anaheim

Melissa's Fresh for You (1st and 3rd base food courts)

- Black bean burgers
- Veggie dogs
- Salad
- Hummus
- Gluten free beer (also at other concession stands)

Oakland Athletics at O.co Coliseum

Various Concession Stands

- Fruit Cups
- Vegetable Cups
- Cracker Jack
- Peanuts
- Popcorn
- Kettle Corn

Seattle Mariners at Safeco Field

The Natural (Section 131)

- Various sandwiches, soups, and other snacks
- Hot dog
- Redbridge beer

Sound Seafood (Section 248)

- Halibut N' Chips

- Redbridge beer

Good hops (Section 330)

- Gluten free beer – Redbridge, etc.

Texas Rangers at Rangers Ballpark in Arlington

Centerfield Market

- Gluten free pretzels
- Gluten free cookies
- Chips
- Salads
- Fruit selections
- Hot dogs
- Redbridge beer

AMERICAN LEAGUE CENTRAL

Chicago White Sox at US Cellular Field

Comiskey Dog (Section 105, 544)

- Chicago style hot dog on gluten free bun

Triple Play Carvery Stand (Section 110)

- Roast beef
- Corned beef
- Roasted turkey
- Chocolate chip cookies

**All on gluten free multi grain bread except the cookie of course*

All Star Stand (Section 522)

- Carved roast beef
- Corned beef
- Roasted turkey
- Chocolate chip cookies

**All on gluten free multi grain bread except the cookie of course*

TexMex (Section 122, 152, 523)

- Nachos- beef barbacoa, pork barbacoa, or chicken carnita

Winning Ugly is Sweet

- Soft serve: chocolate or vanilla

All Star Stand (Section 538)

- Soft serve: chocolate or vanilla

Beers of the World

- Bard's Tale gluten free beer

Cleveland Indians at Progressive Field

Spuds and Suds (Sections 163, 541)

- Hot dogs
- Twisted Potato
- Gluten free beer
- Hard cider

Detroit Tigers at Comerica Park

Brushfire Grill (Section 131)

- Fruit Platters
- Hummus plates

Labatt Blue Light Jungle (Gate B)

- Hot dogs, sausages, grilled chicken – bunless
- French fries
- Peanuts
- Popcorn
- Nachos without cheese
- Frozen minute maid treats
- Redbridge beer

Kansas City Royals at Kauffman Stadium

Royals All Start BBQ (Sections 219, 423, and at Outfield Experience)

- Hot dogs and sausage – bunless
- Cracker jack
- Popcorn
- BBQ meats and BBQ sauce
- Potato salad

Pine Tar Pub (Sections 210, 245)

- Redbridge beer

Minnesota Twins at Target Field

Twins Territory Market (Section 112)

- Carrot sticks with ranch dipping sauce
- Whole fruit

Concession Stand (Section 133)

- Pork chops on a stick

Concession Stand (Sections 116, 124, 325)

- Redbridge beer

Talenti Gelato (Sections 141, 302)

- Gelato

Various Concession Stands

- Grilled chicken – bunless
- Hot Dogs (Twins Big Dog, Original, Dinger Dog, Dugout Dog) – bunless
- Nachos and cheese
- Angie's kettle corn
- Chips
- Cracker jack
- Popcorn
- Cotton candy
- Soft serve ice cream
- Killebrew root beer

AMERICAN LEAGUE EAST

Baltimore Orioles at Oriole Park at Camden Yards

Boog's BBQ (Eutaw Street)

- Beef, pork, and turkey sandwiches

Dempsey's Brew and Pub (Eutaw Street)

- The Dempsey
- Catcher's cobb
- Steak and baby arugula salad
- Bacon on a stick

Jack Daniel's Grill (Eutaw Street)

- Bacon on a stick

Esskay Hot Dogs (Stand 103)

- All hot dogs except for Natty Boh and Pollock Johnny's

Season Pizza (Sections 37, 222, 270, 366)

- Gluten free pizza

Eutaw Markey

- Go Picnic meals

TAKO Korean BBQ (Section 53)

- Beef and chicken tacos on corn tortilla
- Pad Thai cold noodle salad

Boston Red Sox at Fenway Park

Gluten Free Stand (Big Concourse)

- Pizza
- Hot dogs
- Snack options
- Gluten free beer

New York Yankees at Yankee Stadium

Gluten Free Stand (Great Hall – Gate 6)

- Premio Sausages on gluten free bun
- Nathan's hot dogs on gluten free bun
- Kozy Shack pudding
- Redbridge beer

Highlanders (Sections 110, 232, 305, 318, 321, 324, and bleachers)

- Nathan's hot dogs – bunless
- Premio sausages – bunless
- Boars head deli meats – bunless
- Kozy Shack pudding

Carvel Ice Cream (Sections 112, 125, 207, 232, 307, 318, 324 and bleachers)

- Soft serve

Farmers Market (Gate 4)

- Vegetable salads
- Fruit salads

Beers of the World (Sections 110, 205, 224, 312, 321)

- Redbridge gluten free beer

Tampa Bay Rays at Tropicana Field

Gluten Free Stand (Center Field Street)

- Hot dogs
- Sausages
- KIND Bars
- Gluten free beer

Toronto Blue Jays at Rogers Centre

Muddy New York Market (Section 109)

- Butter chicken with fresh greens
- 3-bean chili
- fruit
- Sandwiches: Barq's BBQ beef brisket, Big Smoke jerk chicken, T.O. chopped pork and Market Burger

King Club (Level 100)

- Gluten free beer

Thanks for reading! I hope you enjoyed it 😊

For other great gluten free menus and information, be sure to check out:

www.GlutenFreeGuideHQ.com