

TAMING OF THE SPRUE



Denver Metro • Chapter #17 of CSA/USA, Inc. • Celiac Sprue Association/United States of America, Inc. • www.denverceliacs.org

July 2012

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No Oats at Meetings

In consideration of newly diagnosed members and those unable to tolerate oats, please do not bring snacks that contain oats.

June Event Recap: Gluten Free Family Potluck Picnic

The Denver Chapter picnic was so much fun! The weather cooperated for the first time in many years with 100 to 120 people in attendance. The kids were treated to a bouncy castle, face painting and balloon artists. The food was great and we want to thank Udi's and Canino's Sausages for teaming up to provide hot dog bun and sausage samples. Also a big thank you to Rudi's and Qrunch Burgers for teaming up with veggie burger samples.

A power outage made it disappointing for trying quesadillas with Rudi's new GF tortillas as well as Udi's pizza. But everyone in attendance got a treat when Rudi's gave a package of tortillas to each family in attendance and Udi's provided lots of their products for door prizes. We also thank Granny Lulu's at GrannyLulu.com for bringing sandwich samples and The Colorado Cider Company for sampling their hard cider. You'll find lots of recipes from the picnic in this issue to enjoy. Thanks for making our picnic such a success!

Check out the photos on our Facebook page!

Save the Date: October Chapter Meeting

Thursday, October 4, 2012 @ 7:00 PM

The First Plymouth Congregational Church - Plymouth Hall

3501 S. Colorado Blvd. Englewood, CO 80113

Dr. Ted Malahias, a dentist from Connecticut, will be traveling in to speak with our Chapter in October. Dr. Malahias was a keynote speaker at the National CSA convention in San Diego last year. His daughter has celiac disease so he is very familiar with the disease and he will talk about the many links between oral health and celiac disease. This will be a very exciting and different presentation, so don't miss out. Also, with as many people that have celiac disease, it would be great for dentists across the metro area to also hear this presentation so they will know what to look for. It would be great if more dentists were aware of these signs so that they can also help diagnose this disease that can take so long to identify. If you could pass this info on to your dentist that would be great and it could help some people along the way!!



The Sixth Annual Incredible, Edible Gluten-Free Food Fair™ will be Sunday August 19th at the Denver Merchandise Mart. The event will be open to the public from 10am-4pm.

100 Local and national vendors will be on hand to tempt you with delicious gluten free dishes, cakes, cookies, breads, gluten-free flour mixes and product samples. The event is free to the public so don't miss this opportunity to test out these great products!

Come Hungry!!

Date:

Sunday, August 19, 2012

Time:

10:00am- 4:00pm

Place:

Denver Merchandise Mart • Expo Hall II
451 E. 58th Ave
Denver, CO 80216



Sponsored by:



This event is brought to you by:



Denver Metro Chapter #17
of CSA/USA, Inc.

For more information please visit www.DenverCeliacs.org

Tips for Attending Social Events with Food Allergies

The following is a collaborative effort from Alicia Woodward, Editor of Living Without Magazine and Jennifer Slack, LCSW, The Food Allergy Therapist

1. Alicia- Communicate. Call well before the party to alert your host to your food sensitivities. Be specific about your food “triggers,” clearly explaining what you can (and can’t) eat.

Jenn-Take a deep breath and think about what you would do if you were the host of the situation. My guess is you would try and do something to accommodate. Most people, especially people that care about you, don’t want you to get sick and will try their best to help out...or at least let you know ahead of time if there won’t be something safe, so you can eat ahead of time.

2. A- Embrace the potluck. Bring a favorite dish to the party. That way, there will definitely be something safe for you to eat.

J- Make the dish you bring something that you would be **happy** with, even if it’s the only thing on your plate.

3. A-Tell someone else. Let a friend, significant other, or family member know, that way the people who care about you know what to look out for.

J-Likely, if they’ve eaten with you, they already know you have food allergies, so try to let go of the embarrassment and accept that you don’t have to do it alone.

4. A-Offer to help if this is possible. If you are helping, you can see more of what is going on in the kitchen and will have better insight into food preparation.

J- Help in a **relaxed manner.** If you notice that something is going to put you at risk, point it out politely and say something like “I would really appreciate it if we could put the crackers on a separate plate from the (GF) dip and use a spoon to serve it instead of dipping crackers in it, so that I may also enjoy it with the vegetables.” Use these opportunities to educate, without lecturing.

Last but not least...remember that it’s not all about the food! You can enjoy yourself by putting your attention onto the people, the environment, and the other things happening around you!



Can You Help?

Volunteers are truly the backbone of this organization and we need your help. We are looking for a new President, VP of Programs, and Treasurer. We need people to step up to the plate or else this incredible organization cannot function. Being on the Board is a great opportunity.

These three positions on the Denver Chapter board, according to bylaws, come open at the end of 2012.

President
Treasurer
VP-Programs
Contact us at www.denverceliacs.org.

We would love for you to come join our Board here and help make a positive impact in the greater Denver celiac community!

CSA's Cel-Kids Network™

Cel-Kids Network provides children and youth opportunities to meet and share experiences with others of their age-group who are also living with celiac disease and/or dermatitis herpetiformis.

Being a part of CSA's Cel-Kids Network allows youth to meet others who know how they feel. Along with get-togethers, they learn important things about staying healthy and living confidently every day. It's nice to know that they are not alone in the world with this weird-sounding disease and can't eat the same foods as their friends.

Cel-Kids Updates

It was a great opportunity to bring the Cel-Kids together at the Annual Picnic! We hope all the families enjoyed themselves at the event.

At the Sixth Annual Incredible, Edible Gluten-Free Food Fair on August 19th, we will have a balloon artist and two face painters for the children to enjoy. Come to our Cel-Kids booth and sign up for upcoming events.

Feel free to contact Maria or Heidi in the meantime with any questions at celkids@denverceliacs.org.

Gluten Free, Goodness Loaded



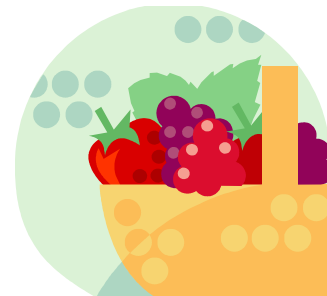
Rudi's Gluten-Free Bakery bread is certified  but very worthy of your ♥. Each delicious slice has real fresh-bread taste to make the whole ★★ happy, bring a ☺ to your day and add ☀ to your life.

Wholesome ingredients.
No artificial ingredients or preservatives.
Dairy free.
Soft delicious texture.



www.rudisglutenfreebakery.com  [/rudisglutenfreebakery](https://www.facebook.com/rudisglutenfreebakery)

Recipes from the June Picnic



EDAMAME SPREAD

Coarse salt and ground pepper
2 C. frozen shelled edamame
3 large garlic cloves, peeled
1 tsp. grated lemon zest
1 to 2 Tbsp. fresh lemon juice
1 tsp. olive oil

1. In medium saucepan of boiling salted water, cook the edamame and garlic until edamame are tender, about 5 min. Drain.
2. In a food processor, puree edamame, garlic, lemon zest and juice, oil and $\frac{1}{2}$ c. water until very smooth, about 2 min, scraping down sides of bowl. If needed, thin by adding water one tablespoon at a time. Season with $\frac{1}{2}$ tsp salt and $\frac{1}{4}$ tsp pepper.
3. Refrigerate for at least 30 minutes or up to 1 day. If needed, add water.

SICILIAN SWISS CHARD OVER QUINOA

1 $\frac{1}{2}$ C. pacific low-sodium vegetable broth
 $\frac{3}{4}$ C. quinoa, rinsed and drained
2 tsp. olive oil
1 lb. Swiss chard, leaves cut into ribbons, stems finely chopped
1 medium yellow onion, chopped (1 $\frac{1}{2}$ Cups)
16 pitted black olives, such as Kalamata, halved
 $\frac{1}{4}$ C. golden raisins
 $\frac{1}{2}$ tsp. red pepper flakes
3 cloves garlic, minced (1 Tbsp)

1. Bring broth to boil in medium saucepan. Add quinoa, bring to a simmer. Reduce heat to medium-low. Simmer, covered, 12 minutes. Remove from heat, uncover, let stand 5 min, then fluff.
2. Heat oil in large nonstick skillet over medium heat. Add chard stems, onion, olives and raisins. Sauté 10 min or until onion & chard stems are soft. Stir in chard leaves and red pepper flakes; sauté 6 min or until greens are tender. Stir in garlic & season with salt and pepper, if desired.
3. Divide quinoa among 4 shallow bowls. Spoon chard mixture over top.

CHEX MUDDY BUDDIES

9 C. GF Rice Chex
1 C. semisweet chocolate chips (Nestle)
 $\frac{1}{2}$ C. peanut butter (Peter Pan)
 $\frac{1}{4}$ C. butter or margarine
1 tsp. vanilla
1 $\frac{1}{2}$ C powdered sugar

Measure cereal into large bowl & set aside. In 1-qt. microwaveable bowl, microwave chocolate chips, peanut butter and butter uncovered on high 1 min; stir. Microwave about 30 seconds longer or until mixture can be stirred smooth. Stir in vanilla. Pour mixture over cereal, stirring until evenly coated. Pour into 2-gallon resealable food-storage plastic bag.

Add powdered sugar. Seal bag; shake until well coated. Spread on waxed paper to cool. Store in airtight container in refrigerator.

CHOCOLATE CHIP PEANUT BUTTER BARS

1 C. peanut butter
4 Tbsp. coconut oil (vegetable oil)
 $\frac{3}{4}$ C. agave nectar (or $\frac{1}{2}$ c. honey and $\frac{1}{4}$ c. water)
3 eggs
1 tsp. vanilla
1 C. GF flour mixed with pinch of salt, 1 tsp. cinnamon and $\frac{1}{4}$ tsp. paprika (optional)
1 $\frac{1}{4}$ C. semi-sweet chocolate chips

Preheat oven to 350 degrees. Rack should be in the middle position of oven. In large bowl, stir together peanut butter and coconut oil until well mixed. Add eggs, agave nectar and vanilla to the mix and beat well. Add to the batter the combined flour/salt/cinnamon/paprika mixture and mix well. Stir in chips. Spread in a 13x9 baking dish. Bake 25-30 min. until edges are slightly brown. Cool on rack and store covered bars in the refrigerator.

Recipes from the June Picnic Continued



RHUBARB CAKE

½ C. butter or margarine
1 ½ C. brown sugar, lightly packed
1 extra-large egg
1 tsp. vanilla
2 C. unsifted GF flour
2 tsp. xanthan gum
1 tsp. baking soda
½ tsp. salt
1 C. naturally soured milk (or 1 C. lukewarm milk soured by adding 1 ½ Tbsp. vinegar, let stand to thicken a few minutes)
2 C. fresh rhubarb, cut into ½-inch pieces or 2 C. frozen, thawed, drained.
2 Tbsp. melted butter or margarine
½ C. chopped pecans or walnuts
1 tsp. cinnamon

Preheat oven to 350 degrees.
Cream together butter and 1 C. brown sugar. Add egg and vanilla. Mix well. Sift together flour, soda, salt and xanthan gum. Add dry ingredients alternately with sour milk to creamed mixture. Mix well after each addition. Fold in rhubarb.

Spoon batter into greased 9x12 pan. Combine remaining brown sugar, nuts and Cinnamon. Mix until crumbly. Sprinkle on top of batter. Bake about 45 minutes or until a wooden pick comes out clean.

SALTED NUT ROLLS

16 oz. dry roasted peanuts
12 oz. peanut butter chips
3 Tbsp. butter or margarine
14 oz. sweetened condensed milk
4 C. mini marshmallows

Grease 9x13 pan. Pour half of the peanuts in pan. Melt together chips, butter & milk. Cool slightly. Gently stir in marshmallows. Spread in pan. Sprinkle with remaining peanuts. Cool completely in refrigerator before cutting.

PASTA SALAD

1 bag gluten free pasta
(Sam Mill's Pasta D'oro Penne Rigate available at Amazon.com)
Broccoli florets
Cherry tomatoes
1 red bell pepper
1 small red onion
1 bottle Maple Grove Farms of Vermont Citrus Vinaigrette---King Soopers

Cook pasta according to package instructions. Cook broccoli during that time. Cut cherry tomatoes in half, dice the onion and cut the bell pepper into small strips. Drain both the pasta and broccoli and place in a large bowl along with the rest of the vegetables. Add the dressing gradually while stirring. The amount of dressing depends on the amount of vegetables used. Add enough until the desired flavor is reached.

CORN & PECAN DIP

2-8oz. cream cheese
1 Tbsp. Ground Cumin
½ tsp. salt
¼ C. Lime Juice
1 Tbsp. Ground Red Chilies
Dash Pepper
Beat on medium all of the above.
16 oz. can whole corn
1 small onion diced
1 C. chopped pecans

Hand mix remaining items into cream cheese mixture and enjoy!

The Golden Sunny Mart located at 17881 W. Colfax Ave. in Golden carries a variety of gluten free products including the Gluten Free Black Bean Tamales that were available at the picnic. They also have Sweet Maui Onion Potato Chips that are gluten and dairy free. Call if you have questions about the tamales (make sure they haven't sold out) at 720-328-6290.

Speaking Gluten Freely

A very special thank you to Debbie Knapp of Vitamin Cottage and our contributing members for providing the invaluable information below to our members.

Please remember to read labels - even on products that you are familiar with! Products may not remain gluten free and ingredients statements and manufacturer disclaimers can change at any time.

- Amy's Kitchen Bowl entrees come in two new flavors – Mushroom Risotto and Veggie Parmesan.
- Arrowhead Mills new organic hot cereal is Quinoa Rice 'n Shine.
- Bakery on Main has family/value-sized GF granola in bags.
- Boulder Soup Works has organic, naturally GF soups, in several flavors, with vegan, vegetarian, and dairy free options in the refrigerated section.
- Broccoli Cheddar and Garden Vegetable are Cedarlane's new frozen egg white omelettes.
- Canyon Bakehouse has a new variety of GF bread – Caraway.
- Emmy's Organics GF, vegan raw macaroon cookies come in snack size bags.
- Follow your Heart Vegenaïse spreads are dairy-free, GF and soy-free in BBQ, Chipotle, Pesto, and Roasted Garlic, also Horseradish and Tartar sauces.
- Garden Lites frozen vegetable soufflé-type entrees are all GF.
- GF Bistro frozen pizza dough roll can also be used for other baked goods.
- Goldbaum's GF ice cream cones, also soy free and vegan come in a flat bottom or pointed cone.
- Go Picnic meal boxes include crackers and hummus and crackers and Sunbutter. Additional ready to eat meals are available online.
- Ian's additional GF frozen items are family-size Fish Sticks, Popcorn Turkey Dogs, "Space" theme Chicken Nuggets and Sweet Potato Fries.
- Imagine Foods Dream Blend non-dairy milk is made with almond, cashew and hazelnut milk.
- Immaculate Baking GF brownies come refrigerated and ready to bake.
- Julie's Organic new flavors of GF ice cream cookie sandwiches are Carrot Cake Ginger and Cherry Cheesecake.
- Kinnikinnick's new cake mix is Angel Food.
- Pop Chips has added Chili Lime and Sweet Potato chips.
- Crunch Burger now has a Spicy Italian variety.
- Riega Foods GF cheese sauce mix packets and cereals come in four flavors and their crisp breads in three flavors.
- Sahale Snacks, GFCO certified, are glazed nuts, seasoned nuts, and nut blends.
- San J GF Tamari dressings in Ginger, Peanut and Sesame can work as marinades and sauces too.

New Gluten Free Restaurant Offerings in the Area

- Indulge Bistro and Wine bar, located at 1299 Washington Avenue in Golden, has a gluten-free menu. The chef, J.R., will come out to discuss the menu with you. The food is delicious! (www.indulgewinebar.com)
- Syrup restaurant is now open in Cherry Creek at 3rd and Josephine. Their GF menu includes pancakes, waffles, English muffins, French toast and more. (www.syrupdenver.com)
- Tokyo Joe's now has a printed GF menu available at the counter with the entrees and ingredients. Ask for it before ordering. (www.tokyojoes.com)
- PizzaDoodle, the new locally owned and operated pizza and pasta restaurant, in Centennial last month. They boast great food, including lots of options for those needing a gluten-free, dairy-free, vegetarian, and/or vegan diet. There is a dedicated gluten-free oven and prep area. Visit them at 6830 S. University Ave in Centennial. Their number is 303-442-2940. (www.Pizza-Doodle.com)

Chapter Board Members & Neighborhood Resource Contacts

President - Karen Cranford
(303) 979-8094
president@denverceliacs.org

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(303) 819-5531
vpprograms@denverceliacs.org

Vice President, Membership - Jerrine Hicks
(303) 688-1327
vpmembership@denverceliacs.org

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treasurer@denverceliacs.org

Secretary – Jennifer Leeson
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jenn.slack@foodallergytherapist.com

Newsletter & Facebook – Susannah Faulkner
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newsletter@denverceliacs.org

Dietitian – Diane Moyer
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dietitian@denverceliacs.org

Cel-Kids Network - Maria Brotherston & Heidi Lyster
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(303) 503-6166
celkids@denverceliacs.org

Cel-Teens Network - Denise Geiger
(720) 427-0774
celteens@denverceliacs.org

Database Manager – Angie Roz
database@denverceliacs.org

Webmaster – Kurt Fulwider
(303) 734-4657
webmaster@denverceliacs.org

Past President – Gina Meagher
(303) 279-9382
gmeagher@q.com

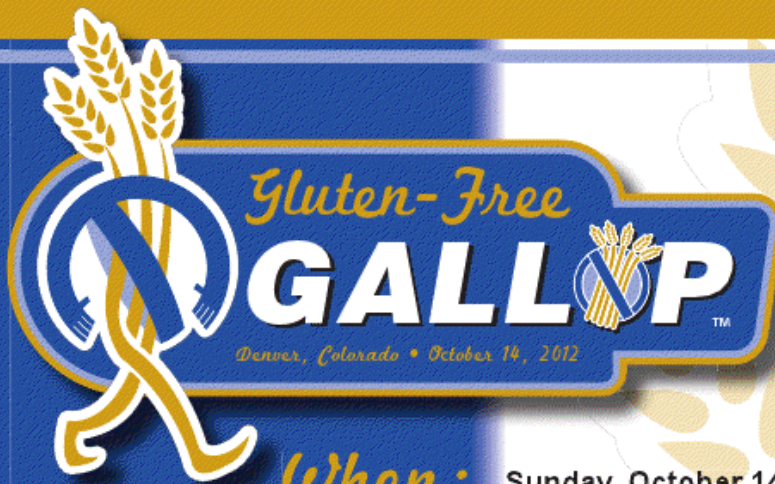
Mail Order Coordinator – Don Smith
(303) 794-7258
donsmith6834@comcast.net

Product List Manager – Bonnie Atherton
(303) 756-8970
productlist@denverceliacs.org

Gluten Free Gallop (Celiac Walk) - Steve and Kelly Moran
glutenfreegallop@denverceliacs.org

Below are the resource contacts in neighborhood areas in the Denver-Metro area. If you have questions or are not sure which area corresponds with your neighborhood, please contact Jerrine Hicks at 303-688-1327 or email Jerrine at **vpmembership@denverceliacs.org**.

Denver City and County	Laura Determan (303) 757-3982 Susannah Faulkner (814) 464-4621	lddet@msn.com newsletter@denverceliacs.org
Westminster, Commerce City, Brighton, Northglenn, Thornton	Katie Lampkin (313) 282-7667	katelampkin@gmail.com
Centennial, Greenwood Village, Englewood	Janis Dodson (303) 905-9450 Jean Duane (303) 221-0771	JanisDodson@yahoo.com info@alternativecook.com
Lakewood	Maryann Jordan (303) 989-2050	majordan9@msn.com
Aurora, zips 80231 & 80247	Maria Brotherston (303) 752-0958 Heidi Lyster (303) 503-6166	maria@brotherston.us blueeyes_80110@yahoo.com
Arvada, Wheat Ridge zips 80021 & 80212	Melissa McLean Jory (303) 868-7790	Melissa@glutenfreeforgood.com
Highlands Ranch, Lone Tree, Castle Rock, Parker, Elizabeth, Franktown	Jerrine Hicks (303) 688-1327	jerrine.hicks@gmail.com
Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord (303) 933-1565 Nancy Lindsey (303) 973-1279	jkvanlooz@comcast.net n-lindsey@comcast.net
Golden, Evergreen, Morrison	Maura Putnik (303) 278-9044	mputnikre@gmail.com



When: Sunday, October 14, 2012 at 9:30 AM

Location: Washington Park, Denver, CO

Purpose: The money raised from this Denver Chapter Celiac Sprue Association event will be used to help fund the new Celiac Center at Children's Hospital as well as for gluten free donations to the local food banks.

What: 5k fun walk/run for the entire family

Cost: \$25 if you register before September 1, \$30 after September 1 or on race day. Children 6 and under are free.

What's Included: All registrants will receive a race T-shirt, as well as goodies from our sponsors, and some additional race day fun and games.

Registration: Please visit: www.blacktie-colorado.com/rsvp and enter event code 2012Gallop

Timetable for Race Day:

- 8:30 Registration opens
- 9:15 Pre-Walk Announcements and Rally
- 9:30 5K Walk
- 10:00 Sponsor Village opens for prizes, goodies, gluten free food samples and fun for the whole family

Sponsored by:



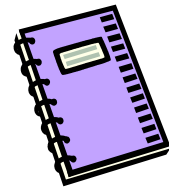
Denver Chapter Celiac Sprue Association/
United States of America, Inc. (CSA)

Gluten Free Food Product Guide

The 2011 GF Product and Restaurant List is still available. It can be purchased at Chapter Meetings for \$7.00. To have a copy mailed to you, send the form below along with a check made out to Denver Metro Chapter #17 in the amount of \$10.00 (which includes postage) and mail to Don Smith at 3379 Mill Vista Rd., #4116, Highlands Ranch, CO 80129

Our intent is that the Gluten Free Products List will make your grocery shopping, cooking, and snacking easier. It should also eliminate some of the risks to your health caused by “mystery” ingredients. The products have been reported to be gluten free by the companies that manufacture and process them. Keep in mind that, in spite of careful research, we can never guarantee that a product is completely gluten free. This is not a comprehensive listing of all GF products available. Continue to read labels to watch for ingredient changes, and to discover more gluten free foods on your own.

2011 Gluten Free Products List Order Form



Please include a check made payable to: Denver Metro Chapter #17

Mail this form to: Don Smith, 3379 Mill Vista Rd., #4116, Highlands Ranch CO 80129, (303) 794-7258

Qty: _____ x \$10.00 (price includes postage) = \$ _____ Total

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip _____

Email: _____



Check us out on Facebook! We post lots of helpful tips, recipes, and articles. Also, it's a great way for members to connect on the web.

Find us at
www.facebook.com/denverceliacs

Membership Application Form/Renewal Form

Join, Renew or Give the Gift of Membership to Denver Metro Chapter #17 of CSA/USA

The Denver Metro Chapter is your best local resource for celiac information, support and gluten free socializing. **To join, renew your membership or give the gift of membership, please choose one of options below.** Denver CSA keeps all information confidential and never shares or sells to any outside individual or organization. If you're currently a member receiving a newsletter via USPS, your membership expiration date is on your mailing label. Questions? Reach out to Angie Roz at database@denverceliacs.org.

☐ New Member ☐ Renewal ☐ I want to give a gift of membership

Annual dues are \$15/year. To join, please send a check made payable to "Denver Metro Chapter #17, CSA/USA" and the form below to: Angie Roz, 2307 Willow Creek Dr, Golden, CO 80401 or visit our website at www.denverceliacs.org to join/renew online.

Member Name: _____ Phone: _____

Street Address: _____

City: _____ State: _____ Zip: _____ Email: _____

Gift Giver's Name (for acknowledgement) _____

Please send my Newsletter by Email: _____ Have you received a Celiac Disease Information Packet? Yes / No

Looking for a Speaker on Celiac Disease?

The medical education committee of the Denver Metro Chapter of CSA offers presentations about Celiac Disease and the gluten free diet to any audience - community groups as well as health care providers. We are especially interested in educating health care providers. Please help us accomplish this by mentioning this educational opportunity to your health care providers. For more information, contact Diane Moyer, M.S., R.D. at 720-560-3734 or by email at dietitian@denverceliacs.org or DHMoyer720@yahoo.com.

Announcement:

Please remember to contact us when you change your address to ensure you get every issue of Taming of the Sprue that is due you. You may do this by e-mailing us at database@denverceliacs.org or through the USPS in writing to Angie Roz, 2307 Willow Creek Dr., Golden, CO 80401. The post office does not forward bulk mail, and it saves us extra effort trying to track you down when you inform us of address changes.

Disclaimer:

The information in this newsletter is generated by Denver Celiacs and is intended for the benefit of its members and other interested parties. The text has not been submitted for approval to the Celiac Sprue Association (CSA). Neither Denver Celiacs, nor any of its members, assume liability for the use of this information. Food manufacturers' products are subject to formula change at any time. If you cannot confirm, by the label, that a product is GF, call the company's toll-free number. When in doubt leave it out!

CELIAC SPRUE ASSOCIATION/UNITED STATES OF AMERICA, INC
DENVER METRO CHAPTER #17
2307 WILLOW CREEK DRIVE
GOLDEN, CO 80401

First Class Mail
Presorted
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PAID
Wheat Ridge CO
Permit #77



Legendary Pizza
Since 1973

WE USE EXTREME CARE IN COOKING OUR GLUTEN FREE PRODUCTS

- Gluten Free Pizza Shells, Sandwich Bread, Chicken Nuggets and Parchment Paper are stored in a flour free environment*
- Sauces and toppings handled separately
- Gluten Free Products cooked & served on parchment paper
- Specific Gluten Free utensils
- Knowledgeable kitchen staff trained in safe procedures



ALSO SERVING
GLUTEN FREE PIZZA
CHICKEN NUGGETS
SANDWICHES
DAIRY FREE CHEESE




15% OFF
ANY FOOD PURCHASE


Valid at participating locations only. Please present coupon with order. One coupon per table. Not valid with any other offers or discounts. Not valid with groups or parties. Please call ahead for take out. No cash value. Expires 10/31/12.

Participating Locations


Arvada 
303.420.8376

Denver 
303.758.1519

Ft. Collins 
970.498.8898

Boulder 
303.554.5312

Evergreen 
303.670.2744

Idaho Springs 
303.567.4376

VISIT OUR NEW LOCATION



Arvada
7525 W. 53rd Ave.

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*We do our best and take every possible care to serve our valued customers with gluten-free foods. Our gluten-free pizza shells and sandwich buns are supplied by a gluten-free bakery. They arrive, are baked and delivered to your table. Our toppings have been thoroughly researched and confirmed gluten-free and every effort is made to keep these ingredients free of contamination. However, BeauJo's is not a gluten-free environment. We mix pizza dough throughout the day and at any given time, particles of flour are present in the kitchen and dining areas. Furthermore, we can not warrant that the foods we serve are actually gluten-free due to changes in brand or supplier and/or cross-contamination caused from human error. Neither BeauJo's nor the Gluten Detectives at On The Menu, LLC assume any liability for the foods offered.