

Diet-Friendly Restaurants in Iowa City

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|------|---------------------------|------|---------------------------|
| ‡ | 30Hop | ‡ | New Pioneer Co-op |
| (V) | Basta Pizzeria Ristorante | (VN) | Nodo |
| ‡ | Big Grove Brewery | ⊠ | Noodles & Company |
| (V) | BlackStone | (VN) | Oasis Falafel |
| ⊠ | Bluebird Diner | ‡ | One Twenty Six |
| (VN) | Bread Garden Market | (V) | Orchard Green |
| (VN) | Cortado | ‡ | Oryza Asian Cuisine & Bar |
| ⊠ | Crepes de Luxe Café | ‡ | Pancheros |
| (G) | Culver's | ‡ | Pita Pit |
| ⊠ | Estela's Fresh Mex | (VN) | Pullman Bar & Diner |
| (G) | Firehouse Subs | ‡ | Red's Alehouse |
| ⊠ | Formosa | (VN) | Scratch Cupcakery |
| ⊠ | Goosetown Café | (V) | St. Burch |
| ⊠ | Hamburg Inn No. 2 | (G) | Sushiya Hoja |
| ‡ | Heirloom Salad Company | (V) | Szechuan House |
| ⊠ | Her Soup Kitchen | ⊠ | Thai Flavors |
| ‡ | Insomnia Cookies | (V) | Thai Spice |
| ⊠ | Iowa Chop House | ⊠ | The Dandy Lion |
| (G) | Jimmy Jack's Rib Shack | ⊠ | The Encounter Café |
| ⊠ | La Regia Taqueria | (G) | The KETO Kitchen |
| ⊠ | Leaf Kitchen | ‡ | Tin Roost |
| ⊠ | Maggie's Farm | ‡ | Trumpet Blossom Café |
| ‡ | Marco's Grilled Cheese | ‡ | Yotopia Frozen Yogurt |
| ⊠ | Masala Indian Cuisine | ‡ | Z'Mariks |
| ‡ | Molly's Cupcakes | | |
| ⊠ | Monica's | | |
| ‡ | Moonrakers | | |
| (G) | Mosley's Barbecue | | |

GUIDE

(G) gluten-free options

(V) vegetarian options

(VN) vegan options

⊠ gluten-free and vegetarian options

‡ gluten-free and vegan options

Halal-Friendly

- Bollywood Grill
- Oasis Falafel
- Tabooleh Mediterranean Buffet