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June 17, 2020

SIX CHARLESTON FOOD TRUCKS THAT OFFER GLUTEN FREE OPTIONS



We all know Charleston has amazing food, so it is no surprise the lowcountry food truck game is strong as well. I am always on the lookout for delicious gluten free food in Charleston, SC. One of our favorite things to do as a family is to go to the different food truck rodeos and events around town. Finding gluten free offerings is sometimes a challenge but I have done all the work for you. These five Charleston food trucks offer great gluten free options.

DASHI

Dashi has great gluten free pad thai. It is made with rice noodles, a sweet tamarind sauce, vegetables, peanuts, lime, fresh herbs, radish, and topped with a fried egg. It is beautiful and colorful with just the right amount of spice.



GREEKIN' OUT

I LOVE that Greekin' Out offers gluten free options. You can get the chicken or the meatballs (it is VERY hard to find gluten free meatballs, so this really is a special treat) on a greek salad. The rice (if they have it is also gluten free and the tzatziki is on point!



MADRIGALS TACOS AND LATIN CUISINE

Madrigal's came to our neighborhood one night so I messaged them ahead of time about the gluten free options. They let me know that all of the tacos and the Latin Bowl are gluten free.

I chose the Latin bowl with pork. It had Cuban Black Beans, Puerto Rican Yellow Rice, and an Argentinian Chimichurri Sauce. It was fantastic!

Side note: I am a HUGE fan of Chimichurri sauce, if you have never made it, give [this recipe a whirl](#).



SEMILLA

Semilla has several gluten free offerings. I chose the chicken & queso fresco rice bowl with rice, black beans and avocado. It was fresh, delicious and hit the spot.



STREET BIRD

Street Bird offer delicious gluten free chicken Sandwiches. I have loved fried chicken sandwiches ever since I was a kid. Street Bird's chicken and buns are gluten free and there are a bunch of different ways you can order your sandwich. Since I LOVE pimento cheese, I get mine with pimento cheese and pickles. It was everything I thought it would be.



HOLY ROLLY

Very easy to navigate the gluten free menu. My favorite is the Sticky Icky which is Reese's Peanut Butter Cups chopped into frozen rolled cream topped with chocolate-peanut butter syrup. If you get it sinful (which I did) it is infused with Holly Rolly's signature Double Chocolate Vodka-Kahlua Sin Sauce. My kids are big fans of Holly Rolly as well, this is the food truck that they seek out wherever we are.



CREAM DESSERTS

Menu \$7.⁵⁴

(friendly)

UPGRADE: Select any dessert and a cup to a Honey Buttermilk Waffle (in supplies last) \$8.⁵⁰

Vanilla Cream infused with Fudge Caramel, Fresh Strawberries, and Sugar Graham Cracker Crust \$5.50

g: Banana Puddin' chopped topped with vanilla syrup.

erry Shortcake chopped into and topped with strawberry syrup.

Red Velvet Cake chopped topped with vanilla and

n Brownie chopped into chocolate and caramel

las chopped into frozen chocolate syrup.

nut Butter Cakes chopped

Have you found a great food truck in Charleston with gluten free options that isn't on this list? I would love to hear about it!

[Check out 7 places to get gluten free shrimp and grits in Charleston HERE](#)

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GLUTEN FREE SANDWICHES AND SUBS IN CHARLESTON

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I am a proud military wife to my handsome sailor Charlie, and homeschooling boy mom of two middle schoolers.

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