

Everybody Eats Dairy Free Deli Sandwich Rolls (Gluten-Free)

I received a surprise bag of rolls from Everybody Eats in Brooklyn, NY, and I was positively thrilled. Since going gluten-free, I have pretty much abstained from eating bread altogether because I just don't have time to make it and the other ready-made GFCF options are pretty darn expensive! This has cut my bread consumption down to about … nothing!

I was excited because lately I have been seeing GF products that aren't dairy-free as well. And like wise for dairy free products being laden with gluten. So to get a quality roll that is both? Perfect for me!

The test for this little roll was a dinner party my mother had at the house. We are very Italian and were serving stuffed peppers, stuffed squash, homemade pasta, homemade sauce, with tons of dinner rolls, and not an unstuffed vegetable to be seen. I helped myself to the stuffed squash, but skipped the pasta and the rolls. I pulled out my bag of EE deli rolls instead.

The ingredients say to bake them for 15 minutes in the oven at 350°. I'm not sure with all the confusion that day that it ended up happening that way, but the end result was good. It was just like a dinner roll. The flavor was not overly "gluten-free". It was sweet, the perfect size, and topped with Earth Balance "butter" tasted like the bread I used to smother in spaghetti sauce and stuff my face with. The roll was a bit on the chewy side when it cooled off though, so I would recommend this one warm and not cold!

Next I would try the "fast" cooking method - actually, it was NOT listed on the bag as a preparation method, but I wanted to give it a shot anyway - the microwave! I popped it into the microwave and set it for about 35 seconds. When I took it out of the microwave, it was hot to the touch and I let it cool for a minute and took a bite. Oh no, this would not do. The microwave made my roll chewy to the point where I could not bite into it. I managed to dig through it, but I will never try this way again. Do not microwave this roll. Perhaps this is why it wasn't included as a preparation method.

The next day, I tried the another cooking method- toaster! I cut the roll in half and put it in the toaster. Two minutes later, it dinged and I had a perfect little roll to nibble on. After putting Earth Balance on it, I was in roll heaven. I enjoyed the toasted roll the most, preferring it to cooking in the oven and obviously over microwaving (blech!).

I didn't get the chance to try the roll with sandwich meat or with a burger. But this roll has a lot of potential. For a person who is dairy and gluten free, this is a welcome addition to the breadbasket. Enjoy it as a bulky dinner roll, breakfast toast, sandwich bread, and more! This is a third party review by Go Dairy Free reviewer Amy B. Visit the Everybody Eats website for more information and to order. These rolls are popping up in stores in the Northeast, but you can order them via the Everybody Eats online store and they will ship them to you anywhere in the country!