

New Safe and Sound Dinners Offer a Delicious Night Out for Food Allergic Community in Chicago

For more than a year now, Allergic Girl has been hosting "Worry Free Dinners," a New York night out of "safe" dining for both kids and adults with food allergies. But now, those in the Chicago area can have the same opportunity with "Safe and Sound Dinners" from Lisa Cooks Allergen Free. This new dining out program offers a great opportunity in a group setting to try multiple dishes at one of Chicago's hottest restaurants, meet the chef, and take home plenty of allergen free samples to try at home. As for the "safe" part, the pre-set menu is free of the 8 major allergens and gluten! Below I have included the menu for the first event, the flyer and link to register, and a special discount ...

MENU - Safe and Sound Dinner at Carnivale on Monday June 29th

Appetizers

Guacamole and Chips

Ropa Vieja

Sweet Plantains and Braised Beef

Entrée Served Family Style

Arrachera - Grilled Marinated Skirt Steak, Black Beans and Rice, Sweet Onion Chimichurri

Pollo - Guatemalan-Style Chicken, Jalapeno-Parsley Mojo, Potatoes, Olives and Green Beans

Pernil - Rum Glazed Pork Shoulder, Puerto Rican Rice and Beans, Fried Plantains

Dessert

Swirlz Cupcakes

Special Discount: Lisa is extending a 10% discount for the event. Just use the code GODAIRY0629 when you check out, between now and June 10, 2009.