

# NORTH COUNTY dining around



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## Gluten Not Included: healthy eats in Escondido

This story is all about caring. Deanna Smith, upon learning that her cousin Karlie was diagnosed with Celiac disease, was inspired to do some research on her condition in the hopes of making life a bit easier for her. She learned that Celiac is one of the most common genetic conditions in the world, a multi-symptom disorder activated by eating gluten. Gluten is a protein found in wheat, rye and barley. So moving forward, Deanna started to do some baking using only brown rice, tapioca flour and eggs. Karlie loved it and soon word spread and other folks wanted to buy some of her products for loved ones with the same disorder. One thing led to another and Deanna took the next step and opened her Gluten Not Included (GNI) Bakery & Café earlier this year. Folks com from all over the county to enjoy (either to-go or on the premises) a variety of sandwiches, pizzas and baked treats — very tasty and gluten-free. *(Clip today's coupon for extra savings!)*

Everything is made on the premises, including the crust for the pizzas, the bread for the sandwiches and all the baked treats, from brownies, biscotti and cookies to cakes (especially birthday cakes) and even pies.

GNI, which caters to all ages, will also ship anywhere and deliver to local homes. Some of their products are featured at Jimbo's, Whole Foods and Frazier Farms, just to name a few.

Helping out with the enterprise are Laura Haeri (baker), Denise Ashforth (manager) and her son Robert, who does most of the delivery. What was a pleasant surprise is that the café here makes for a nice place to eat for anyone, not just those looking for gluten-free foods. Try a sandwich or pizza, support this noble effort and enjoy a very healthy meal. It's a casual café with a dozen or so tables, a walk-up counter and a baked goods display case.

For a sandwich, try one with either turkey, ham, roast beef and bacon with choice of Swiss, provolone, cheddar, jack or pepper cheese, on either original white, or multi-grain bread. Among the pizzas are cheese, pepperoni, sausage, vegetarian or a Hawaiian style. They also offer a flavorful and healthy cinnamon raisin bread. And don't forget those sweet baked goods.

Gluten Not Included is open from 9 a.m. to 6 p.m. at 2250 S. Escondido Blvd. (760-432-6100).



From left are owner Deanna Smith, baker Laura Haeri and manager Denise Ashforth.