



Atlanta Center for Holistic  
& Integrative Medicine

Living Healthy, Naturally™

Eating healthy doesn't mean you can't enjoy eating out! We have put together a list of some of Atlanta's best restaurants and their options for ordering according to your diet needs.

Atlas  
Aja  
Aria  
Bistro Niko  
Bones  
Divan  
Ecco

Empire State South  
F&B Atlanta  
Kyma  
La Grotta  
Local Three  
Miller Union  
Nilolai's Room

The Oceanaire  
Park 75  
Pricci  
Rays in the City  
The Spence  
True Food Kitchen



The menu changes daily at Atlas, so when making a reservation, inform staff of any health issues and they will make menu options available on the day of your dining. Gluten-free, dairy-free, vegan, low-salt and low-carb items can be placed on the menu for specific people. Once you make reservation, the server or chef will be informed of your diet needs upon your arrival.

Chef: Gerry Klaskala & Christopher Grossman  
Manager: Jason Babb  
Phone: 404-600-64-71  
Email: [info@atlasbuckhead.com](mailto:info@atlasbuckhead.com)  
Location: 88 W Paces Ferry Rd NW (Buckhead)



Most menu items are gluten-free because Aja uses cornstarch, not flour. They have vegan and vegetarian options on menu, and the chef will work to make any dish to accommodate food allergies or dietary restrictions. Low-salt, low-carb and dairy-free options are limited, but once you arrive and inform them of restrictions, the chef will alter items to accommodate your needs. There is no need to call ahead as they have alternative ingredients for any allergy.

Chef: Tom Catherall  
Manager: Mitch  
Phone: 404-231-0001  
Email: [casey.murphy@h2sr.com](mailto:casey.murphy@h2sr.com)  
Location: 3500 Lenox Rd (Buckhead)

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Aria will accommodate any guest with food allergies or restrictions. The menu does not list any item as gluten-free or vegan, but the server will be able to show the guest options. While making reservation, they will ask about any food restrictions so the guest will have multiple options to choose from. Low-carb, low-salt, vegetarian, paleo, shellfish, dairy-free and many more can all be accommodated.

Chef: Gerry Klaskala  
Manager: Andres Loaiva  
Phone: 404-233-7673  
Email: [info@aria-atl.com](mailto:info@aria-atl.com)  
Location: 490 E. Paces Ferry Rd. Ne (Buckhead)



Vegan, low-salt, low-carb, and dairy-free options not on menu, ask your Bistro Niko server, and he or she will consult the chef to see what options are available.

Vegetarian and gluten-free options are on menu (gluten-free will be marked with "GF"). There is no need to call ahead; Bistro Niko will accommodate the best they can upon arrival.

Chef: Gary Donlick  
Manager: Sam Than  
Phone: 404-261-6456  
Email: [Sthan@buckheadrestaurants.com](mailto:Sthan@buckheadrestaurants.com)  
Location: 3344 Peachtree Rd (Buckhead)



Bones can accommodate low-salt and dairy-free requests. Gluten-free, low-carb, vegan and vegetarian should call ahead to ensure there are multiple options available. Bones will accommodate any food allergies or diet restrictions.

Chef: Leonard Lewis & Brent Asip (sous chef)  
Manager: Dan Urzendowski  
Phone: 404-237-2663  
Fax: 404-233-5704  
Location: 3130 Piedmont Rd Ne (Buckhead)

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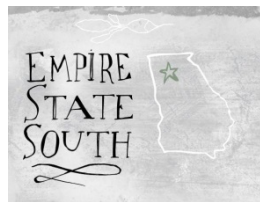
Divan offers gluten-free options, but they are not listed as gluten-free on menu. If you are sensitive to salt, ask your server to have your meal prepared without it. When placing reservation, express any food restrictions or allergies to ensure that there will be options and the chef will prepare your meal accordingly.

Offers private dining options  
Chef: Justin White  
Phone: 404-467-4297  
Email: [Divanatlanta@yahoo.com](mailto:Divanatlanta@yahoo.com)  
Location: 3125 Piedmont Rd. (Buckhead)



Ecco offers a full gluten-free menu. Items that are not gluten-free can be tweaked to become gluten-free. Dairy-free, low-salt and low-carb options can be pointed out by serving staff. The chef will accommodate any food allergies or restrictions. Call ahead to ensure options will be available.

Mediterranean, European  
Chef: Joshua Perkins  
Phone: 404-537-2850  
Email: [info@eccoatlanta.com](mailto:info@eccoatlanta.com)  
Location: 40 Seventh St. NE (Midtown)



The majority of the menu at Empire State South is already gluten-free. Vegan or vegetarian options are available upon request. The menu changes daily, and they are able to accommodate any food allergies/dietary restrictions. Low-carb, low-salt, and dairy-free items will be prepared for guests who call ahead.

Fresh and locally grown ingredients. Modern, authentic Southern foods  
Chef: Josh Hopkins  
Manager: Jonathan Herrin  
Phone: 404-541-1105  
Fax: 404-541-1107  
Email: [contact@empirestatesouth.com](mailto:contact@empirestatesouth.com)  
Location: 999 Peachtree St. (Midtown)

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Although there is not a gluten-free menu, there are options on F & B's menu without gluten. Serving staff can show guests which items are available based on their allergies. Call ahead with any food allergies or dietary restrictions to ensure that there will be options. Chef Philippe will accommodate guest with low-salt, low-carb, dairy-free or vegan restrictions.

Chef: Philippe Haddad

Manager: Fabrice

Phone: 404-254-1797

Email: [info@fandb.com](mailto:info@fandb.com)

Location: 3630 Peachtree Rd. NE



Kyma offers a whole menu filled with vegan and gluten-free option. The chef will come and speak with the guests who have any other allergies or food restrictions. If you would like to speak with the chef prior, make a reservation and ask to speak with Chef Pano about allergies and food restrictions. They can accommodate any food restrictions.

Chef: Pano L. Laratassos

Manager: Nicholas Sousounis

Phone: 404-262-0702

Location: 3085 Piedmont Rd. NE (Buckhead)



La Grotta Ristorante Italiano offers gluten-free pasta and vegetarian options daily. Call ahead of time with any health issues, such as dairy-free, low-salt, low-carb or vegan diet. The host will notify the chef upon your arrival, and menu items with specific health factors will be offered.

Chef: Antonio Abizanda

Manager: Sergio favalli

Phone: 404-231-1368

Email: [buckhead@lagrottaatlanta.com](mailto:buckhead@lagrottaatlanta.com)

Location: 2637 Peachtree Rd. NE (Buckhead)

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Local Three does offer gluten-free options on the menu, but items are not marked gluten-free. Servers are aware of these items and will point them out to the guest. Low-salt, low-carb options can also be pointed out. Those who are vegan, vegetarian and dairy-free should call ahead to ensure that there are options available.

Chef: Ben Barts

Manager: Brian Martin

Phone: 404-968-2700

Email: [info@localthree.com](mailto:info@localthree.com)

Location: 3290 Northside Pkwy. NW (Buckhead)



Most of the menu at Miller Union contains gluten-free options and a few vegan and dairy-free options. The food is not salty, but if you are sensitive to salt, they can prepare dishes without. Call ahead with any dietary restrictions or allergies to ensure there are options available.

Chef: Steven Satterfield

Manager: Neal McCarthy

Phone: 678-733-8550

Location: 999 Brady Ave. NW (Midtown)



Nikolai's Roof offers a gluten-free menu with many options and is vegan- and vegetarian-friendly. Call ahead with any restrictions or allergies to ensure options are available. The chef will accommodate any guest with food restrictions.

French/ Russian, organic

Chef: Stephanie Alderete

Manager: Daniel Rudiger

Phone: 404-221-6362

Email: [info@nikolaisroof.com](mailto:info@nikolaisroof.com)

Location: 255 Courtland St. NE (Midtown)

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The Oceanaire Seafood Room has a whole menu for gluten-free options. Vegan and vegetarian options are listed as well, but vegan is limited. Call ahead to ensure that there will be vegan options available. All fish, steak and most sides are dairy-free. Low-salt and low-carb needs can be accommodated with many options. Chef Murphy will work with guest to make dish meets his or her needs

Chef: Chris Murphy  
Manager: Lawrence Strong  
Phone: 404-475-2277  
Email: [oaat@ldry.com](mailto:oaat@ldry.com)  
Location: 1100 Peachtree St. NE



Park75's menu does not list gluten-free or vegan, but they can make accommodations if you call ahead. Some items do not contain gluten, but any food allergies or dietary restrictions can be worked out with chef with advance notice. When arriving to the restaurant, speak to the manager or host, and he or she will let the chef know you arrived.

Free-range meat/Organic, American/European Food  
Chef: Robert Gerstenecker  
Manager: Jose Dettaille  
Phone: 404-253-3840  
Email: [Jose.Dettaille@fourseasons.com](mailto:Jose.Dettaille@fourseasons.com)  
Location: 75 14<sup>th</sup> St NE (Midtown)



Vegan and dairy-free items are limited, so call ahead of time in order to have multiple options. Pricci offers a gluten-free menu, including gluten-free pasta. Ask your waiter for any low-salt or low-carb options. When placing a reservation, notify the staff of any restrictions. The server will suggest items based on guest.

Chef: Piero  
Manager: Eddie Valente  
Phone: 404-237-2941  
Location: 500 Pharr Rd. (Buckhead)

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Ray's in the City does offer vegan options, but they are limited. Most items are already dairy-free; those items that have dairy can be substituted for non-dairy ingredients. All items on menu are made to order, so any allergies and restrictions can be accommodated. No need to call ahead. Tell the server or host when arriving and they will take care of it.

Seafood& Sushi

Chef: Ugo Okpareke

Manager: Mandy Hall

Phone: 404-524-9224

Location: 240 Peachtree St. NW (Midtown)



The Spence does list gluten-free, vegan, or vegetarian options listed on menu. However, they will work with the guest and the chef in order to tweak some items to accommodate any food allergy or restrictions. Ask your server for low-salt, low-carb and dairy-free options

Calling ahead will ensure multiple options will be available.

Chef: Wesley True

Manager: Mike Branton

Phone: 404-892-9111

Location: 75 5<sup>th</sup> St. NW (Midtown)



Everything at True Food Kitchen is made from scratch daily, so they can accommodate any allergy. The entire menu caters to guests with food allergies, denoting gluten-free, vegan and dairy-free options. They can make almost everything dairy-free, but it is not noted on the menu. They can also accommodate low-salt and

low-carb needs. Speak with the server and he or she will coordinate with the kitchen to ensure guests' needs are met.

Chef: John Adamson

Manager: John Augustine

Phone: 404.481.2980

Location: Lenox Square, 3393 Peachtree Rd. NE, Suite 3058B (Buckhead)