

Gluten-Free Burgers

Our gluten-free burgers are a guest favorite. Each burger is handcrafted and served on a gluten-free bun, prepared fresh to order in our dedicated gluten-free kitchen.

We focus on:

- Quality ingredients
- Fresh toppings
- Bold, satisfying flavors
- Safe preparation practices

Because our kitchen contains no gluten, guests can enjoy burgers without worrying about shared grills, contaminated fryers, or airborne flour. Whether you prefer a classic burger or something more flavorful and unique, you can order with confidence.

If you've been searching for gluten-free burgers in Yorktown, VA, you've found a restaurant where safety and taste go hand in hand.

Gluten-Free Seafood

As part of Virginia's coastal region, seafood is an important part of our menu. At Grunow's Kitchen, our gluten-free seafood dishes are carefully prepared to highlight freshness and flavor.

Unlike many restaurants where seafood is breaded or fried in shared oil, our preparation methods maintain our strict gluten-free standards.

Guests can enjoy seafood dishes knowing:

- No wheat flour is used
- No shared fryers are present
- No gluten-containing ingredients enter the kitchen

For individuals with Celiac disease, this makes all the difference.

Gluten-Free Pastas

Comfort food should never feel off-limits. Our gluten-free pastas offer hearty, satisfying meals made with gluten-free noodles and rich, flavorful sauces.

We focus on:

- Quality gluten-free pasta
- Balanced seasonings
- Carefully selected ingredients
- Safe preparation practices

Because we are a dedicated gluten-free restaurant, you never have to worry about traditional wheat pasta being cooked nearby. Everything we serve is gluten-free — without exception.

Gluten-Free Desserts

Dessert should be enjoyable, not stressful. Our gluten-free desserts allow guests to indulge confidently.

Prepared in-house within our dedicated facility, our desserts are made without gluten, nuts, or peanuts. From classic sweet treats to specialty items, our dessert offerings provide a satisfying finish to your meal.

We believe gluten-free dining should include indulgence — not restriction.

Gluten-Free Food — Everything We Serve

At Grunow's Kitchen, gluten-free food isn't a special request — it's our entire identity.

Every entrée, every side, and every dessert is completely gluten-free. There is no separate menu. There are no modified substitutions. There is no need to double-check ingredients.

When you order from our menu, it is safe by design.

This level of dedication allows families and individuals with dietary restrictions to relax and enjoy their dining experience fully.

Cupcakes

Our cupcakes are a standout favorite among guests. These gluten-free cupcakes are freshly prepared and full of flavor.

Perfect for:

- Dessert after your meal
- Special occasions
- Celebrations
- A sweet treat to take home

Because they are made in our dedicated gluten-free kitchen, guests can enjoy cupcakes without the fear of cross-contact found in traditional bakeries.

Availability may vary, so we encourage calling ahead for current selections.

Vegan Food

We proudly offer clearly labeled vegan food options for guests following plant-based diets.

Our vegan selections are:

- Thoughtfully prepared
- Clearly identified on the menu
- Made with the same safety standards as all other items

Whether you follow a vegan lifestyle or simply prefer plant-based meals, you'll find options that are both satisfying and safe.

Allergen Transparency & Safety Commitment

Our commitment to food safety includes:

- 100% dedicated gluten-free facility
- Nut and peanut-free kitchen
- Careful ingredient sourcing
- Clear labeling for vegan and dairy-free options

- No shared preparation areas

For individuals with Celiac disease, gluten intolerance, or severe food allergies, dining out can be stressful. Our goal is to remove that stress completely.