

MUSTHIKEMUSTEAT.COM

Pacific Northwest

EATING OUT GUIDE



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Here is a list of the places I frequent to keep as close as possible to health goals while enjoying eating out with friends pre or post hike.

Some tips to keep in mind:

- A restaurant that labels their menu for dietary considerations is a best friend. Check online ahead of time and go prepared with a restaurant suggestion to give those in your party.
- One can't go wrong with salad and added protein or a burger without a bun and side salad. Just ask to leave off items not wanted.
- Chose singular dairy in a salad over what might be in a salad dressing is a great flavor choice for those who can do dairy.
- Shared fryers/grills are always a concern for those with gluten sensitivity. If this is you, ask if they have a separate fryer/grill for gluten-free.
- Unless they make their sweet potato fries from scratch, most have a gluten coating. You are sometimes better off having house made regular potato fries. Ask.
- Short of sneaking food into a restaurant, a natural foods store with a deli and produce section offers the most control over a meal. Think post-hike picnic!
- For those with Celiac's disease, websites like [Find Me Gluten Free](#) are the best resource.

All locations are listed here on [Google Maps](#).

"*" Indicates a dedicated gluten free establishment



Mount Baker Highway, Bellingham (SR 542)

North Fork Brewery

6186 Mt Baker Hwy, Deming, WA 98244
48.89059, -122.15136

[Google Map Link](#)

Chair 9

10459 Mt Baker Hwy, Deming, WA 98244
48.89333, -121.91888

[Google Map Link](#)

Boundary Bay

1107 Railroad Ave, Bellingham, WA 98225
48.74763, -122.48087

[Google Map Link](#)

Fiamma Burger

1309 Railroad Ave, Bellingham, WA 98225
48.74962, -122.47799

[Google Map Link](#)

Fiamma Woodfire Pizza

200 E Chestnut St, Bellingham, WA 98225
48.7478, -122.47964

[Google Map Link](#)

Lost Giants Cider Company

1200 Meador Ave, Bellingham, WA 98229
48.75246, -122.45939

[Google Map Link](#)

North Cascades Highway (SR 20)

*5 B's Bakery

45597 Main St, Concrete, WA 98237
48.53896, -121.75339

[Google Map Link](#)

Birdsview Brewing Company

38302 State Rte 20, Concrete, WA 98237
48.52816, -121.91305

[Google Map Link](#)

The Mazama Store

50 Lost River Rd, Mazama, WA 98833
48.59333, -120.40575

[Google Map Link](#)

Mazama Public House

516 Goat Creek Rd, Mazama, WA 98833
48.59262, -120.40416

[Google Map Link](#)

Methow Valley Ciderhouse

28 WA-20, Winthrop, WA 98862
48.47822, -120.19256

[Google Map Link](#)

Glover Street Market

124 Glover St N, Twisp, WA 98856
48.36577, -120.12116

[Google Map Link](#)



* indicates a dedicated gluten free establishment

The Puget Sound (I-5, SR 20, SR 532)

*K Fresh

1105 Hewitt Ave, Everett, WA 98201

47.97957, -122.2153

[Google Map Link](#)

The Sisters Restaurant

2804 Grand Ave, Everett, WA 98201

47.98033, -122.21311

[Google Map Link](#)

Soundbite Cider

909 SE Everett Mall Way unit a-175, Everett, WA 98208

47.911, -122.21971

[Google Map Link](#)

Skagit Valley Co-op

202 S 1st St, Mt Vernon, WA 98273

48.42103, -122.33655

[Google Map Link](#)

*Shambala Bakery and Bistro

614 S 1st St, Mt Vernon, WA 98273

48.4182, -122.33812

[Google Map Link](#)

Mammoth Burgers Company

8715 271st St NW, Stanwood, WA 98292

48.24228, -122.35116

[Google Map Link](#)

Tapped Public House

848 N Sunrise Blvd, Camano, WA 98282

48.24129, -122.45565

[Google Map Link](#)

Three Sisters

779 N Holbrook Rd, Coupeville, WA 98239

48.23724, -122.71995

[Google Map Link](#)

Ultra House

221 Second Street # 9A, Langley, WA 98260

48.03933, -122.40838

[Google Map Link](#)

Misfit Island Cider Company

221 Second Street Bldg 13, Langley, WA 98260

48.03957, -122.40818

[Google Map Link](#)

Razzi's Pizzeria

8523 Greenwood Ave N, Seattle, WA 98103

47.69114, -122.35559

[Google Map Link](#)

*Astir

818 E Pike St, Seattle, WA 98122

47.61421, -122.32114

[Google Map Link](#)

*Ghostfish Brewing Company

2942 1st Ave S, Seattle, WA 98134

47.57635, -122.3339

[Google Map Link](#)

Green Butterfly Walk Cafe & Juice

9925 SW Bank Rd, Vashon, WA 98070

47.44723, -122.46147

[Google Map Link](#)



Mountain Loop Highway (SR 9, SR 92, SR 530)

LJs Bistro and Bar

430 91st Ave NE #1, Lake Stevens, WA 98258
48.00053, -122.10854

[Google Map Link](#)

Creekside Ale House

12401 20th St NE, Lake Stevens, WA 98258
48.01572, -122.06281

[Google Map Link](#)

Mirkwood Public House

117 E Division St, Arlington, WA 98223
48.19889, -122.12627

[Google Map Link](#)

River Time Brewery

650 Emens Ave N South, Darrington, WA 98241
48.24947, -121.60194

[Google Map Link](#)

Stevens Pass Highway (SR 2)

Grilla Bites

1020 1st St STE 104, Snohomish, WA 98290
47.91158, -122.09535

[Google Map Link](#)

*Grain Artisan Bakery

717 1st St, Snohomish, WA 98290
47.9108, -122.0925

[Google Map Link](#)

Trails End Taproom and Restaurant

511 Maple Ave, Snohomish, WA 98290
47.91814, -122.08804

[Google Map Link](#)

Glorybucha

12125 Treosti Rd, Snohomish, WA 98290
48.19696, -122.12695

[Google Map Link](#)

Alfy's Pizza

19121 US-2, Monroe, WA 98272
47.86119, -121.97405

[Google Map Link](#)

Route 2 Taproom and Grazing Place

19837 US-2, Monroe, WA 98272
47.85916, -121.96523

[Google Map Link](#)



* indicates a dedicated gluten free establishment

Stevens Pass Highway (SR 2) (cont.)

Good Brewing Company

410 Main St, Sultan, WA 98294

47.86213, -121.81555

[Google Map Link](#)

Espresso Chalet

50000 Stevens Pass Hwy, Gold Bar, WA 98251

47.80853, -121.5619

[Google Map Link](#)

Gustav's

617 US-2, Leavenworth, WA 98826

47.59429, -120.66461

[Google Map Link](#)

Yodelin Broth Company

633 Front St #1346, Leavenworth, WA 98826

47.59439, -120.66388

[Google Map Link](#)

Dan's Food Market

1329 US-2, Leavenworth, WA 98826

47.59882, -120.65531

[Google Map Link](#)

Leavenworth Cider House

939 Front St, Leavenworth, WA 98826

47.59605, -120.65998

[Google Map Link](#)

McGlinn's Public House

111 Orondo Ave, Wenatchee, WA 98801

47.42291, -120.31097

[Google Map Link](#)

Snoqualmie Pass (I-90)

North Bend Bar & Grill

145 E North Bend Way, North Bend, WA 98045

47.49425, -121.785

[Google Map Link](#)

Chang Thai & Pho

131 E North Bend Way Suite A, North Bend, WA 98045

47.49438, -121.78526

[Google Map Link](#)

The Commonwealth

10 Pass Life Way #1, Snoqualmie Pass, WA 98068

47.42115, -121.41239

[Google Map Link](#)

Basecamp Books and Bites

110 W Pennsylvania Ave, Roslyn, WA 98941

47.22254, -120.99372

[Google Map Link](#)



Mount Rainier, Mount St Helens,
White Pass (SR 12, SR 410, SR 7,
SR 503)

Historic Mint Restaurant & Ale House

1608 Cole St, Enumclaw, WA 98022

47.20383, -121.98986

[Google Map Link](#)

Farelli's Wood Fire Grill

15007 Main St E, Sumner, WA 98390

47.20284, -122.2285

[Google Map Link](#)

Copper Creek Inn

35707 WA-706, Ashford, WA 98304

46.7555, -121.96051

[Google Map Link](#)

Cliff Droppers

12968 US-12, Packwood, WA 98361

46.60378, -121.67299

[Google Map Link](#)

Fargher Lakehouse

15519 NE Fargher Lake Hwy, Yacolt, WA 98675

45.88857, -122.51198

[Google Map Link](#)

Olympic Peninsula (HWY 101)

Quilbilly's Restaurant & Taproom

294793 US-101, Quilcene, WA 98376

47.82239, -122.87542

[Google Map Link](#)

Finn River

124 Center Rd, Chimacum, WA 98325

48.00973, -122.76945

[Google Map Link](#)

*Nourish Sequim

101 Provence View Lane, Sequim, WA
98382

48.06829, -123.10282

[Google Map Link](#)

Turnip The Beet

132 E Front St, Port Angeles, WA
98362

48.11913, -123.43153

[Google Map Link](#)



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Olympic Peninsula (HWY 101) (cont.)

Linda's Woodfired Kitchen

1110 Bayview Ave, Neah Bay, WA 98357

48.3656, -124.61387

[Google Map Link](#)

Sunsets West Co-op

16795 WA-112, Clallam Bay, WA 98326

48.25427, -124.25988

[Google Map Link](#)

Serious Pizza

103 First Ave N, Ilwaco, WA 98624

46.30908, -124.04382

[Google Map Link](#)

Pacific Pizza

870 S Forks Ave, Forks, WA 98331

47.94251, -124.3861

[Google Map Link](#)

Kalaloch Lodge

157151, US-101, Forks, WA 98331

47.60567, -124.37136

[Google Map Link](#)

Eastern WA (SR 97, I-90)

Bear Foods Natural Market

125 E Woodin Ave, Chelan, WA 98816

47.84012, -120.01797

[Google Map Link](#)

Steelhead Cider Company

114 E Woodin Ave C, Chelan, WA 98816

47.83958, -120.01881

[Google Map Link](#)

Stehekin Pastry Company

Stehekin, WA 98852

48.32344, -120.68531

[Google Map Link](#)

The Pearl Bar & Grill

402 N Pearl St, Ellensburg, WA 98926

46.9958, -120.54702

[Google Map Link](#)

*Cole's Bakery and Cafe

521 E Holland Ave, Spokane, WA 99218

47.74435, -117.40213

[Google Map Link](#)



Portland-Hood River-Columbia River Gorge (I-5, I-205, I-84, SR 14)

Dick's Primal Burger

4318 NE Cully Blvd, Portland, OR 97218
45.55404, -122.6017

[Google Map Link](#)

*Bastion PDX

6116 SE Milwaukie Ave, Portland, OR 97202
45.47831, -122.64906

[Google Map Link](#)

Back To Eden

2215-2217 NE Alberta St, Portland, OR 97211
45.55918, -122.64247

[Google Map Link](#)

Cosmic Bliss

207 NW 10th Ave, Portland, OR 97209
45.52459, -122.68145

[Google Map Link](#)

*Kyra's Bakery

599 A Ave, Lake Oswego, OR 97034
45.42023, -122.67013

[Google Map Link](#)

*Bierly Brewing

214 NE 11th St, McMinnville, OR 97128
45.21546, -123.19752

[Google Map Link](#)

Walking Man Brewery

240 1st St, Stevenson, WA 98648
45.6923, -121.88391

[Google Map Link](#)

Thunder Island Brewing

601 Wa Na Pa St, Cascade Locks, OR 97014
45.66534, -121.89756

[Google Map Link](#)

Cascade Locks Ale House

500 Wa Na Pa St, Cascade Locks, OR 97014
45.66517, -121.89561

[Google Map Link](#)

Crush Cider

020 Wasco St, Hood River, OR 97031
45.71162, -121.52259

[Google Map Link](#)

Ground Espresso Bar & Cafe

12 Oak St, Hood River, OR 97031
45.70897, -121.51078

[Google Map Link](#)

Farm Stand In The Gorge

1009 12th St, Hood River, OR 97031
45.70294, -121.52348

[Google Map Link](#)



Oregon Coast (HWY 101)

Pelican Pub and Brewing

33180 Cape Kiwanda Dr, Pacific City, OR

97135

45.21524, -123.97038

[Google Map Link](#)

Pacific Kitchen at Nye Beach

740 W Olive St, Newport, OR 97365

44.63672, -124.0618

[Google Map Link](#)

Rogue Bayfront Public House

748 SW Bay Blvd., Newport, OR 97365

44.62781, -124.05598

[Google Map Link](#)

For more ideas and recipes
for a whole foods lifestyle, visit
MustHikeMustEat.com

Eastern Oregon, SR 97, I-84

Spork

937 NW Newport Ave, Bend, OR 97701

44.06225, -121.32584

[Google Map Link](#)

Broken Top Bottle Shop & Ale House

1740 NW Pence Ln # 1, Bend, OR 97703

44.06336, -121.33894

[Google Map Link](#)