Food Items

Spicy Tofu Wrap with Spicy Eggplant

Lona’s LiL Eats

gluten-free, vegetarian, vegan, lactose-free

4

Vegetarian Combo with Gluten-Free Injera

Meskerem

gluten-free, vegetarian, vegan, lactose-free

5

Tofu Xa Ot (chiles and lemongrass)

Pho Grand

gluten-free, vegetarian, vegan, lactose-free

5

Mudslinger with Gluten-Free Bread

The Mudhouse

gluten-free, vegetarian

5

Okra Masala with Gluten-Free Bread

The Mudhouse

gluten-free, vegetarian, lactose-free

3

The Goat with Gluten-Free Bread

The Mudhouse

gluten-free, vegetarian

4

Hash

Rise Coffee House

gluten-free, vegetarian

4

Tumeric and Ginger Rice Bowl

Rise Coffee House

gluten-free, vegetarian

5

Spicy Shrimp Tacos with Corn Tortillas

La Vallesana

gluten-free, pescatarian

5

Grilled Baja Fish Taco

Mission Taco Joint

gluten-free, pescatarian

3

Restaurants

001

Lona’s LiL Eats

2199 California Ave. St. Louis, MO 63104

314.925.8938

Tuesday – Saturday 11 am – 9 pm

http://lonaslileats.com/

002

Meskerem

3210 S. Grand Blvd. St. Louis, MO 63118  
314.772.4442

Monday – Thursday 11 am – 9:30 pm,

Friday – Saturday 11 am – 10 pm, ‍

Sunday 12 pm – 9:30 pm

[http://meskeremstl.com/](http://meskeremstl.com/menu)

003

Pho Grand

3195 S Grand Blvd, St. Louis, MO 63118

[314.664.7435](https://www.google.com/search?q=pho+grand&oq=pho+grand&aqs=chrome..69i57j0l5.5356j0j7&sourceid=chrome&ie=UTF-8)

Sunday – Monday 11 am – 9:30 pm,

Wednesday – Thursday 11 am – 9:30 pm,

Friday – Saturday 11 am – 11:30 pm

<https://www.phogrand.com/>

004

The Mudhouse

2101 Cherokee St., St. Louis, MO 63118

314.776.6599

Everyday 7 am – 4pm

<http://www.themudhousestl.com/>

005

Rise Coffee House

4176 Manchester Ave, St. Louis, MO 63110

314.405.8171

Monday – Friday 6:3 0am – 6 pm,

Saturday 6:30 am – 7 pm,

Sunday 8 am – 7 pm

<https://risecoffeestl.com/>

006

La Vallesana

2801 Cherokee St, St. Louis, MO 63118

314.776.4223

Monday – Sunday 10am - 10pm

<https://www.neverialavallesana.com/>

007

Mission Taco Joint

Soulard: 908 Lafayette Ave, St. Louis, MO 63104 (multiple locations)  
314.858.8226

Monday – Saturday 11 am – 12:30 am, ‍Sunday 11 am –11:00 pm

<https://www.missiontacojoint.com/>