

Gluten-free dining at FuegoMundo in Atlanta



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A night out being gluten-free can sometimes be a challenge, but it seems nowadays it is getting easier and easier to be able to go out and enjoy a meal stress-free. What is even better is when you go to a restaurant and the majority of the menu is naturally gluten-free! [FuegoMundo](#) in Atlanta is one of those places.

Owners Masha and Udi Hershkovitz describe FuegoMundo as a South American wood fire grill which was created as a result of their trip to Panama and experiencing its unique grilled flavors. And the results are tasty!

I have always been a huge fan of Latin and South American foods so I was really excited to learn about this place. I looked over the [menu](#) before heading out to dinner, and was very pleased to know that all main dishes and sides were gluten-free and actually also dairy-free. Yes, you read that correctly, they are *all* gluten-free! I felt like this was going to be a special treat.

Like many restaurants today, you order at the counter and are served at your table. First you choose your entree and there are many meat and chicken and fish options as well as tofu steak, which is vegan and cooked separately from the meat. The fish dishes are also cooked separately from the other meat. Next, you choose a side combo which includes items such as salad, black beans and rice, plantains, quinoa, grilled corn, roasted potatoes and stir-fried veggies.

I ordered the white seas bass with black beans, rice and plantains. My husband ordered the tilapia with stir-fried veggies. Our meals arrived shortly and smelled delicious. I didn't know which dish to try first, so I tried his. The tilapia was extremely aromatic and tender. The veggies also had a really nice flavor. My white sea bass was also delicious and I am a huge fan of black beans with rice and plantains so that really made my meal perfect. In the end, I think perhaps I preferred the tilapia over the white sea bass, because it was a bit more full of flavor, but they were both extremely tasty, and I thoroughly enjoyed my meal.

Service was fast, the food was delicious and the price was budget friendly. The two of us ate for under \$25, granted this did not include drinks, which next time I would like to try. I will definitely be going back to FuegoMundo very soon!

FuegoMundo is located in Sandy Springs just outside of Atlanta at 5590 Roswell Road. They are closed Mondays. www.fuegomundo.com 404-256-4330



Anne Steib is a self-proclaimed foodie who loves eating out as much as cooking for friends. Since being diagnosed with Celiac, she has been determined to not let it put a damper on her food adventures, and to raise awareness among the general public. Anne lives in the Chicago-area. Follow Anne on [Twitter](#)!