

**Written by:**

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# Top 10 Places to Eat in Kansas City While on the Whole30

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*"Take the guess work out of dining out while on the Whole30"*

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## What's Inside:

I think we can all agree that one of the toughest parts of Whole30 is navigating going out to eat while on a round of the program. With sneaky sugars and ingredients hiding around every corner, it can feel overwhelming to order at a restaurant while still staying Whole30 compliant. How many times have you had a server roll their eyes at you when you ask, "What kind of marinade/seasoning do you use on the chicken?" So, to save you the trouble of having to go through those awkward conversations with the server/kitchen manager, I have done it for you! Every menu item on this guide has been verified, by myself, to contain 100% Whole30 compliant ingredients. So, the next time you want to go out to eat while on your Whole30, simply bring along this handy guide for a foolproof way to order with ease. I hope you enjoy, and happy dining!



***Disclaimer:** This guide is current as of 10/5/18. The restaurants and menu items mentioned are subject to change at any time. Be sure to verify with your server if you have reason to believe that the ingredients/preparation for a dish have changed since the time this guide was produced.*

# The Russell

3141 Main St.  
Kansas City, MO  
(816) 492-7557

## What to Know:

The Russell is a great little lunch spot in midtown KC. With a focus on fresh, locally sourced ingredients, it's no surprise that their menu items can be easily tweaked to become Whole30 compliant. All of the staff is extremely friendly and accommodating with any and all ingredient questions you may have. I spoke to the owner himself, and he said they are always willing to adjust the menu to fit your dietary needs. Bonus: the food is out of this world delicious!

## What to Order:

### **Sumac Tenderloin**

- Hold the goat cheese
- Hold the chimichurri dressing (*ask for olive oil & vinegar instead*)

## Other Options:

All of their proteins (i.e., beef, chicken, shrimp, and salmon) are prepared using Whole30 compliant ingredients. This means that you can order quite a few of their menu items with the appropriate tweaks. For example, you could order their Roasted Root Salad (hold the cheese and dressing) and add any of the above-mentioned proteins. The opportunities here are endless! Just be sure to omit the obvious things (tortillas, cheese, etc.) and you should be good!



# Brown & Loe

429 Walnut St.  
Kansas City, MO  
(816) 472-0622

## What to Know:

Brown & Loe is an adorable restaurant nestled right in the heart of the River Market District. It is a perfect date night spot. Not too casual or too fancy, it's just right! Many of their menu items can easily be tweaked to be Whole30 compliant. The staff is also very friendly and more than happy to answer any ingredient questions. And of course, the most important part, their food is fantastic!

## What to Order:

### Spaghetti Squash

- Hold the Boursin cheese
- Add steak

### Other Options:

For appetizers, I recommend the Oysters on the Half Shell. Rather than topping them with the non-compliant sauces they typically come with, try squeezing some fresh lemon juice on them! For a fresh and fruity salad, go for the Watermelon salad. Just be sure to order without the feta cheese and blood orange vinaigrette (get olive oil & vinegar instead). For main dishes, give the Grilled Salmon a try. Simply ask to have it without the couscous or Greek yogurt.



# Blue Bird Bistro

1700 Summit St.  
Kansas City, MO  
(816) 221-7559

## What to Know:

Blue Bird Bistro is a super cute little restaurant in the Westside North neighborhood. Exposed brick and vintage tile floors give the space an effortlessly charming vibe. The wait staff was more than willing to answer my ingredient questions and even apologized when they found out from the chef that certain items contained ingredients I was avoiding. Definitely a great little spot to grab a bite!

## What to Order:

### **Loose Burger**

- Hold the Havarti cheese
- Hold the bun
- Order with a side of house potatoes or sautéed vegetables

### Other Options:

From their Lunch Entrees, you could get the Salmon. Just ask for it without the lemon aioli or seasoned rice. You could also get the Grass Fed Burger or Bison Burger. In both instances, hold the bun and only add compliant toppings (i.e., lettuce, tomato, onion, sautéed mushrooms). For breakfast, build your own omelet is a great option. Also, the veggie and potato bowls are compliant if you omit any cheese, gravy, or biscuits.



# The Corner Restaurant

4059 Broadway Blvd.  
Kansas City, MO  
(816) 931-4401

## What to Know:

The Corner Restaurant is an infamous brunch spot in Westport. Just because you're on a round of Whole30, doesn't mean you have to miss out on the fun! This place is always bustling and full of people. Be aware that their wait staff is very busy and may not want to answer a bunch of ingredient questions. It might be best to stick to ordering what I've outlined here.

## What to Order:

### **The Hashes (with Chorizo)**

- Hold the caramelized onions (*you can ask for raw onions*)
- Hold the hollandaise sauce
- Tell them to cook the contents of the hash without oil (*this is because they use vegetable oil*)

### Other Options:

The options here are limited, but there's at least a few things you can get and stay compliant. Scramble-Fuls allow you to pick your own ingredients, which is helpful. Please note that the only compliant protein they offer is the Chorizo. In terms of veggies, you can pick any except the caramelized onions. Equipped with this knowledge, you can create a few different variations of the scramble. Just be sure to tell them not to cook any of this with oil. Also, you will have to go without the potatoes on the side as they are deep fried.



# Café Gratitude

333 Southwest Blvd.  
Kansas City, MO  
(816) 474-5683

## What to Know:

Café Gratitude is a magical little restaurant located in the Crossroads Art District. Their menu is 100% organic and plant-based. You may notice that their menu items have unique names like “Luminous” or “Adventurous.” This is intentional, and when your food is delivered to your table your server will hand it to you and say, “You are \_\_\_\_.” I told you it was magical! Plus, they are completely transparent when it comes to sharing ingredients (more on that later).

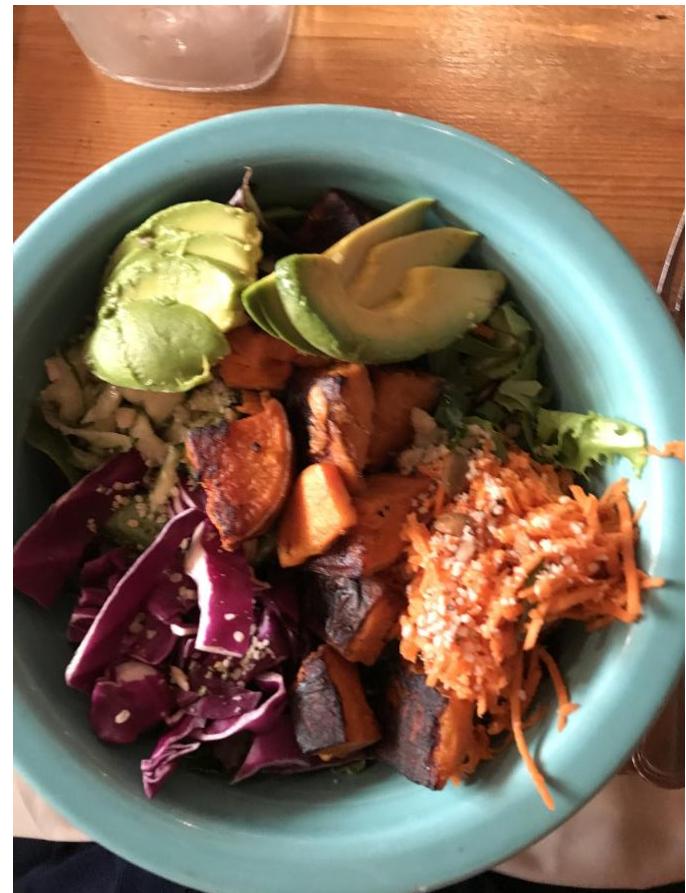
## What to Order:

### Luminous Salad

- Hold the quinoa
- Hold the flax cracker (*while this is comprised of compliant ingredients it would fall into the realm of SWYPO*)
- Ask for olive oil & vinegar as your dressing

### Other Options:

Lots of options here! Sensational (a spaghetti squash dish) is also quite delicious and doesn't require any modifications to be made Whole30 compliant. Go with this if you're looking for something other than a salad. Ask for the ingredients binder (they usually keep it up at the front), to check the contents of any and all of their dishes. This takes all of the guess work out of deciphering if something is compliant or not. Just be careful to avoid SWYPO!



# t.Loft

200 W. 47<sup>th</sup> St.  
Kansas City, MO  
(816) 541-4849

## What to Know:

t.Loft has multiple locations throughout Kansas City, which is super convenient. Their slogan is “Clean Eats” and I’d have to say they definitely live up to it! They have a few different menu options that are Whole30 compliant and have always been more than willing to bust out their ingredient binder for me upon request. The atmosphere is almost like that of a coffee shop. Definitely a great place to go to if you’re trying to grab a quick breakfast or lunch.

## What to Order:

### Sunrise Scramble Bowl

- Hold the feta cheese

## Other Options:

There are two other scramble bowls that contain all Whole30 compliant ingredients. No omissions or tweaks needed! The Buffalo and the Turkey Veggie Scramble Bowls. You could also get the Cleanse Salad if you’re looking for a lunch option. Just hold the quinoa and ask for olive oil & vinegar as the dressing. If you’re curious about any other menu items but aren’t sure if the ingredients are compliant, don’t be afraid to ask for their ingredient binder!



# Bar K Dog Bar

501 Berkley  
Kansas City, MO  
(816) 474-2275

## What to Know:

Bar K is Kansas City's newest dog park, but it is so much more than just your average dog park! They have a full restaurant and bar so that you can enjoy all the human amenities while your pup gets to run around and play. This will quickly become your new favorite hangout if you're a dog lover like me. While there are limited Whole30 options here, the ones they do have are quite tasty! And the kitchen staff was more than happy to humor all of my ingredient questions.

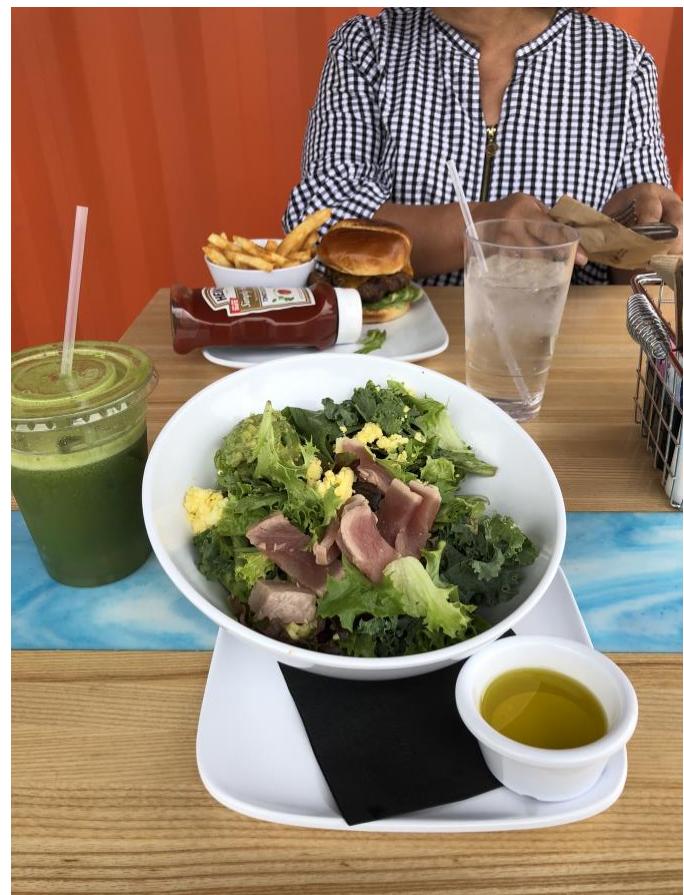
## What to Order:

### **House Salad**

- Hold the bleu cheese
- Hold the dressing (*ask for olive oil & vinegar instead*)
- Add ahi tuna

## Other Options:

This salad may be one of the only things on the menu you can easily tweak to make it Whole30 compliant. The other protein option you have besides the ahi tuna is the chicken. The steak is a no-go, as it is marinated in soy sauce. If you're feeling up to it, and don't mind asking the kitchen staff a bunch of ingredient questions, feel free to explore the rest of their menu and see if you can tweak something to make it compliant. If not, the House Salad with tuna or chicken is a safe bet that tastes great!



# Garozzo's Ristorante

526 Harrison St.  
Kansas City, MO  
(816) 221-2455

## What to Know:

Garozzo's is a classic Italian restaurant. Think lots of red décor and hallways filled with old family pictures. While Italian food may not be the first thing you think of when you think of Whole30, you would be pleasantly surprised to find that there is at least one menu item here that is in fact Whole30 compliant. As they tend to get quite busy here, I suggest calling ahead if you have any additional ingredient questions rather than waiting to ask your server while you are there.

## What to Order:

### **Mike's Diet Chicken**

- No modifications required ☺

## Other Options:

As far as I could tell this is the only menu item they currently offer that is Whole30 compliant. The fact that it is compliant without any modifications is definitely nice. As cringe-worthy as it may be to say you're ordering "diet chicken" when everyone else at the table is already on their second piece of garlic bread, I promise it is a delicious dish. Made with fresh herbs and tomatoes, and topped with shrimp, there's nothing lackluster about this diet chicken! It is bursting with flavor and definitely hits the spot when you're in the mood for Italian.



# District Pour House

7122 Wornall Rd.  
Kansas City, MO  
(816) 333-0799

## What to Know:

District Pour House is a great brunch spot in the Waldo neighborhood. Plus, they have dog friendly outdoor seating, so your furry friends can join you! They are usually pretty busy, so it might be best to stick to the menu items I've outlined here when ordering. If it's slower, feel free to ask your server questions about ingredients of other items you might be interested in. The staff have all been quite friendly to me when I do.

## What to Order:

### Salmon Salad

- Hold the pickled onions
- Hold the oranges (*unless they're fresh. I've gone before when they've used canned oranges that I could taste had added sugar*)
- Hold the dressing (*ask for olive oil & vinegar instead*)

### Other Options:

If you go during brunch there are a few other options that you can get. The Roasted Salmon Hash is quite delicious. Just be sure to hold the hollandaise sauce. You could also get the Steak & Eggs. Again, hold the hollandaise. If you want to explore other menu items that you could potentially tweak to be compliant, I highly recommend doing so during their slower times rather than during peak brunch hour.



# Zoe's Kitchen

100 Ward Pkwy.  
Kansas City, MO  
(816) 531-2044

## What to Know:

Drumroll please...Zoe's Kitchen is the only eatery in Kansas City that has Whole30 Approved menu items. You may be thinking...wait a minute...you just told me all these other places that I could order Whole30 compliant meals. Well, Whole30 Approved is one step above that. When something has the Whole30 Approved stamp, this means that their menu items were officially reviewed by the Whole30 team and deemed to be acceptable for the program! Cool right?

## What to Order:

### **Salmon Kabob**

- Side of Israeli skhug sauce
- Side of fresh fruit
- Side of grilled potato salad

### Other Options:

You can order anything with the Whole30 Approved emblem next to it. Exciting, I know! They have all kinds of options, and they are all scrumptious. Another favorite of mine is the Mediterranean Chicken. I order it with the Israeli skhug sauce, and a side of roasted veggies and grilled potato salad.



# Honorable Mentions

**While this list is far from exhaustive, here are a few more restaurants that you can find Whole30 compliant menu items.**

**Ruby Jean's Juicery:** Ruby Jean's is just great! The only reason I did not include them on the main list is because I have yet to try the menu items of theirs that are Whole30 compliant. I didn't want to recommend anything to you all without having tried it myself first! For breakfast you could order the Green Dream or Herbed Mushroom Scramble, and just hold the toast. For lunch you could order the Protein Bowl with sweet potatoes as your carb and chicken, salmon, or ground turkey as your protein. I can't wait to go and try all these yummy sounding dishes!

**Whole Foods:** The Whole Foods salad bar is always an option when searching for a quick and easy Whole30 compliant meal. Be careful that you read all of the ingredients listed above each salad bar option. They tend to add sugar to everything there. The hot case rarely has Whole30 compliant options, but it's worth a gander if you have the time! It should be noted that their plain rotisserie chicken does not have added sugar and is perfect for emergency dinners.

**Evolve Paleo Kitchen:** Evolve is a great grab and go meal option. They actually have quite a few Whole30 compliant options, and they will be clearly labeled as such. The only reason I didn't include it in the list is because it is not a sit-down restaurant. Their focus is more geared towards meal delivery services. They even have a Whole30 meal delivery option that you can sign up for which is perfect for those of you that prefer not to have to cook.

**Freestyle Poké:** Raise your hand if you love poké! I know I do. I was very excited to see that Freestyle Poké has clearly labeled the ingredients that are paleo-friendly. While paleo does not mean Whole30, there is often times a bit of overlap. Be sure to ask about any ingredients you are unsure of, particularly the sauces as paleo allows added sugar and Whole30 does not. Try their zoodles as a base as a fun Whole30 twist on the traditional poké bowl!

# Pro-Tips & Tricks

## ❖ Bring your own sauces or dressings

You may have noticed a trend with the salad orders. Hold the dressing, ask for olive oil & vinegar instead. While that'll work in a pinch, I'm sure you have much tastier salad dressings at home. Don't be afraid to pack a little bottle of dressing with you. I promise, no one will notice.

## ❖ Call ahead when you can

While I did my best to create this guide based on items that I assume will remain on the menu, there is no guarantee that this is the case. A quick phone call or search of their website to ensure that the Whole30 compliant option you're banking on is still offered is a good strategy.

## ❖ Be flexible

Worst case scenario is you get to the restaurant and for whatever reason they aren't offering any of the suggestions I included in this guide. Breathe. It's going to be fine! Scan the menu and look for things that you know will be the easiest to tweak. Often times the salads are going to be your safest bet. When adding a protein of any kind to a salad, just be sure to ask (a) what they marinade it in and (b) how it is cooked, what oil is used.

## ❖ Enjoy yourself!

I know how daunting it can feel to navigate the Whole30 while you're out in the wild. Know that this guide is here to help you. Also know that at the end of the day, most dining out experiences are shared with friends or loved ones. Focus on enjoying their company rather than obsessing about what foods you can and cannot eat. Have fun!

# About the Author

## *Christine R. Hofmeister*



Christine is a Whole30 Certified Coach living in Kansas City, MO. A foodie at heart, she is happiest in the kitchen cooking up new recipes. She believes in the healing power of food and strives to empower others on their own unique journey to health. When she's not in the kitchen, you can find Christine at her local farmer's market or at the dog park with her two fur babies and her hubby. Having completed many Whole30's herself, she created this guide as a resource for fellow Whole30er's in Kansas City.

## Let's Connect!

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