



For Immediate Release
August 6, 2019

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Craving Something Sweet? AllergyEats Announces 2019 List of the Top Allergy-Friendly Sweets Shops in America

Inaugural list features the top-rated bakeries and ice cream shops in the country to find an allergy-friendly treat

BOSTON – [AllergyEats](http://www.allergyeats.com) is pleased to announce its 2019 list of the Top Allergy-Friendly Sweets Shops in America. Released for the first time this year, this prestigious list is derived from the reviews of food-allergic diners across the U.S. on the AllergyEats app and website (www.allergyeats.com). The featured bakeries and ice cream shops on this year's list have done the best job satisfying the sweet tooth of many food-allergic consumers.

The Top Allergy-Friendly Sweets Shops in America:

1. Starry Lane Bakery (San Diego, CA)
2. Annie May's Sweet Café (Louisville, KY)
3. Holy Donut (Portland, ME)
4. Sticky Fingers Sweets & Eats (Washington, DC)
5. Dee's One Smart Cookie (Glastonbury, CT)
6. Jennifer Lee's Gourmet Bakery (Boston, MA)
7. Blacker's Bakeshop (Newton, MA)
8. A La Mode Shoppe (New York, NY)
9. Super Sundaes Ice Cream (Hillsborough, NJ)
10. YoYo Donuts & Coffee Bar (Minnetonka, MN)
11. Tipping Cow (Somerville, MA)
12. Sweet Theory Baking Co (Jacksonville, FL)
13. Twist Bakery & Café (Millis, MA)
14. Baked By Yael (Washington, DC)
15. Sensitive Sweets (Fountain Valley, CA)

Bakeries and ice cream shops can be extremely challenging to navigate for those with food allergies. In addition to simply using more allergy-triggering ingredients like dairy, eggs, and nuts, they can also often be susceptible to hidden allergens which can trigger

reactions. According to Food Allergy Research & Education (FARE), a study looking at peanut and tree nut allergy reactions in restaurants and other food establishments found that reactions were frequently attributed to desserts and that take-out dessert stores (bakeries, ice cream shops) were common sources of foods that triggered reactions.

“AllergyEats congratulates and thanks the bakeries and ice cream shops on this list for their efforts and the dedication they’ve shown to the food allergy community,” Paul Antico, Founder and CEO of [AllergyEats](#) said. “Access to safer treats is appreciated by the food allergy community, many of whom can walk into one of the sweets shops on this list and have their first cupcake or their first ice cream ever. Because of this, we included the Top 15 sweets shops to recognize the great efforts of the very best of these establishments.”

In reviewing the #1 ranked sweets shop Starry Lane Bakery, AllergyEats app reviewer “Juliasul” said: “This was a dream come true. I teared up watching my kids order whatever they wanted. The food was delicious. We have tried cookies, brownies, cinnamon rolls, cupcakes, maple blondies, and a fruit tart. Everything was amazing, and every ingredient is top 10 free from the source to the finished product.”

In addition to the list of Top Sweets Shops, visitors to the AllergyEats app and website can also find ratings and reviews of chain restaurants, independent restaurants, travel guides to popular summertime destinations, Disney World dining options, and more.

About AllergyEats

AllergyEats (www.allergyeats.com) is the leading guide to allergy-friendly restaurants across the United States for over 30 million Americans living with food allergies and gluten intolerance. As a crowdsourced guide, AllergyEats allows food-allergic diners to find, rate, and share the allergy-friendliness of any restaurant in the U.S., based on desired location and specific allergies. AllergyEats also offers an award-winning blog, popular “Top 10” lists, destination guides, an active social media community, and more. AllergyEats is available as a free app on iTunes and Google Play, as well as at www.allergyeats.com. For more information, please email contact@allergyeats.com.

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