

## BEST REASON TO GO GLUTEN-FREE: FIDDLECAKES

An estimated 3 million Americans may suffer from undiagnosed celiac disease — an impairment of the intestines' ability to process gluten. Fortunately for gluten-intolerant Nashvillians, there's Lindsay Beckner and Tasha Ross' charming bakery, where a roster of wheat-free soups, sandwiches, salads and pastries will make you forget what you're missing. Not that you have to hate gluten to love FiddleCakes. In addition to gluten-free loaves, FiddleCakes carries wheat bread, including ciabatta from Silke's Bakery. While the gluten-free and wheat products are stored separately (to prevent cross-contamination), the broad appeal of the menu brings all appetites together in this cheery Eighth Avenue bungalow. **CARRINGTON FOX**