TheDish

First to Know About:

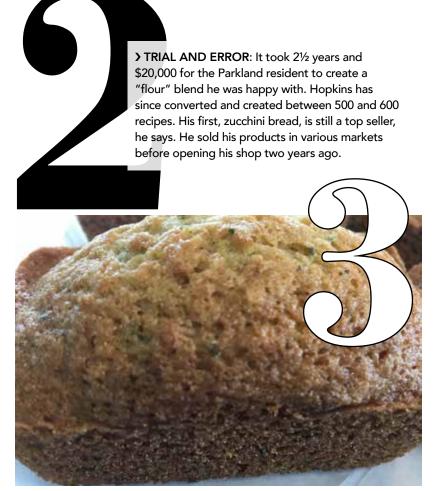
Big Mike's Gluten-Free Baking Company

WHERE: 4602 CORAL RIDGE DRIVE, CORAL SPRINGS PHONE: 954.906.8580

WEBSITE: BIGMIKESGLUTENFREE.COM

> LIFESTYLE CHANGE: Michael Hopkins regularly had stomach issues as a child, but it wasn't until 2010, when he was 50, that he was diagnosed with celiac disease—an adverse reaction to eating gluten, a protein found in wheat, barley and rye. A car and Harley Davidson dealer for 25 years, he called on his childhood love of baking—he hails from a foodie family with roots in Italy and the Carolinas—to create baked goods safe for him to eat.

> SWEET AND
SAVORY: The diverse
menu is full of
cupcakes, cookies and
specialty cakes—his
red velvet is among
the most popular,
he says—as well as
lunch dishes, such as
his beloved barbecue
ribs, and shrimp and
grits. There also are
cold-pressed juices,
smoothies, energy
bars and dog treats.



> SOMETHING FOR EVERYONE: There's no need to worry about cross-contamination—Big Mike's is 100-percent gluten-free. "It's my lifestyle," he says. "I live it every day." He also can make vegan, dairy-free and sugar-free items to accommodate other dietary restrictions.

