

# The Skinnydivas SKINNY TRUTH

## Gluten-Free Restaurant & Event Reviews

**The Wilmington Shipyard**  
936 Justison Street  
Wilmington, DE 19801  
302-656-1706  
info@ubonthaicuisine.com

Hours of Operation  
Only Monday: Closed  
Tuesday to Friday 11am-10PM  
Saturday 12 to 11  
Sunday 12pm to 9pm

Cost: Pretty Darn Good  
We had an appetizer, three entrees and a bottle of Chardonnay - \$77



Skinydivas Deb and Theresa

### First Impressions

Still flying high from the spirited Crown's performance at Wilmington's Theater Co, I floated on endorphins into Ubon with my sister, Celeste and mother, Theresa. We were immediately greeted by Wit, a co-owner who give us a big smile and a hardy "How do you ladies do?" I probably imagined the slight bow but I was present minded enough to hear my sister's "Okaaay...". "Okaaay... is all that I need to hear from this discerning foodies' mouth to know something had impressed her. Hearing an "oh" would mean turn around and walk away from the restaurant. The expected oriental theme had an elegant flare - not too over the top. Luck floats freely at Ubon and is a plenty if one judged by the amount of bamboo and the big Buddha present and waiting. We opted to sit outdoors on a sunny 83 degree Sunday afternoon shaded by big red umbrellas, seated at Teak-like tables on big booty chairs (chairs that accommodate bigger bottoms) complete with cushions and back rests. Comfy...

### Gluten Free Menu?

Ubon does not have a dedicated GF menu however Wit explained that all items, except for the fried foods, were safe for Gf'ers. Our waiter was fresh from Thailand and working hard on his English. He tried to assure us that "[the] chef use no white flour" in his sauces. "Plus," he said looking behind my head at the landscape, "We only have red flowers and bamboo." Talk about cthul!

### The dining experience...

They were out of our first choice for appetizers - lemongrass lollipops ([see menu](#)), apparently there were quite a few suckers there who ate all of the lollipops the night before. We opted for the Chardonnay (\$15/bottle) and the Isaan Sate', a gluten-free dish of Chicken or Vegetables grilled on a skewer and served with a peanut sauce. We had chicken and vegetables. The chicken was moist and marinated through. The veggies were nice and firm and went great with the nutty sauce.

My GF choice was the Pad See Ew - stir-fried wide rice noodle with vegetables and sautéed with an Ubon sauce. You can choose between chicken, beef, shrimp, tofu or duck. I chose the chicken and beef. To me personally, Thai food looks like someone went out into the alley and grabbed some of the rubbish and foliage that grows along chain linked fences, but that has never stopped me from enjoying the dishes - go figure. Aesthetics aside, I chose the level three spiciness - serious hotness warning - next time I will stick to a one and a half. While I did not tear at the eyes and fan my protruding tongue with my napkin, I did feel the heat. The chicken and beef were tender, the wide rice noodles were firm and the nutty sauce had a hint of sweet. Just the way I like it.