



# UK Restaurant & Café chains offering gluten free

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The UK has a lot of 'chain' restaurants and cafes - you will find them all around central London and also in all the major towns in the UK. As many of them are now offering gluten free options, this list is a useful start for finding gluten free options while travelling.

Those restaurants with an \*(asterisk), have worked with Coeliac UK catering department to obtain *Coeliac UK accreditation*<sup>1</sup>, therefore staff have been trained in issues such as cross contamination. Most restaurants have a disclaimer that they cannot guarantee 100% GF due to the cross contamination risks.

For 100% gluten free restaurants, please see [thecoeliacplate.com/uk-100-gluten-free/](http://thecoeliacplate.com/uk-100-gluten-free/)

*Please see the disclaimer at the end of the document.*

Name	What is offered	How identified	Website
<b>Zizzi</b>	Italian – pasta & fish/meat	Ask for Allergy menu <i>See review on blog.</i>	<a href="http://www.zizzi.co.uk">www.zizzi.co.uk</a>
<b>*Carluccio's</b>	Italian – pasta & fish/meat	Ask for GF menu	<a href="http://www.carluccios.com/">www.carluccios.com/</a>
<b>ASK Italian</b>	Italian - risotto, pasta, fish, pizza	NG – No gluten containing ingredients identified on menu	<a href="http://www.askitalian.co.uk/">www.askitalian.co.uk/</a>
<b>Bella Italia</b>	Italian – GF pasta, pizza, salads etc.	Ask for GF menu	<a href="http://www.bellaitalia.co.uk/">www.bellaitalia.co.uk/</a>
<b>*Prezzo</b>	Italian - pizza, risotto	GF on menu	<a href="http://www.prezzorestaurants.co.uk/">www.prezzorestaurants.co.uk/</a>
<b>Strada</b>	Italian – risotto, meat, fish	Ask for allergen menu	<a href="http://www.strada.co.uk">www.strada.co.uk</a>
<b>Loch Fyne</b>	Seafood & Grill (Around the UK, with 2	Ask for non-gluten menu	<a href="http://www.lochfyne seafood and grill.co.uk/">www.lochfyne seafood and grill.co.uk/</a>

<sup>1</sup> <https://www.coeliac.org.uk/food-industry-professionals/caterers-and-restaurateurs/accrediting-your-business/accreditation-who-were-working-with/>



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Name	What is offered	How identified	Website
	central London locations.)		
<b>Jamie's Italian</b>	Italian – meat, salads	Ask for allergen menu (see disclaimer on website)	<a href="http://www.jamieoliver.com/italian">www.jamieoliver.com/italian</a>
<b>*Filmore &amp; Union</b>	Healthy eating/whole foods. (Based in the North.)	GF marked on menu. Dairy free and vegetarian/vegan also marked up. <i>See review on blog.</i>	<a href="http://www.filmoreandunion.com/">www.filmoreandunion.com/</a>
<b>*Pizza Express</b>	Pizza (most toppings GF) & brownie for dessert. GF beer.	GF marked on menu. Pizza served on slate plate and unsliced. <i>See review on blog.</i>	<a href="http://www.pizzaexpress.com/">www.pizzaexpress.com/</a>
<b>*Pizza Hut</b>	Pizza – in restaurant or takeaway GF accredited.	GF options shown when ordering online	<a href="http://www.pizzahut.co.uk/">www.pizzahut.co.uk/</a>
<b>*Dominos</b>	Pizza – take away/home delivery	GF options shown when ordering online. Pizza delivered unsliced.	<a href="http://www.dominos.co.uk/">www.dominos.co.uk/</a>
<b>Rossopomodoro</b>	Pizza & tiramisu. Good cross contamination controls. (central London only)	Ask staff. <i>See review on blog.</i>	<a href="http://www.rossopomodoro.co.uk/">www.rossopomodoro.co.uk/</a>
<b>Hawksmoor</b>	Steakhouse (central London only)	Ask staff <i>See review on blog.</i>	<a href="http://thehawksmoor.com/">thehawksmoor.com/</a>
<b>Giraffe</b>	Main meals – steak, chicken, salads, nachos	Ask for allergy menu <i>See review on blog.</i>	<a href="http://www.giraffe.net">www.giraffe.net</a>
<b>The Real Greek</b>	Greek	GF marked on menu	<a href="http://www.therealgreek.com">www.therealgreek.com</a>
<b>*La Tasca</b>	Spanish Tapas bar, GF beer	GF marked on menu <i>See review on blog.</i>	<a href="http://www.latasca.com">www.latasca.com</a>
<b>Wagamama</b>	Asian GF soy sauce available.	Ask for gluten free menu or allergy menu. Often Manager will take special order & ensure cooked safely.	<a href="http://www.wagamama.com/">www.wagamama.com/</a>
<b>Busaba Eat Thai</b>	Thai (communal tables)	Ask for allergy menu	<a href="http://busaba.com/">busaba.com/</a>
<b>Thai Square</b>	Thai (London, Windsor, St Albans)	GF marked on menu	<a href="http://thaisq.com/">thaisq.com/</a>



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<b>*Pho</b>	Vietnamese	Menu is 99% gluten free. Check with staff. <i>See review on blog.</i>	<a href="http://www.phocafe.co.uk/">www.phocafe.co.uk/</a>
<b>Cabana Brasilian BBQ</b>	Brasilian (London & around the UK)	GF marked on menu & believe chips are in separate fryers.	<a href="http://cabana-brasil.com/">cabana-brasil.com/</a>
<b>Itsu</b> - takeaway and eat in	Sushi – without soy sauce	Ask staff	<a href="http://itsu.com/">itsu.com/</a> (see PDF under Nutrition/Allergies)
<b>Yo Sushi</b> - takeaway and eat in	Sushi – ask for GF soy sauce	Ask staff	<a href="http://www.yosushi.com/">www.yosushi.com/</a>
<b>Le Bistro Pierre</b>	French (not in London)	Ask for GF menu	<a href="http://www.lebistrotpierre.co.uk/">www.lebistrotpierre.co.uk/</a>
<b>Brasserie Blanc</b>	French brasserie	Ask for GF menu <i>See review on blog.</i>	<a href="http://www.brasserieblanc.com/">www.brasserieblanc.com/</a>
<b>*Côte</b>	French bistro	Ask staff, some branches have a GF menu.	<a href="http://www.cote-restaurants.co.uk">www.cote-restaurants.co.uk</a>
<b>Leon</b> - takeaway and eat in	Casual, healthy 'fast' food (eg falafel, chicken or veggie curry, biscuits, chips) (London only)	GF marked on board <i>See review on blog.</i>	<a href="http://www.leonrestaurants.co.uk/">www.leonrestaurants.co.uk/</a>
<b>Abokado</b> - food shop, takeaway and eat in	Sushi, curry, salads. (London only. M-F only except Euston Station)	Clearly labelled	<a href="http://abokado.com">abokado.com</a>
<b>POD</b> - food shop, takeaway and eat in	Salads, wraps, snacks. (Central London only. M-F only.)	Check packaging	<a href="http://www.podfood.co.uk/">www.podfood.co.uk/</a>
<b>EAT.</b> - food shop, takeaway and eat in	Salads, soup, chocolate pot, biscuit, fudge (London & big cities like Birmingham, Liverpool, Manchester, Cambridge, Oxford)	Shelves and packets are labelled with ingredients (but not labelled GF). Allergy information is not online.	<a href="http://www.eat.co.uk/index.php">www.eat.co.uk/index.php</a>
<b>Crepe Affair</b>	Buckwheat crepes (also egg & dairy free) (London & around the UK)	Buckwheat crepes prepared on separate hotplate and check with staff re topping ingredients.	<a href="http://www.crepeaffaire.com/uk/">www.crepeaffaire.com/uk/</a>



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<b>Planet Organic</b> - health food shop	Lunch options, often vegetarian. Some stores have eat in options.		<a href="http://www.planetorganic.com/">www.planetorganic.com/</a>
<b>Pret A Manger</b> - food shop, takeaway and eat in	Salads & soups	Check Allergen Guide	<a href="http://www.pret.co.uk/">www.pret.co.uk/</a> Allergen Guide available under 'Our Menu'
<b>Crussh</b> - food shop, takeaway and eat in	Smoothies, soups, stews (Central London and suburbs only – many city of London stores M-F only)	Marked on menu	<a href="http://www.crussh.com/">www.crussh.com/</a>
<b>Caffè Nero</b> - coffee shop	Chocolate brownie. GF roll – chicken salad and pesto filling (not all stores)	Check packaging <i>See 'gluten free sandwiches' review on blog.</i>	<a href="http://www.caffenero.com/">www.caffenero.com/</a>
<b>Starbucks</b> - coffee shop	GF roll - tuna Niçoise filling, GF wrap – “veggie good houmous (not all stores)	Check packaging <i>See 'gluten free sandwiches' review on blog.</i>	<a href="http://www.starbucks.co.uk">www.starbucks.co.uk</a>
<b>Costa Coffee</b> - coffee shop	GF wrap – chicken, tomato & rocket	Check packaging <i>See 'gluten free sandwiches' review on blog.</i>	<a href="http://www.costa.co.uk/">www.costa.co.uk/</a>
<b>M&amp;S Food</b>	Some stores have GF sandwiches. Plenty of marked up take home GF food.	Check packaging <i>See review on blog.</i>	<a href="http://www.marksandspencer.com/">www.marksandspencer.com/</a>
<b>Muffin Break</b>	Sweet or savoury muffin (not central London)	Clearly labelled	<a href="http://www.muffinbreak.co.uk">www.muffinbreak.co.uk</a>
<b>West Cornwall Pasty Co</b>	GF & DF traditional Cornish pasty (London & around the UK)	Warmed in wrapping to prevent cross contamination.	<a href="http://westcornwallpasty.co.uk/">westcornwallpasty.co.uk/</a>
<b>Valerie Patisserie</b>	Some wrapped sweet treats.		
<b>Hummus Bros</b>	Hummus, salad, GF bread & tortilla chips	GF & Vegetarian options marked on menu	<a href="http://www.hbros.co.uk/">www.hbros.co.uk/</a>
<b>Las Iguanas</b>	Latin	Ask for GF menu	<a href="http://www.iguanas.co.uk/">www.iguanas.co.uk/</a> (GF menu can be located under each individual location)
<b>Wahaca</b>	Mexican street food	Ask for GF menu and ask for supervisor to be notified.	<a href="http://www.wahaca.co.uk">www.wahaca.co.uk</a>



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Name	What is offered	How identified	Website
<b>Wahacito</b>	Take away version of Wahaca	As above	As above
<b>Chiquito</b>	Mexican/American Tacos, Corn Tortillas, Mexican Salad (London & big cities like Birmingham, Sheffield)	Ask for gluten intolerance menu. NB: apparently there are some variations between branches - check each time.	<a href="http://www.chiquito.co.uk/">www.chiquito.co.uk/</a>
<b>Chiptole</b>	Mexican. Everything but flour tortillas are GF. (London only)	GF options on website. Ask staff to change gloves.	<a href="http://www.chipotle.com/">www.chipotle.com/</a> (See disclaimer on their website)
<b>Tortilla</b>	Mexican. Everything but flour tortillas are GF. (London & big cities like Brighton, Leeds)	Ask staff. Website has a note for coeliacs.	<a href="http://tortilla.co.uk/">tortilla.co.uk/</a>
<b>*Ed's Easy diner</b>	American diner style	GF menu	<a href="http://www.edseasydiner.com/">www.edseasydiner.com/</a>
<b>*Frankie &amp; Benny's</b>	American diner style	GF menu	<a href="http://www.frankieandbennys.com">www.frankieandbennys.com</a>
<b>TGI Fridays</b>	American – grill and burgers/salad	Allergy menu available	<a href="http://www.tgifridays.co.uk/">www.tgifridays.co.uk/</a>
<b>*Hard Rock Café</b>	American diner style	GF menu (London, Manchester, Glasgow, Edinburgh)	<a href="http://www.hardrock.com/">www.hardrock.com/</a>
<b>Nando's</b>	Portuguese chicken & chips	Ask for allergy folder	<a href="http://www.nandos.co.uk/">www.nandos.co.uk/</a>
<b>Honest Burgers</b>	Burgers with GF bun (Central & Greater London only)	GF marked on menu <i>See review on blog.</i>	<a href="http://www.honestburgers.co.uk/">www.honestburgers.co.uk/</a>
<b>GBK – Gourmet Burger Kitchen</b>	Burger with GF bun (untoasted). Chips not GF.	GF menu	<a href="http://www.gbk.co.uk/">www.gbk.co.uk/</a>
<b>Byron</b>	Burger (no bun). Fries not GF. (London & big cities like York, Oxford, Cambridge, Liverpool, Manchester)	Ask staff or look online	<a href="http://www.byronhamburgers.com">www.byronhamburgers.com</a> (go to menu/allergy)
<b>*Handmade Burger Co</b>	Wrapped GF bun provided. Beef/lamb can be made without Worcestershire sauce. (Not central London - big	Ask staff or look online	<a href="http://www.handmadeburger.co.uk">www.handmadeburger.co.uk</a> (go to our food/allergy)



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	cities like Leeds, Manchester, Birmingham, Edinburgh)		
<b>*Fishnchickn</b>	Gluten free fish & chips in certain stores on a Monday & Tuesday.  (11 & more coming of 35 shops across the South East. Not in central London)	Check with the store you want to visit. Difficult to find online.	<a href="http://www.fishnchickn.co.uk/">www.fishnchickn.co.uk/</a>
<b>*Rockfish</b>	Gluten free fish & chips. (Devon)	Their entire menu is available gluten-free.	<a href="http://www.therockfish.co.uk/">www.therockfish.co.uk/</a>
<b>*Wadworths pubs</b>	Pub classics – mixture of starters, salads and mains available. (not central London)	Gluten free menu	<a href="http://www.wadworth.co.uk/home">www.wadworth.co.uk/home</a>
<b>Toby Carvery</b>	Roasts, GF gravy (not central London)	GF menu	<a href="http://www.tobycarvery.co.uk/">www.tobycarvery.co.uk/</a>
<b>Wetherspoons</b>	Breakfast, pub classics, grill, curry.	Non gluten menu	<a href="https://www.idwetherspoon.com/">https://www.idwetherspoon.com/</a>
<b>McDonalds</b>	Meat patties are 100% beef (just check on promotional products) French Fries are gluten free by ingredient but may be cooked in shared fryers. Check things like chocolate sprinkles on cappuccino. Note: You can order burgers without the bun (eg Big Mac, Qtr pounder with cheese).	Safest to check online before ordering, or ask staff as ingredients and cooking methods can change.	<a href="http://www.mcdonalds.co.uk/content/ukhome/meal_builder.html">www.mcdonalds.co.uk/content/ukhome/meal_builder.html</a>  (You have to individually select each item to get the ingredients – very time consuming!)
<b>Burger King</b>	Meat patties are 100% beef (just check on promotional products) Fries are gluten free by ingredient, but cannot find if onion rings & other gluten contain products are fried with them (the US site states that they	Safest to check online before ordering, or ask staff as ingredients and cooking methods can change.	Website lists if dish contains allergens, but not individual ingredients. <a href="http://www.burgerking.co.uk/">www.burgerking.co.uk/</a>



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	are). Hash browns are not gluten free.		
<b>The National Trust – cafes and farm shops at various properties</b>	Frequently hot meals and biscuits available in the cafes, with some supplies also often in the Farm Shops.	Check individual property on website. Often GF marked on menu, or ask staff.	<a href="http://www.nationaltrust.org.uk/">www.nationaltrust.org.uk/</a>

Some of the above restaurants have been reviewed, and this is noted in the ‘how identified’ column. If you want to go straight to all UK restaurant reviews, see: [thecoeliacplate.com/category/gfukresreview/](http://thecoeliacplate.com/category/gfukresreview/)

For specific city listings of gluten free restaurants (including central London), please see: [thecoeliacplate.com/restaurant-lists/](http://thecoeliacplate.com/restaurant-lists/)

*If you are aware of a chain missing from the list, please contact me via the form on the website: [www.thecoeliacplate.com](http://www.thecoeliacplate.com)*

**The Coeliac Plate hopes that you find this listing useful for your travels around the UK.**



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