



# 100% Gluten Free Australia - Melbourne, VIC

July 2017 v1.7

You will find Australia very gluten free aware, with GF often marked on menus. Melbourne is also home to quite a number of 100% gluten free cafes and bakeries. This list only includes businesses with a physical outlet (ie not purely online ordering).

At the end of the document is a list of 'nearly gluten free' venues - usually these businesses all gluten free except for serving oats/muesli as a breakfast option, so still worth a look!

*Note: Some cafes are specialist gluten free cafes and thoroughly check the supply chain for e.g. 'may contain' statements and others just happen to be naturally gluten free, so it is still important to make your own enquiries.*

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

Some of these venues are reviewed here: <http://thecoeliacplate.com/melbourne-100percent-gluten-free/>

For a listing of other gluten free friendly venues, please see: <http://thecoeliacplate.com/melbourne-gluten-free-plenty-options/>

Suburb/Area	Restaurant	Address	Comments / website
City centre 3000	<b>Seedling</b>  FB: @seedlingcafeau	275 Flinders Lane T:0450 190 365  349 Little Collins Street T:0450 190 365	Healthy food café & takeaway. Specialising in nutrient dense, paleo, "clean food". Vegetarian & dairy free options. <i>Please ask to see their FAQ, some supplier products do have a 'may contain' statement, so coeliacs may wish to avoid products that contain these.</i> Mon-Fri 7am - 4pm (except public holidays). Four small tables available in Flinders Lane, more seating available in Little Collins St. <a href="http://www.seedlingcafe.com.au/">www.seedlingcafe.com.au/</a>
	Updated: 07/17		
City centre 3000	<b>Thr1ve</b>  T & F: @THR1VEME	Emporium Shopping Centre Level 3 Food Court 287 Lonsdale Street T: 03 8609 8106  Collins Place 45 Collins Street	Paleo style "fresh fast food" which is naturally gluten free. Breakfast served all day.  <i>Emporium:</i> Mon - Wed 10am - 7pm, Thurs - Fri 10am - 9 pm, Sat - Sun 9.30am - 6pm <i>Collins Place:</i> Mon - Wed 7.30am - 6pm, Thurs - Fri 7.30am - 7pm, Sat 9am - 2 pm <a href="http://thr1ve.me/">http://thr1ve.me/</a>



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City centre 3000	<b>Supercharger</b>  F: @Supercharger Wholefood T: @Supercharger Veg  Added: 11/16	Emporium Shopping Centre Food Court Level 3 287 Lonsdale St	Vegan healthy food available at foodcourts. Choose from menu or 'make your own'. The entire menu is gluten free, low GI, low salt, no added sugar, high protein, high fibre. Sat - Wed 11am-7pm, Thu - Fri 11am-9pm Also see section 'nearly 100% gluten free' at end of document. <a href="http://superchargervegan.com/">http://superchargervegan.com/</a>
City centre 3000	<b>Spud Bar</b>  FB: @spudbarHQ   Updated: 11/16	Bourke Place 600 Bourke Street  398 Little Bourke St T: 03 9602 3841  567 Collins Street T: 03 9629 3770	Bourke Place: Mon - Fri 11am-4pm  Little Bourke: Mon - Fri 11.30am-6.30pm (Fri 5.30pm), Sat - Sun 12.00pm-4.00pm  Collins St: Mon - Thurs 11:30am - 4pm, Fri 11:30am - 3pm
City centre 3000	<b>Spud Bar</b>  FB: @spudbarHQ   Updated: 11/16	Emporium Shopping Centre Level 3 287 Lonsdale St T: 03 8609 8205  QV Shopping Centre Level 1 Corner Swanston St & Lonsdale St T: 03 9662 3224	Jacket potatoes & salads. & salads.  Emporium: Sat - Wed 10am-7pm, Thu - Fri 10am-9pm  QV: Mon - Thurs 11am - 6pm, Fri 11am - 8pm, Sat - Sun 11:30am - 4pm  <a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>
St Kilda Rd 3004	<b>Spud Bar</b>  FB: @spudbarHQ  Reviewed: 11/16	11 Commercial Road (cnr St Kilda Road)	Jacket potatoes & salads. 7 days 11.30am - 9.00pm (Sat/Sun midday) <a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>
St Kilda 3182	<b>Spud Bar</b>  FB: @spudbarHQ  Updated: 11/16	43 Blessington Street	Jacket potatoes & salads. 7 days 11.30am - 9.30pm  <a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>
Fitzroy 3065	<b>Saba Ethiopian</b>  FB: @SabasEthiopian Restaurant  Added: 11/16	328 Brunswick Street T: 03 8589 0442	Everything on menu is marked gluten free and flat bread is made out of Teff flour. Plenty of vegetarian and vegan options. Website states it is a coeliac safe kitchen. Lunch Fri-Sun midday-3pm Dinner Tues-Sun 5.30pm-10.30pm <a href="http://www.sabasethiopianrestaurant.com/">http://www.sabasethiopianrestaurant.com/</a>

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Fitzroy 3065	<b>Spud Bar</b>  FB: @spudbarHQ  Reviewed: 11/16	368 Brunswick St	Jacket potatoes & salads. Mon - Fri 11.30am - 10.00pm <a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>
Kensington 3031	<b>La Tortilleria</b>  FB: @latortilleriaau T: @LaTortilleriaAU  Added: 11/16	72 Stubbs St T: 03 9376 55 77	The menu states all food items are gluten free.  Tues 5:30pm - 9pm (Special Taco Menu) Wed 5:30pm - 9pm, Thurs 12pm - 2pm & 5:30pm - 9pm, Frid 11:30am - 3pm & 5:30pm - 9:30pm, Sat & Sun 12pm - 3pm & 5:30pm - 9:30pm <a href="http://latortilleria.com.au/">http://latortilleria.com.au/</a>
South Melbourne 3205	<b>Spud Bar</b>  FB: @spudbarHQ  Reviewed: 11/16	246 Clarendon St	Jacket potatoes & salads. Mon - Sun 11.30am - 9.00pm <a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>
Brunswick 3056	<b>Café Henkel</b>  FB: @cafehenkel  Added: 05/17	102 Henkel Street  T: 0418 532 908	A completely gluten free café - go for a big breakfast, waffles or a burger or just coffee and cake. Monday - Friday 7am-3pm, Saturday-Sunday 8am-3pm. <a href="https://www.facebook.com/pg/cafehenkel/">https://www.facebook.com/pg/cafehenkel/</a>
<b>INNER EAST</b>			
Richmond 3121	<b>Spud Bar</b>  FB: @spudbarHQ  Updated: 11/16	226 Swan Street	Jacket potatoes & salads. Mon - Fri 11.00am - 9.30pm, Sat 11.30am - 9.00pm, Sun 12-8pm <a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>
Richmond 3121	<b>Pana Chocolate</b>  FB: @panachocolate	491 Church Street	Hand made chocolates and cakes. Everything gluten free and vegan. NB Usually closes for an extended Christmas break and reopens in February. <a href="http://www.panachocolate.com/">www.panachocolate.com/</a>
Richmond (Burnley) 3121	<b>Chingon</b>  T & FB: @ChingonTacos  Added: 11/16	413 Swan Street T: 03 9429 5695	Mexican - have seen on Twitter that their menu is 100% gluten free. Home made 100% corn tortillas. Restaurant also has an outdoor terrace. Cash only. Sun-Thurs 5.30-9pm, Fri-Sat 5.30-10pm <a href="http://www.chingon.com.au/">http://www.chingon.com.au/</a>
Richmond 3121			Also see 'nearly gluten free' section at the end of the document.

Suburb/Area	Restaurant	Address	Comments / website
South Yarra 3141	<b>Spud Bar</b>  FB: @spudbarHQ  Updated: 11/16	590 Chapel St	Jacket potatoes & salads. Mon - Sun 11.00am - 9.00pm <a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>
Hawthorn 3123	<b>Spud Bar</b>  FB: @spudbarHQ  Updated: 11/16	717 Glenferrie Rd	Jacket potatoes & salads. Mon - Fri 11.00am - 9.30pm Sat - Sun 11.30am - 9.00pm <a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>
Camberwell 3124	<b>Red Robyn</b>  FB & T: @redrobyncafe  Reviewed: 05/17	393 Camberwell Road T: 03 9077 3763	Café. Food with lots of fresh ingredients and imaginative ideas. Also caters for low fructose, vegan, nut free etc. Mon-Fri 7.30am-3pm W/end 8.30am- 3.30pm Check social media for occasional evening service. Limited menu available on UberEats. <a href="http://www.redrobyn.com.au/">www.redrobyn.com.au/</a>
Balwyn 3103	<b>Beyond Gluten Free</b>  FB: @beyond1gluten1fre e	Shop 2, 184 Whitehorse Road, Balwyn, 3101	A shop selling gluten free products from specialized gluten free producers around Melbourne. Bread, cakes, pies etc. You will find many vegan, lactose free and fructose free products - fresh & frozen. Mon-Sat 8am-5pm <a href="http://beyondglutenfree.com.au/">http://beyondglutenfree.com.au/</a>
Kew 3101	<b>Gluten Free 4U</b>  FB: @glutenfree4u	1345 Burke Road T: 03 9817 6981	Bakery - no seating. See Moorabbin entry below. Opening hours may differ. <a href="http://glutenfree4u.com.au/">glutenfree4u.com.au/</a>
Doncaster 3108	<b>Spud Bar</b>  FB: @spudbarHQ  Reviewed: 11/16	Westfield Doncaster Shopping Centre 619 Doncaster Rd	Jacket potatoes & salads. Sat - Wed 10.30am - 5.00pm Thur - Fri 10.30am - 9.00pm <a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>
<b>NORTHERN SUBURBS</b>			
Thornbury 3071	<b>Black Ruby Bakery</b>  FB: @blackrubybaker ies	841 High Street T: 03 9484 9608	Gluten free bakery. Fantastic bread in GF bakery if you can make the trip to Thornbury. Bread for sale Tuesday- Saturday <a href="http://www.facebook.com/blackrubybakeries">www.facebook.com/blackrubybakeries</a>
Ivanhoe 3079	<b>Caffe Strada</b>  FB: @Caffe Strada	197 Upper Heidelberg Road T: 03 9497 4875	Gluten free café with breakfast, lunch and snack options. Open 7 days 8am-5pm <a href="http://www.caffestrada.com.au/">www.caffestrada.com.au/</a>



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Suburb/Area	Restaurant	Address	Comments / website
Ivanhoe 3079	<b>Delhicious</b>  FB: Delhicious  Added: 05/17	91 Upper Heidelberg Road  T: 03 9499 1053	Modern Indian cuisine, including GF naan bread & pizza! Open Monday- Saturday for Breakfast, Lunch & Dinner. Breakfast & Lunch 8am-3pm Dinner 5pm-10pm <a href="http://delhiciouscuisine.com.au/">http://delhiciouscuisine.com.au/</a>
Coburg North 3058	<b>Silly Yaks</b>  FB: @au.sillyyaks  Updated: 11/16	2 Mercier Street T: 03 9350 2255	Gluten free bakery factory outlet, also fructose friendly. Take a cool bag as many products are frozen. Open Mon-Fri 11am-3pm and one Sunday a month. <a href="http://sillyyaks.com.au/">sillyyaks.com.au/</a>
Avondale Heights 3034	<b>Particle Cafe</b>  Added: 11/16 Updated: 07/17	1/47 Military Rd	Vegan café that is also gluten free. Originally the business started as a spice import company and they opened a café in mid 2016. Breakfast, lunch, cakes. <b>Jul 2017 update - they are no longer using oats so are now 100% gluten free</b> <a href="http://particleco.com/">http://particleco.com/</a>
Brunswick West 3055	<b>Mixing Bowl Cupcakes</b>  FB: TheMixingBowl Cupcakes  Updated: 06/17	T: 03 9078 2882	Vegan and gluten free cupcakes in a choice of many flavours. <b>From end June 2017 they are online only.</b> <a href="https://www.themixingbowlcupcakes.com.au">https://www.themixingbowlcupcakes.com.au</a>
East Keilor 3033	<b>Heaven's Bakehouse</b>  FB: @heavensbakehouse	8 Williams Avenue T: 03 9331 5955	A gluten free bakery making bread (loaves and baguettes), cakes, pies, pizza bases etc. Open weekdays only (factory outlet, no café). <a href="http://www.heavensbakehouse.com.au/">www.heavensbakehouse.com.au/</a>
Bundoora 3083	<b>Gluten Freegan</b>  FB & T: N/A  Added: 05/17	Kingsbury Drive Community Market Carpark 2 at the LaTrobe University	Cakes and some savouries (eg lasagne). Advertises as gluten free & vegan. Market is every Sunday. <a href="https://www.instagram.com/gluten_freegan/">https://www.instagram.com/gluten_freegan/</a>
<b>EASTERN SUBURBS</b>			See above for INNER EAST.
Chadstone 3148	<b>Thr1ve</b>  T & F: @THR1VEME	Chadstone Shopping Centre Food Court	Paleo style "fresh fast food" which is naturally gluten free. Breakfast served all day.



Suburb/Area	Restaurant	Address	Comments / website
	Added: 11/16	1341 Dandenong Road T: 03 9569 6045	Mon-Wed 9am-5.30pm, Thurs-Sat 9am-9pm, Sun 10am-7pm <a href="http://thr1ve.me/">http://thr1ve.me/</a>
Chirnside Park 3058	<b>Just Yummy Gluten Free Bakery</b>  FB @justyummyglutenfree  Updated: 06/17	13 Meadowgate Drive (10 mins from Ringwood) T: 03 9727 0034	<b>100% Gluten and nut free bakery.</b> Also makes products egg free, yeast free, dairy free, fructose free! Wed-Fri 10am-4pm, Sat 10am-3pm <a href="http://www.justyummyglutenfree.com/">www.justyummyglutenfree.com/</a>
Warrandyte South 3134	<b>Yarralicious</b>  FB @YaraliciousCafe (note one R!)  Reviewed: 06/17	486 Ringwood-Warrandyte Rd T: 03 9844 4480	Café with light meals and a huge variety of cakes. Also sells GF bread and local condiments. Wed - Sat 8am-6pm, Sun 9am-5pm (Mon - Tues closed) <a href="http://www.yarralicious.com.au">www.yarralicious.com.au</a>
Various locations	<b>House of Tummy Yummies</b>  FB @houseoftummyyummys  Reviewed: 06/17	At markets, festivals and public events - see Facebook	A dedicated gluten free and nut free stall also catering for dairy free, egg free and fructose friendly diets - doughnuts, biscuits, pancakes, coffee. Check Facebook for latest details (eg have been at Yarra Glen Racecourse market, Knox Pets in the Park, Whitehorse Festival, Albert Park events.) <a href="http://www.facebook.com/houseoftummyyummys/">www.facebook.com/houseoftummyyummys/</a>
Boronia	<b>Gluten Free 4U</b>  FB: @glutenfree4u  Added: 05/17	243 Dorset Road	Bakery with bread and many sweet and savoury options. Tues-Fri 9am-5pm, Sat 9am-3.30pm. Closed public holidays. <a href="http://glutenfree4u.com.au/">glutenfree4u.com.au/</a>
Various areas, eg Yarra Glen	<b>Jo Jo's Gluten Free Goodies</b>  FB: Jo Jo's Gluten Free Goodies  Added: 06/17	Markets at various locations	100% gluten free kitchen producing delicious savoury items (pies, sausage rolls, quiche), bread and slices and cakes.  See more detail under Mornington entry.  <a href="https://www.facebook.com/Jo-Jos-Gluten-Free-Goodies-1446967141999887/">https://www.facebook.com/Jo-Jos-Gluten-Free-Goodies-1446967141999887/</a>
St Andrews (foothills of Yarra Ranges)	<b>Gluten Freegan</b>  FB & T: N/A  Added: 11/16	St Andrews Community Market cnr Kangaroo Ground - St Andrews Rd and Proctor St	Cakes and some savouries (eg lasagne) at Saturday market. Advertises as gluten free & vegan.  <a href="https://www.instagram.com/gluten_freegan/">https://www.instagram.com/gluten_freegan/</a>



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<b>WESTERN SUBURBS</b>			
Werribee 3030	<b>Spud Bar</b> FB: @spudbarHQ Added: 11/16	Werribee Plaza Cnr. Derrimut & Heaths Rd T: 03 9974 6524	Jacket potatoes & salads. Mon - Wed 10:30am - 5:00pm, Thu - Fri 10:30am - 9:00pm, Sat - Sun 11am - 4:30pm <a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>
Werribee 3030	<b>Absolutely Gluten Free &amp; Romy's Café</b> Updated: 12/16	CLOSED end 2016	
<b>BAYSIDE</b>			
Brighton 3186	<b>Fox in the Box</b> FB: @eatingoutGF Reviewed: 11/16	169 Martin St (note: near Gardenvale station, not Brighton Beach)	Gluten free café, dairy and lactose free and FODMAP friendly. Take home meals available. Opens from 10.30am for lunch and from 5.45pm for dinner Thurs-Sat. Closed Sun & Mon. <a href="http://www.foxinthebox.com.au/">www.foxinthebox.com.au/</a>
Moorabbin 3189	<b>Gluten Free 4U</b> FB: @glutenfree4u Reviewed: 05/17	5/1-3 Bignell Road T: 03 9555 5175	Bakery with many sweet treats as well as savoury items. Some DF and fructose friendly. Not in an area tourists are likely to visit, but you can order delivery (min \$80 but can freeze things) or visit stockists or retail stores around Melbourne - ring for latest details. Must tries: vanilla slice, lamington, neenish tart. Great quiches and pies too. Open Tues-Fri 8am-4.30pm, Sat 8.30am-2pm. Closed Public Holidays <a href="http://glutenfree4u.com.au/">glutenfree4u.com.au/</a>
Frankston 3199	<b>Gluten Free 4U</b> FB: @glutenfree4u Added: 05/17	4/49 Beach Street T: 03 8762 8100	See details above. Tues-Fri 8.30am-4:30pm, Sat 8.30am - 3.00pm Closed Public Holidays <a href="http://glutenfree4u.com.au/">glutenfree4u.com.au/</a>
Cheltenham 3192	<b>Pure Gluten Free Bakery &amp; Treat No Wheat café</b> FB: @pureglutenfree06 Added: 06/16 Updated: 06/17	13 Follett Rd	Bakery with sweet & savoury options and a café in front of the manufacturing plant serving breakfast and lunch. They have hard to find items such as bagels and baguettes. Many products also dairy free. All made on site. Small amount of seating (indoor & out). Mon-Fri 6.30am-4pm, Sat 6.30am-2.30pm <a href="https://pureglutenfreebakery.wordpress.com">https://pureglutenfreebakery.wordpress.com</a>

Suburb/Area	Restaurant	Address	Comments / website
Mentone 3194	<b>Simply Gluten Free Bakery &amp; Café</b>  FB: @SimplyGluten Free  Added: 10/16	123 Lower Dandenong Rd T: 0426 149 139	All products are wheat and gluten free and nut free. Dairy free, fructose friendly & vegan products available. <a href="https://www.facebook.com/simplyglutenfree/">https://www.facebook.com/simplyglutenfree/</a>
Mornington area 3931	<b>Jo Jo's Gluten Free Goodies</b>  FB: Jo Jo's Gluten Free Goodies  Added: 06/17	Markets at various locations	100% gluten free kitchen producing delicious savoury items (pies, sausage rolls, quiche), bread and slices and cakes.  Find them at markets around outer Melbourne - e.g. Mornington, Red Hill, Frankston, Yarra Glen, Warragul (see link for events on Facebook). Also available for catering.  <a href="https://www.facebook.com/Jo-Jos-Gluten-Free-Goodies-1446967141999887/">https://www.facebook.com/Jo-Jos-Gluten-Free-Goodies-1446967141999887/</a>
Mornington 3931	<b>Gluten Free Foods</b>  FB: @gffoods	Shop 5 55 Barkly Street	A family owned and operated supermarket dedicated to sourcing new and exciting gluten free food and have new stock arriving weekly. We pride ourselves on integrating vegan and fructose friendly products into our store. <a href="http://www.glutenfreefoods.com.au/">http://www.glutenfreefoods.com.au/</a>
<b>SOUTH EAST</b>			
Lyndhurst 3975	<b>Brian's Gourmet Meats</b>  FB: @BriansGourmetMeats	Marriott Waters Shopping Centre, Cnr Thompsons Rd & Marriott Boulevard Vic 3975 T: 03 9036 2732	A butcher with a huge range of meats, including crumbed schnitzels, kiev's, pastry products, sausages, dips & sauces. A great option for a Christmas turkey! They also stock GF breads, buns & bagels from Pure Gluten Free Bakery (wholesaler). 7 days 8am-6pm <a href="http://www.facebook.com/BriansGourmetMeats/">www.facebook.com/BriansGourmetMeats/</a>



# Nearly 100% Gluten Free!

Suburb/Area	Restaurant	Address	Comments / website
Richmond (Burnley) 3121	<b>Serotonin</b>  FB: @serotonin dealer  Added: 05/16	52 Madden Grove T: 03 9428 8256 (Near Burnley station)	A vegetarian healthy eating café that is also gluten free, <b>excluding muesli</b> . Eat in & takeaway. Breakfast, lunch. (Dinner seasonally.) <a href="http://www.facebook.com/serotonindealer/">www.facebook.com/serotonindealer/</a>
Prahran 3181	<b>MOM (Market on Malvern)</b>  FB: @marketonmalvern  Added: 05/17	388 Malvern Road  T: 03 9529 7701	Next to Beingwell Healthcare, this café understands dietary needs with options such as fodmaps, paleo, vegan, gaps, yeast, dairy, nut and gluten free. Everything is gluten free <b>except one or two breakfast items containing oats</b> . 7 days 7am-3.30pm <a href="https://www.beingwellhc.com.au/mom-cafe/">https://www.beingwellhc.com.au/mom-cafe/</a>
City centre 3000	<b>Supercharger</b>  F: @Supercharger Wholefood T: @Supercharger Veg  Added: 11/16	QV Shopping Centre Level 1, Shop 59 Corner Swanston St & Lonsdale St	Vegan healthy food available at foodcourts. Choose from menu or 'make your own'. The main menu is gluten free, low GI, low salt, no added sugar, high protein, high fibre. <b>The breakfast menu contains oats &amp; muesli.</b> Mon - Wed 8am - 6pm, Thur - Fri 8am - 7:30pm, Sat 9am - 6pm Sun CLOSED <a href="http://superchargervegan.com/">http://superchargervegan.com/</a>
Chadstone 3148	<b>Supercharger</b>  F: @Supercharger Wholefood T: @Supercharger Veg  Added: 11/16	Chadstone Shopping Centre Food Court 1341 Dandenong Road	Vegan healthy food available at foodcourts. Choose from menu or 'make your own'. The entire menu is gluten free, low GI, low salt, no added sugar, high protein, high fibre. <b>The breakfast menu contains oats &amp; muesli.</b> 7 days assumed, but at time of writing no hours shown on website. <a href="http://superchargervegan.com/">http://superchargervegan.com/</a>



If you have any comments or find an error, please email [info@thecoeliacplate.com](mailto:info@thecoeliacplate.com)



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