



# Restaurant Search

## Australia - Melbourne, VIC

### January 2017 (v1.7)

You will find Australia very gluten free aware, with GF often marked on menus.

This guide is mainly for the city centre of Melbourne, with some other key suburban areas covered, **but is not a complete list**. I have eaten at many of the places and checked the menus of many other places as I walked past. There are several 100% gluten free cafes and bakeries in the suburbs of Melbourne if you need guaranteed peace of mind! See names marked with an asterisk (\*). Bakeries and supermarkets are listed separately at the end of the document. If you need some guidance, please contact me via the contact form on the website.

For reviews on some of these restaurants, please see: <http://thecoeliacplate.com/?p=766> and <http://thecoeliacplate.com/melbourne-100percent-gluten-free/>.

Southbank is on the south side of the river (walking distance from the CBD), where the Arts Centre is located. Southgate is a development of shops and restaurants on the Southbank. Further along the south side of the river is the Casino and “Jeff’s shed”, the Melbourne Exhibition Centre. Allow plenty of time to find restaurants in the Casino as it is very easy to get lost.

Docklands is an extension of the city where there are many offices and the Etihad stadium. If you have a smartphone with internet access, download ‘The Gluten Free Eating Directory’ app for information on the go. [www.glutenfreeeatingdirectory.com.au/](http://www.glutenfreeeatingdirectory.com.au/)

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

Suburb/Area	Restaurant	Address	Comments / website
Southbank - Southgate 3006	<b>Tutto Bene</b>	Mid Level, Southgate Complex 3 Southgate Ave T: 03 9696 3334	GF menu available (starters, risottos, meat mains). I think the risottos are the best I’ve had anywhere! Good views of the city from balcony tables. Open 7 days lunch and dinner <a href="http://www.tuttobene.com.au/">www.tuttobene.com.au/</a>
Southbank - Southgate 3006	<b>La Camera</b>	Mid Level East End Southgate Complex T: 03 9699 3600	Italian. GF marked on menu. Good views of the city from balcony tables. <a href="http://lacamerasouthgate.com/">lacamerasouthgate.com/</a>
Southbank - Southgate 3006	<b>Blue Train cafe</b>	Upper Level, Southgate Complex 3 Southgate Ave T: 03 9696 0111	A casual café and very popular with the locals. GF marked on menu <a href="http://www.bluetrain.com.au/">www.bluetrain.com.au/</a>



•The Coeliac Plate•

Suburb/Area	Restaurant	Address	Comments / website
Southbank - Southgate 3006	<b>Script Bar &amp; Bistro</b>	140 Southbank Boulevard Southbank T: 03 8688 0880	GF marked on menu <a href="http://www.scriptbar.com.au/">www.scriptbar.com.au/</a>
Southbank - Southgate 3006	<b>Red Emperor</b>	Upper Level, Southgate Complex 3 Southgate Ave T: 03 9699 4170	Chinese, lots of GF options. <a href="http://www.redemperor.com.au">www.redemperor.com.au</a>
Southbank - Southgate 3006	<b>Muffin Break</b>	Southgate Complex, 3 Southbank Blvd T: 03 9699 8835	Each day has one kind of savoury and sweet GF muffin <a href="http://www.muffinbreak.com.au/">www.muffinbreak.com.au/</a>
Southbank - Southgate 3006	<b>Ali Baba</b>	Southgate Retail Precinct Food Court 40 City Road	Vegetarian & gluten free options available, double check with staff Lamb and chicken GF, and following sauces: Hot Chilli, Tahini, Mild Chilli Tahini, Garlic Mayo, Lemon Coriander <a href="http://www.alibaba.com.au/core/our-food/coeliac-info/">www.alibaba.com.au/core/our-food/coeliac-info/</a>
Southbank - Southgate 3006	<b>Nando's</b>	Southgate Retail Precinct Food Court 40 City Road	"contains gluten" marked on menu. <a href="http://www.nandos.com.au/">www.nandos.com.au/</a>
Southbank - Southgate 3006	<b>Belgian Beer Café</b>	5 Riverside Quay (base of the Eureka tower) T: 03 9690 5777	A couple of items on menu marked GF (frites*, mussels, salad) *Check separate fryer as battered fish also served St Peters GF beer available <a href="http://belgianbeercafemelbourne.com.au/">belgianbeercafemelbourne.com.au/</a>
Southbank 3006 - near Casino	<b>World Restaurant &amp; Bar</b>	Shop 4, Building 2 Riverside Quay	GF Menu available <a href="http://www.worldrestaurantbar.com.au/">www.worldrestaurantbar.com.au/</a>
Southbank 3006 - near Casino	<b>Il Primo Posto</b>	4 Riverside Quay T: 03 9682 6841	GF and vegetarian marked on menu <a href="http://www.ilprimoposto.com.au">www.ilprimoposto.com.au</a>
Southbank 3006 - near Casino	<b>Meat &amp; WineCo.</b>	3 Freshwater Place Queensbridge Square Queensbridge Street	Ask for allergy menu (GF, NF, LF) and vegetarian options. <a href="http://themeatandwineco.com/">themeatandwineco.com/</a>
Southbank - Southwharf 3006	<b>Mad Mex</b>	DFO South Wharf Basement Food Court 20 Convention Centre Place	GF options available (tacos, nachos, naked burrito) Closed Sunday. Open 11am-6pm (Fri 9pm) <a href="http://www.madmex.com.au/">www.madmex.com.au/</a>

Suburb/Area	Restaurant	Address	Comments / website
Southbank - Southwharf 3006	<b>Munich Brauhaus</b>	45 S Wharf Promenade T: 1300 686 424	Traditional German style food. GF marked on menu. <a href="http://www.munichbrauhaus.com/">http://www.munichbrauhaus.com/</a>
Southbank - Crown Casino 3006	<b>Conservatory</b>	Crown Entertainment Complex 8 Whiteman St Level 1	Asian, Indian and Western (Premium restaurant) <a href="http://www.crownmelbourne.com.au/">www.crownmelbourne.com.au/</a>
Southbank - Crown Casino 3006	<b>Café Servo</b>	Crown Entertainment Complex 8 Whiteman St Ground Level	Italian. GF marked on dinner menu only (meat dishes only) <a href="http://www.cervo.com.au/">www.cervo.com.au/</a>
CBD - Degraves St 3000	<b>Café Adiamo</b>	36-38 Degraves Street T: 03 9650 8060	GF breakfast, lunch and dinner. GF Bread available. Crepes for breakfast are must have! <a href="http://www.cafeandiamo.com.au/home.html">www.cafeandiamo.com.au/home.html</a>
CBD - Degraves St 3000	<b>TOWFD</b>	28 Degraves Street T: 03 9654 5157	Organic food and wine (take away). Some WF & GF & vegan options (veggie pattie, pie, cake), but note kitchen is not wheat free. Mon-Fri 7am-7.30pm, Sat 8am -6pm, Sun 9am - 5pm <a href="http://www.tofwd.com.au/">www.tofwd.com.au/</a>
CBD - Federation Square 3000	<b>Chocolate Buddha</b>	2 Swanston Street (corner Flinders St) T: 03 9654 5688	Japanese communal dining, GF menu <a href="http://chocolatebuddha.com.au/">http://chocolatebuddha.com.au/</a>
CBD - Federation Square 3000	<b>Arintji</b>	2 Swanston Street (corner Flinders St) T: 03 9663 9900	GF marked on menu (no menus online) <a href="http://arintji.com.au/">arintji.com.au/</a>
CBD 3000	<b>Sushi Sushi</b>	148 Swanston St	Check online which rolls are GF, or ask staff. All stores now use GF soy sauce (purple lid). <a href="http://www.sushisushi.com.au/">www.sushisushi.com.au/</a>
CBD 3000	<b>Sushi Sushi</b>	317 Swanston St	Check online which rolls are GF, or ask staff. All stores now use GF soy sauce (purple lid). <a href="http://www.sushisushi.com.au/">www.sushisushi.com.au/</a>
CBD 3000	<b>Lupino</b>	41 Little Collins Street T: 03 9639 0333	GF pasta and staff had good awareness. Wed - Sun lunch and dinner. <a href="http://www.lupino.com.au/">www.lupino.com.au/</a>
CBD 3000	<b>Dymocks Cafe</b>	234 Collins St Melbourne VIC 3000	The cafe offers a separate gluten free menu, including both savoury and sweet items. 7 days business hours. <a href="http://www.dymocksmelbourne.com.au/in-store-cafe">http://www.dymocksmelbourne.com.au/in-store-cafe</a>



The Coeliac Plate

Suburb/Area	Restaurant	Address	Comments / website
CBD 3000	<b>Mamasita</b>	11 Collins Street T: 03 9650 3821	Mexican tapas. The majority of the menu is gluten free. Good for vegetarians. Often a queue. See review on blog. <a href="http://www.mamasita.com.au/">www.mamasita.com.au/</a>
CBD - Collins Place 3000	<b>Thr1ve</b>	45 Collins Street	Thr1ve is a paleo inspired “fresh fast food” store, which is by nature gluten free and their website states ‘always gluten free’. <a href="http://thr1ve.me">http://thr1ve.me</a>
CBD - Collins Place 3000	<b>Sumo Salad</b>	45 Collins Street	GF options available when you can ‘make your own’ (not pre-made) but website notes cross contamination possible. <a href="http://www.sumosalad.com/">www.sumosalad.com/</a>
CBD 3000	<b>Seedling Café</b>	275 Flinders Lane & 349 Little Collins Street	100% gluten free. Healthy food! Mon-Fri 7am-4pm. Closed weekends and most public holidays. <a href="http://www.seedlingcafe.com.au">www.seedlingcafe.com.au</a>
CBD 3000	<b>Mad Mex</b>	Shop 5, 35 Elizabeth Street (cnr Flinders Lane)	GF options available (tacos, nachos, naked burrito) Open 7 days. <a href="http://www.madmex.com.au/">www.madmex.com.au/</a>
CBD 3000	<b>Betty’s Burgers</b>	97 Elizabeth St	GF bun available and have heard chips are cooked in separate fryer (not stated on website). 10am-late 7 days <a href="http://www.bettysburgers.com.au">www.bettysburgers.com.au</a>
CBD 3000	<b>Hudsons Coffee</b>	15 William St T: 03 9629 7743	Usually will have GF sandwiches, savoury pastries and cakes. See review on blog. <a href="http://www.hudsonscoffee.com.au/">http://www.hudsonscoffee.com.au/</a>
CBD 3000	<b>Hudsons Coffee</b>	84-86 Elizabeth St T: 03 9663 7466	Usually will have GF sandwiches, savoury pastries and cakes. See review on blog. <a href="http://www.hudsonscoffee.com.au/">http://www.hudsonscoffee.com.au/</a>
CBD 3000	<b>Ca de Vin</b>	Postal Lane (enter from Bourke St to right of GPO building) T: 03 9654 3639	Mediterranean. No GF on menu, but staff helpful (GF pasta available.) 7 days mid morning until late (except Monday closes at 4pm). <a href="http://www.cadevin.com">www.cadevin.com</a>
CBD 3000	<b>Portello Rosso</b>	15 Warburton Lane T: 03 9602 2273	Spanish Tapas Dinner daily, lunch Fridays <a href="http://www.portellorosso.com.au/">http://www.portellorosso.com.au/</a>
CBD 3000	<b>Raw Trader</b>	10 Sutherland St	Café specialising in organic, raw, vegan, vegetarian, paleo, gluten free, dairy free and sugar free healthy desserts and treats. <a href="http://m.rawtrader.com.au/">http://m.rawtrader.com.au/</a>



Suburb/Area	Restaurant	Address	Comments / website
CBD 3000	<b>Bomba Laneway Tapas</b>	103 Lonsdale Street T: 03 9077 0451	Spanish Tapas Dinner daily, lunch weekdays <a href="http://bombabar.com.au/">http://bombabar.com.au/</a>
CBD 3000	<b>Taco Bills</b>	142 Russell St T: 03 9654 3369	Mexican - GF marked on menu. <a href="http://tacobill.com.au/">http://tacobill.com.au/</a>
CBD 3000	<b>Mister Close</b>	Shop 13, Midtown Plaza 246 Bourke St, Melbourne Cnr of Swanston St T: 03 9654 7778	GF marked on menu (changes daily which is loaded to website by 9am weekdays). Everything is made on the premises (including sauces, mayo etc) You can place a lunch order before 11.30am. 7 days. Breakfast (until late) & lunch until 4pm. <a href="http://misterclose.com.au/">misterclose.com.au/</a>
CBD 3000	<b>Rock the Wok</b>	357 Collins Street Food Hall Lower ground floor T: 03 9629 3559	Thai Rice & Noodle bar. GF dishes & sauces marked on menu, but need to mention GF when ordering. Mon-Fri only <a href="http://rockthewok.com/">rockthewok.com/</a>
CBD - Melb Central 3000	<b>Nando's</b>	Melbourne Central, Swanston Street (outside shopping centre)	"contains gluten" marked on menu. <a href="http://www.nandos.com.au/">www.nandos.com.au/</a>
CBD - Melb Central 3000	<b>Sushi Sushi</b>	Melbourne Central shopping centre 300 Lonsdale St Lower and lower ground levels	Check online which rolls are GF, or ask staff. All stores now use GF soy sauce (purple lid). <a href="http://www.sushisushi.com.au/">www.sushisushi.com.au/</a>
CBD - Melb Central 3000	<b>Mad Mex</b>	Melbourne Central Level 2 Dining Hall 211 LaTrobe St	GF options available (tacos, nachos, naked burrito) Open 7 days. <a href="http://www.madmex.com.au/">www.madmex.com.au/</a>
CBD 3000	<b>Hudsons Coffee</b>	Melbourne Central Dome 211 LaTrobe St	Usually will have GF sandwiches, savoury pastries and cakes. See review on blog. <a href="http://www.hudsonscoffee.com.au/">http://www.hudsonscoffee.com.au/</a>
CBD - QV 3000	<b>Sushi Sushi</b>	Cnr Russell & Lonsdale Street	Check online which rolls are GF, or ask staff. GF soya sauce available <a href="http://www.sushisushi.com.au/">www.sushisushi.com.au/</a>
CBD - QV 3000	<b>Spud Bar</b>	QV Melbourne Red Cape Lane, Cnr Lonsdale & Swanston Sts	100% gluten free - baked potatoes and specials such as salads and soups. <a href="http://www.spudbar.com.au">www.spudbar.com.au</a>
CBD - QV 3000	<b>Supercharger</b>	QV Melbourne Red Cape Lane, Cnr Lonsdale & Swanston Sts	Vegan healthy food available at foodcourts. Choose from menu or 'make your own'. The entire menu is gluten free apart from breakfast oats. <a href="http://www.superchargervegan.com">www.superchargervegan.com</a>

Suburb/Area	Restaurant	Address	Comments / website
CBD - QV 3000	<b>Mad Mex</b>	QV Melbourne Red Cape Lane, Cnr Lonsdale & Swanston Sts	GF options available (tacos, nachos, naked burrito) Open 7 days. <a href="http://www.madmex.com.au/">www.madmex.com.au/</a>
CBD - QV 3000	<b>Sumo Salad</b>	QV building 210 Lonsdale St	GF options available when you can 'make your own' (not pre-made) but website notes cross contamination possible. <a href="http://www.sumosalad.com/">www.sumosalad.com/</a>
CBD - Emporium 3000	<b>Thr1ve</b>	Emporium Shopping Centre 287 Lonsdale St	Thr1ve is a paleo inspired "fresh fast food" store, which is by nature gluten free and their website states 'always gluten free'. <a href="http://thr1ve.me">http://thr1ve.me</a>
CBD - Emporium 3000	<b>Supercharger</b>	Emporium Shopping Centre 287 Lonsdale St	Vegan healthy food available at foodcourts. Choose from menu or 'make your own'. The entire menu is gluten free apart from breakfast oats. <a href="http://www.superchargervegan.com">www.superchargervegan.com</a>
CBD - Emporium 3000	<b>Spud Bar</b>	Emporium Shopping Centre 287 Lonsdale St	100% gluten free - baked potatoes and specials such as salads and soups. <a href="http://www.spudbar.com.au">www.spudbar.com.au</a>
CBD	<b>Le Bangkok</b>	195 Lonsdale Street T: 03 9663 0360	Staff can explain safe dishes <a href="http://www.lebangkok.com.au">www.lebangkok.com.au</a>
CBD 3000	<b>Taco Bills</b>	412 Collins St T: 03 9670 4327	Mexican - GF marked on menu. Dinner daily, lunch weekdays <a href="http://tacobill.com.au/">http://tacobill.com.au/</a>
CBD 3000	<b>Hudsons Coffee</b>	620 Bourke St T: 03 9642 3999	Usually will have GF sandwiches, savoury pastries and cakes. See review on blog. <a href="http://www.hudsonscoffee.com.au/">http://www.hudsonscoffee.com.au/</a>
CBD 3000	<b>Hudsons Coffee</b>	530 Little Collins St T: 03 9620 3434	Usually will have GF sandwiches, savoury pastries and cakes. See review on blog. <a href="http://www.hudsonscoffee.com.au/">http://www.hudsonscoffee.com.au/</a>
CBD 3000	<b>Mad Mex</b>	Southern Cross Station Spencer Street	GF options available (tacos, nachos, naked burrito) Open 7 days. <a href="http://www.madmex.com.au/">www.madmex.com.au/</a>
CBD 3000	<b>Sumo Salad</b>	Southern Cross Station 99 Spencer St	GF options available when you can 'make your own' (not pre-made) but website notes cross contamination possible. <a href="http://www.sumosalad.com/">www.sumosalad.com/</a>



Suburb/Area	Restaurant	Address	Comments / website
CBD 3000	Pop	68 Hardware Lane T: 03 9642 1341	GF on main menu - tapas, salmon, steak, salads, desserts. GF bread available on breakfast menu. Weekdays 12pm - 11pm, W/ends 9am - 11pm <a href="http://www.poprestaurant.com.au/">www.poprestaurant.com.au/</a>
CBD 3000	Affogato Espresso Bar	29 Hardware Lane T: 03 9642 5593	GF Menu available*, vegetarian options & happy to cater for other special requirements. *(includes veggie stack, lamb shanks, ciabatta but with GF bread) Open 7 days, breakfast, lunch, snacks <a href="http://www.affogato.com.au">www.affogato.com.au</a>
CBD 3000	Triim	33-35 Hardware lane T: 03 9670 1561	Breakfast menu has GF Bread available and Italian style main menu says GF options available (but not clear what!). Breakfast/lunch/dinner. <a href="http://www.triim.com.au/">www.triim.com.au/</a>
CBD 3000	Rock the Wok	Shop TG08 Goldsbrough Lane (181 William St)	Thai Rice & Noodle bar. GF dishes & sauces marked on menu, but need to mention GF when ordering. Mon-Fri only <a href="http://rockthewok.com/">rockthewok.com/</a>
CBD 3000	Movida & Movida Next Door	1 Hosier Lane (off Flinders St)	Tapas - usually need to book and advise GF when booking. <a href="http://movida.com.au/">movida.com.au/</a>
CBD 3000	Om Nom at Adelphi Hotel	187 Flinders Ln T: 03 8080 8827	Dessert venue, GF marked on menu. <a href="http://omnom.kitchen/">http://omnom.kitchen/</a>
CBD 3000	The Meatball and Wine bar	135 Flinders Ln T: 03 9654 7545	Meatballs & wine! All meatballs gluten free. 7 days morning until late. <a href="http://www.meatballandwinebar.com.au/">http://www.meatballandwinebar.com.au/</a>
CBD 3000	Terra Rossa	87 Flinders Ln T: 03 9650 0900	Italian restaurant with GF & DF options available. 7 days <a href="http://www.terrarossarb.com.au">www.terrarossarb.com.au</a>
CBD 3000	Ezard	187 Flinders Lane T: 03 9639 6811	Fine dining - good knowledge of GF. <a href="http://www.ezard.com.au/">www.ezard.com.au/</a>
CBD 3000	Cumulus Inc.	45 Flinders Lane T: 9650 1445	Knowledgeable on GF and have GF bread. No bookings for under 7 people. Fairly expensive. 7 days 7am-11pm (8am weekends) <a href="http://www.cumulusinc.com.au">www.cumulusinc.com.au</a>
CBD 3000	CODA	Basement 141 Flinders Lane (Cnr Oliver Lane)	An Asian fusion restaurant and the wait staff are well versed in GF options. 7 days lunch & dinner <a href="http://www.codarestaurant.com.au">www.codarestaurant.com.au</a>



Suburb/Area	Restaurant	Address	Comments / website
CBD 3000	<b>TONKA</b>	20 Duckboard Place (off Flinders Lane)	A modern Indian restaurant (with some Asian fusion twists). The menu is largely naturally gluten free. Mon-Sat lunch & dinner <a href="http://www.tonkarestaurant.com.au">www.tonkarestaurant.com.au</a>
CBD 3000	<b>Ginger Boy</b>	27-29 Crossley Street T: 03 9662 4200	Asian 'street food' style, but expensive! Good knowledge of GF. <a href="http://www.ezard.com.au/">www.ezard.com.au/</a> (scroll down for Gingerboy)
CBD 3000	<b>Grossi Florentino Grill</b>	80 Bourke Street T: 03 9662 1811	Talk to waiter about dietary requirements. Expensive. <a href="http://www.grossiflorentino.com/menu-grill">www.grossiflorentino.com/menu-grill</a>
CBD 3000	<b>Mad Mex</b>	Southern Cross Tower Shop E5, 8 Southern Cross Lane 121 Exhibition St	GF options available (tacos, nachos, naked burrito) Mon-Fri only, closes mid afternoon (6.30pm on Friday). <a href="http://www.madmex.com.au/">www.madmex.com.au/</a>
CBD 3000	<b>Trunk</b>	275 Exhibition Street T: 03 9663 7994	Menu states GF options available. <a href="http://www.trunktown.com.au">www.trunktown.com.au</a>
CBD 3000	<b>European Bier Cafe</b>	120 Exhibition St T: 03 9663 1222	Some GF options marked on menu. GF bun available with burger & chips*. *Check separate fryer as battered fish also served. Rooftop bar (No GF beer on menu) <a href="http://www.europeanbiercafe.com.au/">www.europeanbiercafe.com.au/</a>
CBD 3000	<b>Hudsons Coffee</b>	201 Spring St T: 03 9671 3773	Usually will have GF sandwiches, savoury pastries and cakes. See review on blog. <a href="http://www.hudsonscoffee.com.au/">http://www.hudsonscoffee.com.au/</a>
CBD 3000	<b>Lord of the Fries</b>	Various locations around the city	Items marked as GF on menu, but same oil used for frying chips and onion rings. <a href="http://www.lordofthefries.com.au">www.lordofthefries.com.au</a>
Docklands - Victoria Harbour 3008	<b>The Groove Train</b>	Underneath ANZ centre 833 Collins Street	GF Marked on menu (steak, risotto, salad). A chain you might see elsewhere. If GF pasta offered, check cooked in clean water. <a href="http://www.groovetrain.com.au/">www.groovetrain.com.au/</a>
Docklands 3008	<b>NSP (non solo pasta)</b>	Shop 2 800 Collins St T: 03 9620 1110	GF Pasta on menu. <a href="http://nspitalia.com/">nspitalia.com/</a>
Docklands 3008	<b>Platform 28</b>	82 Village Street (Just across from Southern Cross station)	A number of GF options marked on menu for lunch/dinner. Has a nice atmosphere (I have only had a drink there, not eaten).



Suburb/Area	Restaurant	Address	Comments / website
			7 days lunch & dinner. Breakfast weekdays from 8am. <a href="http://platform28.com.au/">platform28.com.au/</a>
Docklands 3008	Twirled Pasta Bar	2 Waterview Walk	Home made GF pasta, but it is made in a shared pasta machine so a risk of CC. Store bought GF pasta also available. Mon-Fri only <a href="http://www.facebook.com/pg/TwirledPastaBar/">www.facebook.com/pg/TwirledPastaBar/</a>
Docklands 3008	Va Bene pizza & pasta	T10 Shed 9 Central Pier 161 Harbour Esplanade T: 03 8623 9690	GF pizza base & pasta available <a href="http://www.vabenepizzeria.com/">www.vabenepizzeria.com/</a>
Docklands 3008	Bopha Devi	27 Rakaia Way T: 03 9600 1887	A Cambodian restaurant -something different! GF marked on menu <a href="http://www.bohpadevi.com">www.bohpadevi.com</a>
Docklands 3008	Bhoj - Indian	54 Promenade New Quay	Indian - may be OK, GF not marked on menu <a href="http://www.bhoj.com.au/">www.bhoj.com.au/</a>
Docklands 3008	Nixon Hotel	757 Bourke Street T: 03 9642 3272	GF marked on menu <a href="http://www.nixonhotel.com.au/">www.nixonhotel.com.au/</a>
St Kilda Road 3004	Rocco's at the Chevron	14/519 St Kilda Road T: 03 9525 2679	GF on menu (risotto, salad, meat mains, fish & chips) Mon-Fri Lunch & dinner Weekends Breakfast, lunch and dinner <a href="http://www.roscoatchevron.com.au/">www.roscoatchevron.com.au/</a>
St Kilda Road 3004	Woods Cafe, Restaurant & Bar	562 St Kilda Rd	Previously was Lime Café. Serves Breakfast, Lunch and Dinner (GF only marked on Lunch & Dinner menus on internet.) Open 7 days. <a href="http://www.woodscafe.com.au/menus/">www.woodscafe.com.au/menus/</a>
East Melbourne 3002	Melbourne Cricket Ground (MCG)	Brunton Avenue	Patties GF pies, near the following bays M6, M20, M31, M41, M56, N36, N55, Q11, Q19, Q32, Q42, Q55 <a href="http://www.mcg.org.au">www.mcg.org.au</a>
South Melbourne 3205	Sugarcane Thai Restaurant	268 Park Street T: 03 9699 3637	GF options. <a href="http://www.sugarcanethairestaurant.com/">www.sugarcanethairestaurant.com/</a>
Albert Park 3206	Foddies	181 Victoria Ave T: 03 9696 9389	A fantastic place catering for GF, the low FODMAP diet and other dietary issues. Separate kitchen for gluten free.



The Coeliac Plate

Suburb/Area	Restaurant	Address	Comments / website
		(at the end of the No.1 tram)	Breakfast and lunch 7 days, dinner Thur-Sun. <a href="http://www.foddiescafe.com/">http://www.foddiescafe.com/</a>
Carlton 3053	Carlton Curry House	108 Lygon Street T: 03 9078 1263	“You can choose Hot, Robust, Healthy, Aromatic, Vegetarian, Vegan, Halal, Jain, <b>Gluten free</b> , Calorie Controlled as we can cater to your dietary preferences with flair.” GF Naan available. Lunch - 12.00 to 2.30pm Thursday & Friday, Dinner 5.30pm to 10.30pm Tuesday to Sunday <a href="http://www.carltoncurryhouse.com.au/">http://www.carltoncurryhouse.com.au/</a>
Carlton 3053	Gelatissimo	197 Lygon Street T: 03 9347 7300	All sorbets and some icecreams are GF. 7 days noon - late. <a href="http://www.gelatissimo.com.au/">http://www.gelatissimo.com.au/</a>
Carlton 3053	Café Italia	56 - 66 University street T: 03 9347 0638	“We do our best to cater for all food requests and dietary requirements; this includes all vegetarian and gluten free meals which are specially marked on our dining menu.” 7 days, lunch and dinner. <a href="http://www.cafeitalia.com.au">http://www.cafeitalia.com.au</a>
Carlton 3053	Red Rock	183 Elgin St	Has been taken over by Gemma Simply Italian. Website not available as at end Aug 2014. May be worth checking if GF still available.
Carlton North 3054	Paragon Café	651 Rathdowne St	GF pasta and bread available. <a href="http://www.carltonparagon.com.au/">http://www.carltonparagon.com.au/</a>
Carlton North 3054	La Luna Bistro	320 Rathdowne St Carlton North, VIC T: 03 9349 4888	Modern mediteranean. I have eaten there a couple of times (but quite a few years ago) and they were accommodating. Lunch & dinner (closed Monday) <a href="http://www.lalunabistro.com.au/">http://www.lalunabistro.com.au/</a>
Carlton North 3054	Enoteca Sileno	920 Lygon St (Cnr Richardson St), Carlton North, Victoria 3054 T: 03 9389 7000	GF and GF alternatives marked on menu. Their cooking school has run classes for Coeliac Vic. Lunch & dinner Thurs-Sat, lunch only Sunday. <a href="https://www.enoteca.com.au">https://www.enoteca.com.au</a>
Carlton 3053	La Spaghetteria Ristorante	132 - 136 Lygon St, T: 03 9663 4333	GF marked on menu & GF pizza/pasta available. Bookings recommended. Dinner 7 days, Lunch Thurs-Sun. No website, but on Facebook.
Fitzroy 3065	Hooked	348 Brunswick Street T: 03 9417 7740	Lots of GF options (battered!) & every day (closed Monday). No bookings. <a href="http://www.hooked.net.au">www.hooked.net.au</a>
Fitzroy 3065	Vegie Bar	380 Brunswick St, T: 03 9417 6935	GF options marked on menu. Vegetarian/vegan casual & large café. Bookings recommended.

Suburb/Area	Restaurant	Address	Comments / website
			Weekdays lunch & dinner Weekends breakfast, lunch & dinner <a href="http://www.vegiebar.com.au">www.vegiebar.com.au</a>
Fitzroy 3065	Jimmy Grants	113 St David Street	GF souvlaki. Limited seating. No bookings. 7 days 11am - 10pm <a href="http://www.jimmygrants.com.au">www.jimmygrants.com.au</a>
Fitzroy 3065	Breizoz French Crêperie	Cnr. Gertrude & Brunswick St. Fitzroy VIC 3065 (03) 9415 7588	Casual cafe that has GF buckwheat crepes (galettes). 7 days 10am to 10 pm (11pm Fri/Sat). Closed public holidays and around Christmas/early January. <a href="http://www.breizoz.com.au/">www.breizoz.com.au/</a>
Not in the city centre, but many suburbs	Crust pizza	Many suburbs - check website	GF pizza available, and although care is taken (eg staff change gloves) it is obviously not a 100% allergy free environment as stated on their website. I have taken the risk several times and not suffered any consequences. To my knowledge stores are mostly takeaway. <a href="https://www.crust.com.au/pizzas">https://www.crust.com.au/pizzas</a>
South Yarra 3141	Zambrero	374 Chapel Street	Mexican - quick style service Everything GF except the tortillas and smokey BBQ sauce. 7 days - 11 am until late. <a href="http://www.zambrero.com/menu/">www.zambrero.com/menu/</a>
South Yarra 3141	Caffé e Cucina	581 Chapel St T: 03 9827 4139	Italian. GF marked on the menu. <a href="http://www.caffeecucina.com.au">www.caffeecucina.com.au</a>
South Yarra 3141	Nando's	309 Toorak Rd	"contains gluten" marked on menu. <a href="http://www.nandos.com.au/">www.nandos.com.au/</a>
Windsor 3181	Hooked	172 Chapel Street T: 03 9529 1075	Best fish & chips I've ever had! Lots of GF options (battered!) & every day (closed Monday). No bookings. <a href="http://www.hooked.net.au">www.hooked.net.au</a>
Prahran 3181	Mad Mex	131 Chapel Street	GF options available (tacos, nachos, naked burrito) Open 7 days until 10pm (Fri/Sat 11pm) <a href="http://www.madmex.com.au/">www.madmex.com.au/</a>
St Kilda 3182	Itali.co	1/173-177 Barkly St	GF not mentioned on internet, but picked up a card when passing which suggests I saw something about GF. Sister restaurant NSP in Docklands has GF pasta. Weekdays 5pm - late, weekends lunch - late <a href="http://www.italico.com.au">www.italico.com.au</a>



•The Coeliac Plate•

Suburb/Area	Restaurant	Address	Comments / website
St Kilda 3182	<b>Mr Wolf Pizza</b>	9-15 Inkerman Street T: 03 9534 0255	GF Pizza <a href="http://www.mrwolfpizza.com.au">www.mrwolfpizza.com.au</a> Tuesday - Sunday
St Kilda 3182	<b>Bar Santo</b>	7 Fitzroy St (beach end) T: 03 9534 7878	Italian tapas and mains. GF on menu - lots of options. Breakfast/lunch/dinner. Closed Monday. <a href="http://barsanto.com.au/">barsanto.com.au/</a>
St Kilda 3182	<b>Sugar Reef</b>	23 Fitzroy St T: 03 9525 4655	Seafood and steak restaurant. Bay & park views. GF on menu (eg halloumi, risotto, salmon, choc brownie). In the summer open 7 days lunch & dinner and brunch on weekends. In Winter check re lunch hours. <a href="http://www.sugarreef.com.au/">www.sugarreef.com.au/</a>
St Kilda 3182	<b>Republica</b>	1d/10-18 Jacka Blvd T: 03 8598 9055	GF on a la carte menu GF bread & pizza available. GF muesli on breakfast menu (but GF not marked). Open 7 days breakfast/lunch/dinner. On the sea front. Live music in the courtyard on w/ends and free wireless internet. <a href="http://www.republica.net.au/menu">www.republica.net.au/menu</a>
Williamstown 3016	<b>Novel Kitchen</b>	80 Ferguson Street	Organic, healthy café. Cater for gluten free, vegan and more. <a href="http://www.novelkitchen.com.au/">www.novelkitchen.com.au/</a>
Williamstown 3016	<b>Remvi by the Bay</b>	125 Nelson Place T: 03 9397 1818	Greek - have heard they have GF options. <a href="http://www.remvi.com.au/">http://www.remvi.com.au/</a>
Richmond 3121	<b>Boheme</b>	368 Bridge Rd T: 03 9429 5000	<a href="http://bohemerestaurantbar.com.au/">bohemerestaurantbar.com.au/</a>
Richmond 3121	<b>Church St Enoteca</b>	527 Church St T: 03 9428 7898	<a href="http://www.churchstenoteca.com.au/">www.churchstenoteca.com.au/</a>
Richmond 3121	<b>Nando's</b>	278 Bridge Road	"contains gluten" marked on menu. <a href="http://www.nandos.com.au/">www.nandos.com.au/</a>
Chadstone shopping centre	<b>Capital Kitchen</b>	First floor (near Tiffany's)	Good lunch option not at food court. <a href="http://www.capitalkitchen.com.au/">www.capitalkitchen.com.au/</a>
Chadstone shopping centre	<b>Muffin Break</b>	'Old' Food court downstairs	Each day has 1 kind of savoury and sweet GF muffin <a href="http://www.muffinbreak.com.au/">www.muffinbreak.com.au/</a>
Chadstone shopping centre	<b>Curry/Chinese place (not sure of name)</b>	'Old' Food court downstairs	Most curry's GF - ask staff



Suburb/Area	Restaurant	Address	Comments / website
Chadstone shopping centre	Nando's	Near 'New' downstairs food court	"contains gluten" marked on menu. <a href="http://www.nandos.com.au/">www.nandos.com.au/</a>
Chadstone shopping centre	Thr1ve	'New' downstairs food court	Thr1ve is a paleo inspired "fresh fast food" store, which is by nature gluten free and their website states 'always gluten free'. <a href="http://thr1ve.me">http://thr1ve.me</a>
Chadstone shopping centre	Supercharger	'New' downstairs food court	Vegan healthy food available at foodcourts. Choose from menu or 'make your own'. The entire menu is gluten free apart from breakfast oats. <a href="http://www.superchargervegan.com">www.superchargervegan.com</a>
Chadstone shopping centre	Sumo Salad	'New' downstairs food court	GF options available when you can 'make your own' (not pre-made) but website notes cross contamination possible. <a href="http://www.sumosalad.com/">www.sumosalad.com/</a>
Camberwell 3124	*Red Robyn	393 Camberwell Road T: 03 9077 3763	<b>100% gluten free &amp; soy free café &amp; restaurant</b> - bookings recommended. 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 <a href="http://www.redrobyn.com.au/">www.redrobyn.com.au/</a>
Camberwell 3124	Tandoori Den	261 Camberwell Road T: 03 9813 2598	Indian - all curries gluten free. Eat in or take away. Closed Monday. <a href="http://tandooriden.com.au/">tandooriden.com.au/</a>
Camberwell 3124	Nando's	Rear of 636 Burke Road	"contains gluten" marked on menu. Double check salt on the chips - this had gluten when I lived in Melbourne but you could ask for no salt. Note: There are differences to UK so double check if you are used to Nando's UK. <a href="http://www.nandos.com.au/">www.nandos.com.au/</a>
Hawthorn East 3123 (Camberwell shopping area)	Monk & Me	9 Evans Place	Malaysian. GF marked on menu. <a href="http://www.monkandme.com.au/home.shtml">www.monkandme.com.au/home.shtml</a>
Hawthorn East 3123 ((Camberwell shopping area)	Fiorelli	209 Camberwell Rd	Italian. <a href="http://www.fiorellirestaurant.com.au/">www.fiorellirestaurant.com.au/</a>
Hawthorn East 3123 (Camberwell shopping area)	The Meat & Wine Co.	428 Riversdale Road T: 03 9882 8728	Ask for allergy menu (GF, NF, LF) and vegetarian options. <a href="http://themeatandwineco.com">themeatandwineco.com</a>

Suburb/Area	Restaurant	Address	Comments / website
Hawthorn East 3123 (Camberwell shopping area)	<b>Deco</b>	211 Camberwell Rd	When I last visited, staff had access to a menu with GF options marked up. 7 days breakfast, lunch and dinner <a href="http://decocafe.com.au/">decocafe.com.au/</a>
Hawthorn East 3123 (Camberwell shopping area)	<b>Paradiso</b>	215 Camberwell Road T: 03 9882 6872	GF on the menu 7 days mid morning until late (9am Sunday) <a href="http://paradiso-camberwell.com.au/">paradiso-camberwell.com.au/</a>
Hawthorn 3122	<b>Hooked</b>	699 Glenferrie Road T: 03 9939 4412	Lots of GF options (battered!) & every day (closed Monday). No bookings. <a href="http://www.hooked.net.au">www.hooked.net.au</a>
Hawthorn 3122	<b>Beehive Hotel</b>	84 Barkers R T: 03 9853 6638	Running a low gluten kitchen, the menu has the non gf options marked!. <a href="http://www.beehivehotel.com.au/">www.beehivehotel.com.au/</a>
Kew 3101	<b>Mr Bianco</b>	285 High Street T: 03 9853 6929	Italian. GF on menu. <a href="http://www.misterbianco.com.au/">www.misterbianco.com.au/</a>
Kew 3101			SEE BAKERIES SECTION.
Moorabbin 3189			SEE BAKERIES SECTION.
Moorabbin 3189	<b>Fat Bob's</b>	80 Cochranes Rd +61 3 9555 0909	Use Gluten Free 4U buns for their GF burgers. <a href="http://www.fatbobs.com.au/">http://www.fatbobs.com.au/</a>
Brighton 3186	<b>*Fox in the Box</b>	169 Martin St (note: near Gardenvale station, not Brighton Beach)	<b>100% gluten free</b> , dairy and lactose free and FODMAP friendly. Also stocks cakes from the wonderful Gluten Free 4 U bakery. Take home meals available. Opens mid morning and also open for dinner Thurs-Sat. Closed Sunday and Monday. <a href="http://www.foxinthebox.com.au/">www.foxinthebox.com.au/</a>
Brighton 3186	<b>Rupert &amp; The Fig</b>	300 Bay St T: 03 9596 4047 (note: virtually opposite North Brighton station)	Local, seasonal and healthy food, with GF marked on the menu. A favourite of mine for a weekend brunch. 7 days 7am - 5pm (8am on weekends) <a href="http://www.rupertandthefig.com/">www.rupertandthefig.com/</a>
Northcote	<b>Papasito</b>	219 High St Northcote 3070 Northcote, VIC 3070	Organic Mexican. GF marked on menu.
Eltham 3095	<b>Eltham Hotel</b>	746 Main Street T: 9439 9224	Used to be run by a coeliac Chef, so extensive GF options marked on menu. Discounts available for Coeliac Society members. <a href="http://www.elthamhotel.com.au/">www.elthamhotel.com.au/</a>



•The Coeliac Plate•

Suburb/Area	Restaurant	Address	Comments / website
Ivanhoe 3079	<b>*Caffe Strada</b>	197 Upper Heidelberg Road T: 03 9497 4875	<b>100% GF café.</b> Open 7 days 8am-5pm <a href="http://www.caffestrada.com.au/">http://www.caffestrada.com.au/</a>
Werribee 3030	<b>*Romy's Café</b> at Absolutely Gluten Free	85 Walton Street T: 03 9741 0633  <i>(NB As at Sept 2014 this shop is for sale - check still open if making a special visit)</i>	Gluten free grocery store with a café attached. 25 minutes drive from Melbourne CBD. Monday/Wednesday - 9.30am - 5.00pm Tuesday - 6.30am - 5.00pm Thursday/Friday - 6.30am - 7.00pm Saturday - 9.00am - 3.30pm Sunday - 8.30am - 3.00pm <a href="http://www.absolutelyglutenfree.com.au/">www.absolutelyglutenfree.com.au/</a>
Tullamarine - Melbourne airport			Please see separate post on blog: <a href="http://thecoeliacplate.com/melbourne-airport-gluten-free/">http://thecoeliacplate.com/melbourne-airport-gluten-free/</a>

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



•The Coeliac Plate•

While every effort is made to check the information is valid at the time of publishing, The Coeliac Plate makes no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the website or the information, products, services, contained on the website for any purpose.

Management, chefs and products change and it is your responsibility at all times to explain your dietary requirements to the restaurant and review product labels and assess the risk. In providing information and links on this website, The Coeliac Plate does not assume or undertake any responsibility, including legal responsibility, to those who read it and choose to take it into account when making any decisions, or to those affected by their decisions. Any reliance you place on information on this website is therefore strictly at your own risk.

In no event shall The Coeliac Plate be liable for any direct, indirect or consequential damages resulting from the use of this website.

Please see full terms and conditions at: <http://thecoeliacplate.com/terms-of-use/>





•The Coeliac Plate•

## Supermarkets, bakeries and supplies

This is a selection of shops worth trying - there will be other shops such as health food stores which will also stock GF items. Items with an asterisk (\*) are 100% gluten free.

Town	Shop	Address	Comments / website
CBD - QV 3000	Woolworths (supermarket)	QV Shopping Centre Cnr Lonsdale & Swanston Sts Basement	Reasonable selection of GF products, including cereals. Open 7 days 7am-11pm <a href="http://www.qv.com.au/Stores/Woolworths/">www.qv.com.au/Stores/Woolworths/</a>
Moorabbin	*Gluten Free 4U	5/1-3 Bignell Road T: 03 9555 5175	<b>100% gluten free bakery</b> with the most divine 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 around Melbourne - ring for latest details. Must tries: vanilla slice, lamington, neenish tart. Open Tues-Fri 8am-4.30pm, Sat 8am-2pm. <a href="http://glutenfree4u.com.au/">glutenfree4u.com.au/</a> Hudsons Coffee stores in Metro Melbourne do stock some items, also Fox in the Box in Brighton.
Kew 3101	*Gluten Free 4U	1345 Burke Road T: 03 9817 6981	See above. Opening hours may differ. <a href="http://glutenfree4u.com.au/">glutenfree4u.com.au/</a>
Coburg North 3058	*Silly Yaks	2 Mercier Street T: 03 9350 2255	<b>100% GF bakery</b> factory outlet, also fructose friendly. Open Wed/Thurs/Fri and one Sunday a month. Take a cool bag - many products are frozen. <a href="http://sillyyaks.com.au/">sillyyaks.com.au/</a>
Chirnside Park 3058	*Just Yummy Gluten Free Bakery	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! <a href="http://www.justyummyglutenfree.com/">www.justyummyglutenfree.com/</a>
Thornbury 3071	*Black Ruby Bakery	841 High Street, T: 03 9484 9608	<b>100% gluten free.</b> Fantastic bread in GF bakery if you can make the trip to Thornbury. I think closed on Sunday and Monday, so check first. <a href="http://www.facebook.com/blackrubybakeries">www.facebook.com/blackrubybakeries</a>
Various locations	*Bebe's Bakehouse	See facebook	<b>100% GF home bakery.</b> Takes orders and sells at markets around Melbourne (eg Geelong, Mornington, Yarra Glen Racecourse) <a href="http://www.facebook.com/homebakedcakescookiesandcupcakes/">www.facebook.com/homebakedcakescookiesandcupcakes/</a>
Mt Waverley 3149	The Swiss Bakehouse	35 Hamilton Place (03) 9807 0699	Has a GF display (wrapped in cling film to protect from cross contamination). Sweet treats, pies, bread.

Town	Shop	Address	Comments / website
			No website.
Glen Waverley 3150	Thomas Dux Grocers	Centro The Glen Shopping centre Shop 2.200 235 Springvale Road	GF groceries available <a href="http://www.thomasdux.com.au/">www.thomasdux.com.au/</a>
Richmond 3121	The Three Ducks	374 Burnley Street T: 03 9429 2276	GF supplies, Tues-Sat <b>NB As at Mar 2014 temporarily closed</b> and at Sept 2014 website url going to a blog nothing to do with GF, so removed link. <b>Possibly permanently closed</b> , so phone before a special visit.
Richmond 3121	Thomas Dux Grocers	153 Bridge Road	GF groceries available <a href="http://www.thomasdux.com.au/">www.thomasdux.com.au/</a>
Armadale 3143	Thomas Dux Grocers	1068 High Street	GF groceries available <a href="http://www.thomasdux.com.au/">www.thomasdux.com.au/</a>
All around Victoria	IGA		GF groceries available in large stores, not sure about X-press city stores. <a href="http://iga.com.au/">iga.com.au/</a>
Port Melbourne 3027	Thomas Dux Grocers	Shop 1 120 Bay Street	GF groceries available. <a href="http://www.thomasdux.com.au/">www.thomasdux.com.au/</a>
Werribee	*Absolutely Gluten Free	85 Walton Street T: 03 9741 0633  (NB As at Sept 2014 this shop is for sale - check still open if making a special visit)	Gluten free grocery store. Fructose friendly items, dairy free, egg free, soy free etc available. Café on site. Open 7 days. Online ordering available. Monday/Wednesday - 9.30am - 5.00pm Tuesday - 6.30am - 5.00pm Thursday/Friday - 6.30am - 7.00pm Saturday - 9.00am - 3.30pm Sunday - 8.30am - 3.00pm <a href="http://www.absolutelyglutenfree.com.au/">www.absolutelyglutenfree.com.au/</a>
Fitzroy 3065	Aunt Maggie's Organic	188 Gertrude Street	Organic supermarket with extensive range of gluten free and vegan items. Open 7 days. <a href="http://www.auntmaggies.com.au/">www.auntmaggies.com.au/</a>
Brunswick 3056	Aunt Maggie's Organic	74-78 Sydney Road	Organic supermarket with extensive range of gluten free and vegan items. Open 7 days. <a href="http://www.auntmaggies.com.au/">www.auntmaggies.com.au/</a>
Ormond 3204	Sunnybrook Health food store	553A North Road	Health food shop with very good GF supplies. Online ordering also available. Mon-Fri 8.30am-6.30pm Sat 8.30am-5.00pm Closed Sunday and public holidays.

Town	Shop	Address	Comments / website
			<a href="http://www.glutenfreeshop.com.au/">www.glutenfreeshop.com.au/</a>
Hampton 3188	<b>Aunt Maggie's Organic</b>	446 Hampton Street	Organic supermarket with extensive range of gluten free and vegan items. Open 7 days. <a href="http://www.auntmaggies.com.au/">www.auntmaggies.com.au/</a>
Balaclava 3183	<b>Aunt Maggie's Organic</b>	270-272 Carlisle Street	Organic supermarket with extensive range of gluten free and vegan items. Open 7 days. <a href="http://www.auntmaggies.com.au/">www.auntmaggies.com.au/</a>
Malvern 3144	<b>Aunt Maggie's Organic</b>	72 Glenferrie Road	Organic supermarket with extensive range of gluten free and vegan items. Open 7 days. <a href="http://www.auntmaggies.com.au/">www.auntmaggies.com.au/</a>
Mornington 3931	<b>*Gluten Free Foods</b>	Shop 5 55 Barkly Street	Gluten free grocery store. <a href="http://www.glutenfreefoods.com.au/">www.glutenfreefoods.com.au/</a>