



Restaurant Search

Belgium - Bruges

November 2014

This is a search of gluten free restaurants for Bruges (Brugges) in West Flanders.

During my research, many people commented that awareness of special diets is uncommon in Belgium, but there are some restaurants that understand the gluten free diet. You are unlikely to be provided gluten free bread in a restaurant.

There is a blog <http://glutenfreebelgium.be/?lang=en>, but there is nothing there at the moment on Bruges.

Reviews are on the blog at: <http://thecoeliacplate.com/bruges-gluten-free/>

Please see the disclaimer at the end of the document.

Postcode	Restaurant	Address	Comments /websites
8000	Ribs 'n Beer	Ezelstraat 50 T: +32 50 70 76 77 5 mins from market square	BBQ steakouse. Ribs are marinated and chocolate & beer one not GF. Nachos are pure maize. Reviewed by Gluttonous and gluten free blog 2014. Also seen a positive TripAdvisor review 2014. Worth booking. Vegetaran options. Menu in Flemish/French/English. Dinner 7 days from 6pm. Mon night special for E18. http://www.ribsnbeer.com/index.php/en/
	Bhavani Indian restaurant	Simon Stevenplein 5 T: +32 (0)50 33 90 25	2012 TripAdvisor review. Indian, with vegetarian options. Wait staff speak English. Not far from market. A la carte menu 2 courses meat €40 and vegetarian €35. Lunch set menu option €19. Other reviews have said best Indian in Bruges. No opening hours on website. Closed Wednesday. http://www.bhavani.be/home/index.html
	El Greco	Sint Jacobsstraat 48 T: 050 33 02 96	Coeliac Messageboard review. Wait staff speak English. Should be safe with fish and a salad.



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8000	't HuisKombuis -by baobab	Langestraat 136 e-mail reservations: reservatie@huiskombuis.be T: +32 50 33 14 08 (used to be Baobab at Philipstockstraat)	South-African cuisine with “attention towards allergies and intolerances”. Menu can be altered for GF/DF, vegetarian. A reviewer in 2009 had GF bread. E35pp for 3 courses. Closed Thursday Lunch only on Wed & Sat (except for group dinners) Website in English/French/Flemish http://huiskombuis.be/en/index.php
8000	Chez Vincent “Real Belgian fries”	Sint-Salvatorskerkhof 1 T: 050 684 395	From 2012 Trip Advisor review. Owner was helpful and there were a number of main dishes that were GF. They chose a burger without the bun and the fries were GF. Good view of the cathedral from upstairs. Closed Mon/Tue (except school holidays). Closes at 8pm. (It was temporarily closed during our visit at the end of November.) http://www.chezvincent.eu/lang-en/
	Bruges Chicken House	Hoogstraat 15 T: +32 498 32 73 61	Rotiserrie chicken, burgers/fries etc. Saw someone had eaten there OK on a support forum. Inexpensive for Bruges. No website.
8000	Restaurant Grill De Hobbit	Kemelstraat 8 T: 050 33 55 20 Between markt square and ‘t Zand	Meats & salads. The ribs are gluten free and they can substitute a baked potato for the bread. (via gluten free for tea blog) Website not in English, but it looks like set menus from between E25-40, or a la carte - mains around E19. Take away available. Open every day from 6pm. http://www.hobbitgrill.be/
8000	La Trattoria	Oostmeers 88 T: 050 690 125	Walked past when it was closed - saw a sign in the window saying they had gluten free pizza. Not far from Bruges station. www.latrattoriabrugge.be/menu/index.html
8000	Malesherbes	Stoofstraat 3-5 T: 050 336924	French restaurant at the back of a delicatessan. @glutenvrijkind tweeted (Dec 2014) that they are a hidden gem if you call ahead and advise you need GF. Lunch and dinner.
	Zand Square market		Mostly not gluten free, but you will find cheese and meat stands, so you could make up a sandwich if you have your own bread. Fresh fruit also available.
	Gruuthuse Hof	Mariastraat 36, 8000 Brugge	Staff have a good understanding of GF. There is a 3 course tourist menu for E16



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		T: 050 33 06 14 Opposite Onze Lieve Vrouw Kerk.	(2011 review on Travel Gluten Free). 2013 TripAdvisor Certificate of Excellence. Nice interior with white tablecloths. Phone bookings only. Closed Wed/Thurs. Near Groenninge?museum http://www.gruuthusehof.be/nl/
	Marieke van Brugghe	Mariastraat 17 T: +32 (0)50 34 33 66	Good trip advisor reviews - has omelettes. Closed Sunday and Monday. http://www.mvb.be/
8000	Belle Epoque	Zuidzandstraat 43 T: 0032 50/331872	A French-Flemish brasserie. Able to adjust menu to suit. Good deals if eat before 8.30pm. Music from the 40's-70's. Open everyday 11am - 10.30 pm except Thursday (groups only on Thurs). Website in English, French, Spanish. http://www.belleepoquebrugge.be/
8000	Park Restaurant	Minderbroedersstraat 1 T: 0032 497 801 872	States it is a romantic restaurant. On the menu it states "for every course, we gladly propose a vegetarian or gluten free alternative". 40 euros for 4 courses Open every night except Mon and Thurs. http://www.parkrestaurant.be/index.htm
	't Grillkasteeltje	Gevangenisstraat nr. 1 T: 32(0)493 103 406 50 metres from Bruges Fish Market.	This restaurant offers meat options accompanied by fries and a salad. (fries may not be GF). Eg Beef carpaccio, goats cheese salad, grilled fish & beef. All dishes are served with french fries, jacked potato, gratin dauphinois or fresh bread Lunch & Dinner, except Monday is dinner only. Closed Tues/Wed http://grillkasteeltje.be/
	Brasserie Souffleur	Vlamingstraat 58 T: +32(0)50/34.82.92	Also used by locals, not just tourists! TripAdvisor review 2013 said chef/owner carefully checked requirements and provided a good meal. (eg salmon poached in foil, salad) Staff could speak English. Closed Wed/Thurs https://www.facebook.com/pages/Brasserie-Souffleur/793714007309231
8000	Trattoria Trium	Academiestraat 23 T: 050 33 30 60	Italian. Mentioned on a Belgium travel site as having GF pasta. http://users.skynet.be/trattoriatrium/
	Frites Museum	Vlamingstraat 33	Reviewed by Gluttonous and gluten free blog 2014 and fries can be tasted at the end of

the tour. I visited in Nov 2014 and it looked like they may also be frying breaded items, but did not ask.

Open 7 days 10am-5pm (visit around 45 mins, €6)

<http://www.frietmuseum.be/en/>

~~De Postiljon~~
CLOSED

~~Katelijnestraat 3~~

~~Owners speak Dutch, Flemish and English.
Open lunchtimes and evenings.~~

If you find any errors or would like to add a listing, please email:
info@thecoeliacplate.com.



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