



# GF Restaurant Search

## Caribbean - Barbados

May 2014

You will find Barbados quite gluten free aware in the resorts and the fine dining restaurants. We stayed at The Colony Club (near Holetown) and the menus had gluten free (and dairy free and vegetarian) marked up.

I still ate most of the food I took with me to get some carbohydrates and also to have as snacks between meals.

I would like to acknowledge that I found out about many of the restaurants listed here because of the great blog 'Gluten Free Barbados' <http://barbadosglutenfree.com/> and I suggest you use it to get up to date suggestions and to read the reviews. I ate at the restaurants marked with an asterisk and my experiences are on the link below:

<http://thecoeliacplate.com/barbados-gluten-free-colony-club>

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

Area	Restaurant	Address	Comments /websites
St James	*Laguna at The Colony Club	Hwy 1, Folkestone, near Holetown T: 246-422-2335	GF (& DF, V) marked on the menu & quite a few options available. Lunch & dinner. <a href="http://www.colonyclubhotel.com/">http://www.colonyclubhotel.com/</a>
St James	*Sunset Deck at The Colony Club	As above	As above. GF bread available for club sandwich.
St James	*Lone Star Restaurant	Mount Standfast Porters T: 246-419 0599	Lunch & dinner. GF not marked on menu but staff were helpful. <a href="http://www.thelonestar.com/">http://www.thelonestar.com/</a>
St James	*Daphne's (part of Elegant Hotels group)	Paynes Bay Next to The House & Tamarind T: 246-432-2731	Gluten free dinner menu (4 starters, 8 mains), including GF pasta. The only restaurant I visited that gave me GF bread to start. Waterfront luxury dining. Dress code: elegantly casual Website states dinner only 6.30-10pm (bar opens 5pm), but have seen reviews of people eating lunch there. Check website for special evenings (eg buffet on Tuesday night might not be as good for coeliacs). <a href="http://www.daphnesbarbados.com/">http://www.daphnesbarbados.com/</a>



•The Coeliac Plate•

St James	<b>*The Cliff</b>	Derricks, St. James, Barbados BB24110 T: 246 432 1922	GF not marked on menu. Dinner service only. Open Monday through Saturday, and Sundays during the high season. Spectacular location and it is great watching the staff feed the fish and sting rays by throwing food over the balcony. Minimum BDS \$245 per person for two courses. Add BDS \$45 for dessert <a href="http://www.thecliffbarbados.com/">http://www.thecliffbarbados.com/</a>
St. James	<b>*Tides</b>  (Highly recommended by 'Barbados GF' on twitter)	Baltimore House, Holetown	Fine dining by the beach. Ranked #1 on TripAdvisor and kitchen happy to assist with allergies and have vegan options. Chef classically French trained by Roux brother's (UK). Dress code elegantly casual. Men must wear long trousers. Bookings to be made 48 hours in advance. <a href="http://www.tidesbarbados.com/home.php">http://www.tidesbarbados.com/home.php</a>
St James	<b>Flindt Patisserie and Bistro</b>	1 <sup>st</sup> Street Hwy 1 Holetown (opposite Lime Grove shopping centre)  T: 246 432 2626	Although a traditional patisserie they have some GF options, such as flourless cakes and Cassava crepes. Monday to Friday: 8:00 am to 5:00 pm Saturday: 7.30 am to 4:00 pm Sunday: 7.30 am to 12 pm <a href="http://www.flindtbarbados.com/">http://www.flindtbarbados.com/</a>
St. James	<b>Café Moya</b>	Moyhoe Ave Sunset Crest Holetown T: 246 432 5645	Summer opening times: Mon-Fri 8am - 5.30pm, Sat 8am - 4pm, Sun 8am - 3pm. Cassava bread recommended by GF Barbados. <a href="https://www.facebook.com/CafeMoya">https://www.facebook.com/CafeMoya</a>
St. James	<b>Lemongrass Noodle Bar &amp; Grill</b>	Limegrove Holetown T: 246 271-8265	"If you're gluten intolerant, you can opt to swap any of the wheat noodle dishes for rice noodles, which are just a tasty and completely gluten free." Note: their website says they use Kikkoman soy sauce based on a review in the US - check their website for details. <a href="http://www.lemongrassbarbados.com/gluten-free/">http://www.lemongrassbarbados.com/gluten-free/</a>
St. Peter	<b>Island Plates cafe</b>	Speightstown (back of shopping centre) T: 246 252-7793	Menu with GF options, including GF sandwiches. Family owned and run. Mon-Sat 8.30am-3.00pm. Mon & Thurs - dinner <a href="https://www.facebook.com/IslandPlates">https://www.facebook.com/IslandPlates</a>
St. Peter	<b>L'Attitude Beach Bar and grill</b>	Queen Street, cnr Prince Alfred lane Speightstown	Grilled meat & veggies. Can arrange GF pizza and pasta if given 24 hours notice. Tues - Sun 10:00 am to 4:00 pm Dinner at Sunset - Wed to Sat - until late. Good music evenings and dancing.

			<a href="https://www.facebook.com/lattitudebeachbar">https://www.facebook.com/lattitudebeachbar</a>
St. James	<b>The Beach House</b>	Holetown T: 246 432 1163	Lunch & dinner. A TripAdvisor reviewer had a good experience in Feb 2013. <a href="http://www.thebeachhousebarbados.com/">http://www.thebeachhousebarbados.com/</a>
St. James	<b>Scarlets</b>	Payne's Bay BB24008 T: 246-432-3663	Tues-Sat dinner only. A TripAdvisor reviewer had a good experience in Jan 2014. <a href="http://www.scarletbarbados.com/">http://www.scarletbarbados.com/</a>
St. Peter	<b>Yacht Club</b>	Port St. Charles, T: 246 419 1000	Speak to waiter - many options available. <a href="http://www.portstcharles.com/yacht-club">http://www.portstcharles.com/yacht-club</a>
St. Peter BB26013	<b>Orange Street Grocer</b>	Orange Street, Speightstown T: 246 419 0838	European deli & restaurant with GF menu (pizza, salad, cake, ice cream). GF menu not on website. Mon - Thurs & Sat 8:00 am - 6:00 pm Fri: 8:00 am - 9:00 pm Last orders 1 hour before closing. <a href="http://www.theorangestreetgrocer.com/">http://www.theorangestreetgrocer.com/</a>
St. Peter	<b>The Camelot Restaurant at Cobblers Cove</b>	Road View, Speightstown  T: 246 422 - 229	Fine dining, but relaxed atmosphere. Ask wait staff. Many main courses are OK or can be adapted. Breakfast lunch and dinner. Bookings recommended in busy periods. Men to wear trousers & collared shirts. <a href="http://www.cobblerscove.com/barbados-fine-dining/">http://www.cobblerscove.com/barbados-fine-dining/</a>
St. Lucy	<b>The Fishpot at Little Good Harbour</b>	On the beach at Shermans #27190  T: 246 - 439 - 300	Obviously an emphasis on fish, but there are other meats and vegetarian options. Lunch and dinner. Bookings recommended. <a href="http://www.littlegoodharbourbarbados.com/dining.html">http://www.littlegoodharbourbarbados.com/dining.html</a>
Christ Church	<b>Pizza on the green</b>	Barbados Golf Club Durants  T: 420-6397	GF Pizza. Eat in, takeaway or delivery. Daily noon - 9pm (delivery 4.30pm-9pm) 9" pizzas from \$22-\$32 + \$3 for GF base. <a href="http://www.pizza-on-the-green.com/">http://www.pizza-on-the-green.com/</a>
Christ Church	<b>Mamma Mia Italian Deli &amp; Pizzeria</b>	Hastings Main Road (south coast road) Hastings (not too far from the Marriott)  T: 246 434 3354	GF Pizza (average price \$30) and pasta (2012 Trip Advisor review) Reservations required. Mon - Thurs: 10:30 am - 9:00 pm Fri - Sat: 10:30 am - 10:00 pm Sun: 5:00 pm - 10:00 pm <a href="http://www.mamamiadeli.com/">http://www.mamamiadeli.com/</a>
Christ Church	<b>Azul Restaurant at Sea Breeze</b>	Maxwell Coast Road	Reviewed by Barbados GF. (Sea Breeze is an all inclusive resort - not sure

	<b>Beach hotel</b>	T: 246 428 9441	if public can go there.) No opening hours mentioned. <a href="http://sea-breeze.com/dining/">http://sea-breeze.com/dining/</a>
<b>Christ Church</b>	<b>Luigis</b>	Dover Woods (St Lawrence Gap) T: 246 248 9218	Italian. TripAdvisor reviews say they are happy to cater GF. Website says under new ownership so check first. <a href="http://www.luigisbarbados.com/LuigisRestaurant/Home.html">http://www.luigisbarbados.com/LuigisRestaurant/Home.html</a>
	<b>Supercentre supermarket</b>	Various locations (I visited Sunset Crest, Holetown)	A selection of GF crackers (in with normal biscuits) - eg Orgran. I did not search the store for other items (eg pasta/bread). Open 7 days (close early Sunday) <a href="http://www.supercentre.com/shop.html">http://www.supercentre.com/shop.html</a>
	<b>Barbados Health Foods</b>	T: 246 435-9374	Online health food store <a href="http://www.healthfoodsbarbados.com/">http://www.healthfoodsbarbados.com/</a>

If you find any errors or would like to add a listing, please email:  
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