



Restaurant Search

Iceland - Reykjavik

April 2014 v1.1

General guidance

Restaurants are quite aware of gluten free, but there are not many carbohydrate substitutes available so take supplies of bread and crackers. There is a health food shop & supermarket in Reykjavik that has GF supplies (see shops at end) and you are recommended to stock up there or in Akureyri for a long road trip.

Hotel breakfast

You should be able to get hard boiled eggs, smoked salmon, tomato, cucumber, cheese and gluten free yoghurt (Skyr brand).

Laugavegur is the main shopping strip. I have added downtown/uptown to the location where known.

Please see the disclaimer at the end of the document.

Town	Restaurant	Address	Comments/websites
Reykjavik 101 - downtown	Grillmarkaðurinn (Grill Market)	Lækjargata 2A T: 571 7777 (this is tucked behind another building on Austurstræti)	Staff aware of GF and happy to make modifications. Bookings recommended. Weekdays - lunch & dinner; Weekends - dinner http://www.grillmarkadurinn.is/en/
Reykjavik 101 - downtown	Laundromat	Austurstræti 9	Waiter was very helpful after showing translation card and spoke to chef. http://www.thelaundromatcafe.com/en/about-laundromat-cafe
Reykjavik 101 -uptown	Sjávargrillið (Seafood grill)	Skólavörðustíg 14	Seafood grill (also lamb/salad) Lunch - Mon-Sat 11 am to 4pm. Dinner Mon-Sun from 5pm. http://www.sjavargrillid.com/#!en-heim/ctv3
Reykjavik 101 - uptown	Nepalese Kitchen Eldhus	Laugavegur 60A T: 51 777 95	Nepalese curry. Only the breads and a couple of entrees (eg samosas) not GF. One reviewer said they were told it was possible GF breads can be done if notice given. http://nepalesekitchen.is/index.php/home-3



•The Coeliac Plate•

Town	Restaurant	Address	Comments/websites
Reykjavik 101	Sakebarinn	Laugavegur 2, 2nd Floor (corner of Skólavörðustígur)	Modern sushi restaurant. GF soy sauce available. 7 days 5pm-11pm http://www.sakebarinn.is
Reykjavik 101	Sushibarinn	on Laugavegur (near Bankastræti)	Sushi - take away sister restaurant of Sakebarinn http://www.sushibarinn.is
Reykjavik 101	Litli Bondabaerinn	Laugavegur 41	Coffee shop - GF brownies mentioned on their Facebook page (in English).
Reykjavik 101 - uptown	Gló	Laugavegur 20b (entrance around the corner, next to vegetarian store) This café used to be A Naestu Grösum	“Gló offers four dishes of the day: raw food, chicken, a vegetarian dish, and soup of the day, along with coffee, tea, and deserts.” A description on mydestination.com says they always have GF items and I found a review saying they had GF bread. I popped in to look, but did not ask - I think there is a bit of a cross contamination risk as all salads are sitting next to each other, but worth investigating. http://www.glo.is/glorestauranticeland
Reykjavik	Argentina	Barönsstíg 11a	Grill restaurant http://en.argentina.is/
Reykjavik 101	Fjalakötturinn	Aðalstræti 16	One traveller found them accommodating. 7 days, lunch & dinner http://www.fjalakotturinn.is/english/
Reykjavik 101 - downtown	Geysir Restaurant	Aðalstræti 2 T: 517 4300	Staff knowledgeable to adjust menu to GF. 7 days from 11.30am http://geysirbistro.is
Reykjavik 101 - downtown	Tapas barinn	Vesturgötu 3b (next to Geysir restaurant)	7 days - evenings. Some outside seating. http://tapas.is/en/
Reykjavik 101 - downtown	Rub23	Aðalstræti 2 T: 553 5323 (Underneath Geysir restaurant)	Mainly seafood. A large amount of menu is naturally GF - served with salad and potatoes/rice/lentils. Also in Akureyri www.rub23.is/en/
Reykjavik -downtown	Nautholl	Nauthólsvegur 106	One traveller found them accommodating. http://nautholl.is
Reykjavik 101	101 Hotel Restaurant	Hverfisgata 10	Show translation card. (Bar here also good for a drink.) http://www.101hotel.is/restaurant-bar.html
Reykjavik	Madonna	Raudararstíg 27-29	Italian restaurant - one traveller found them accommodating.



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Reykjavik 101 - old harbour	Forréttu barinn	Nýlendugata 14 T: 517 1800	Evenings from 5pm. Specialises in starters and small plates - chefs happy to adjust for GF http://www.forrettabarinn.is
Reykjavik 101 - old harbour	Saegreifinn (The Sea Baron)	Geirsgata 8 T: 553 1500	Fresh seafood - you choose a skewer of fish and they grill it. Lunch and dinner. Closed Easter Sunday. http://saegreifinn.is
Reykjavik - old harbour	Sjavarbarinn	Grandagarður 9	Trip advisor reviewer had good experience - all hot meals contained gluten but salads ok. Apparently a buffet. Owner pays taxi from hotel.
Reykjavik 105	Gló	Engjateig 19 (across from Hilton Nordica)	Gló offers four dishes of the day: raw food, chicken, a vegetarian dish, and soup of the day, along with coffee, tea and deserts. See comments on page 2. http://www.glo.is/glorestauranticeland
105 Reykjavík	Maður lifandi (shop & restaurant)	Borgartúni 24 T: 585 8700	Mon-Fri 9am-8pm, Sat 11am - 5pm. Closed Sunday "salad bar and pre-prepared dishes to eat in relaxing surroundings or to take away. The menu changes daily and is devoid of any kind of white flour, white sugar or yeast." Not necessarily gluten free, but worth asking. http://www.lifandimarkadur.is/English/
108 Reykjavík	Maður lifandi (shop & restaurant)	Fákafeni 11	See above re restaurant Mon-Fri 8am-8pm, Sat/Sun 10am/12pm-6pm. http://www.lifandimarkadur.is/English/
Reykjavik - Blue Lagoon	Lava Restaurant	240 Grindavík	Understanding of GF - fine dining 7 days 12pm-9pm (check times in holiday season) http://www.bluelagoon.com/food-and-drink/lava-restaurant/
Mývatn	Vogafjos	Vogafjósi 660	Farmhouse restaurant with accommodating staff. www.vogafjos.net
Ongulsstadir	Lamb Inn		Roast dinners
Akureyri 600	Rub23	Kaupvangsstræti 6	Mainly seafood. A large amount of menu is naturally GF - served with salad and potatoes/rice/lentils. www.rub23.is/en/akureyri
Akureyri 600	Blaa Kannan Café	Hafnarstræti 96	GF brownie - very rich http://www.visitakureyri.is/en/food-and-drinks/bars-and-cafes/blaa-kannan-cafe

Supermarkets/shops

Town	Shop	Address	Comments from blogs/websites
Reykjavik	Yggdrasi (health food store)	Raudararstig 10	Seen a review that they have some gluten free items.
Reykjavik	10-11 (convenience store)	17 Austurstræti	Has Nak'd bars and takeaway fruit salad (including fork!) Website not in English. http://www.10-11.is/
Reykjavik	10-11	Laugaveg 116	See above http://www.10-11.is/
105 Reykjavík	Maður lifandi (shop & restaurant)	Borgartúni 24 T: 585 8700	Mon-Fri 9am-8pm, Sat 11am - 5pm. Closed Sunday http://www.lifandimarkadur.is/English/
108 Reykjavík	Maður lifandi (shop & restaurant)	Fákafeni 11	Mon-Fri 8am-8pm, Sat 10am-6pm, Sun 12pm-6pm. See above re restaurant http://www.lifandimarkadur.is/English/
Kópavogur	Maður lifandi (shop & restaurant)	Hæðasmári 6	See above. Closed Sundays http://www.lifandimarkadur.is/English/
Reykjavik	Netto (supermarket)		http://www.netto.is/
Reykjavik	Bonus (supermarket)		http://www.bonus.is/
Akureyri	Bonus (supermarket)		http://www.bonus.is/