



100% Gluten Free Australia - Melbourne, VIC

May 2017 v1.6

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!

Some of these 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/>

Please see the disclaimer at the end of the document.

Suburb/Area	Restaurant	Address	Comments / website
City centre 3000	Seedling FB: @seedlingcafeau Updated: 10/16	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. Mon-Fri 7am - 4pm (except public holidays). Four small tables available in Flinders Lane, more seating available in Little Collins St. www.seedlingcafe.com.au/
City centre 3000	Thr1ve T & F: @THR1VEME	Emporium Shopping Centre Food Court Level 3 287 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. Emporium: Mon - Wed 10am - 7pm, Thurs - Fri 10am - 9 pm, Sat - Sun 9.30am -6pm Collins Place: Mon - Wed 7.30am - 6pm, Thurs - Fri 7.30am - 7pm, Sat 9am -2 pm http://thr1ve.me/
City centre 3000	Supercharger F: @Supercharger Wholefood T: @Supercharger Veg	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



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Suburb/Area	Restaurant	Address	Comments / website
			document. http://superchargervegan.com/
	Added: 11/16		
City centre 3000	Spud Bar FB: @spudbarHQ	Bourke Place 600 Bourke Street 398 Little Bourke St T: 03 9602 3841	Bourke Place: Mon - Fri 11am-4pm Little Bourke: Mon - Fri 11.30am-6.30pm (Fri 5.30pm), Sat - Sun 12.00pm-4.00pm
	Updated: 11/16	567 Collins Street T: 03 9629 3770	Collins St: Mon - Thurs 11:30am - 4pm, Fri 11:30am - 3pm
City centre 3000	Spud Bar FB: @spudbarHQ	Emporium Shopping Centre Level 3 287 Lonsdale St T: 03 8609 8205	Jacket potatoes & salads. & salads. Emporium: Sat - Wed 10am-7pm, Thu - Fri 10am- 9pm
	Updated: 11/16	QV Shopping Centre Level 1 Corner Swanston St & Lonsdale St T: 03 9662 3224	QV: Mon - Thurs 11am - 6pm, Fri 11am - 8pm, Sat - Sun 11:30am - 4pm www.spudbar.com.au/
St Kilda Rd 3004	Spud Bar FB: @spudbarHQ	11 Commercial Road (cnr St Kilda Road)	Jacket potatoes & salads. 7 days 11.30am - 9.00pm (Sat/Sun midday) www.spudbar.com.au/
	Reviewed: 11/16		
St Kilda 3182	Spud Bar FB: @spudbarHQ	43 Blessington Street	Jacket potatoes & salads. 7 days 11.30am - 9.30pm www.spudbar.com.au/
	Updated: 11/16		
Fitzroy 3065	Saba Ethiopian FB: @SabasEthiopian Restaurant	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 http://www.sabasethiopianrestaurant.com/
	Added: 11/16		
Fitzroy 3065	Spud Bar FB: @spudbarHQ	368 Brunswick St	Jacket potatoes & salads. Mon - Fri 11.30am - 10.00pm www.spudbar.com.au/
	Reviewed: 11/16		
Kensington	La Tortilleria	72 Stubbs St	The menu states all food items are gluten free.

Suburb/Area	Restaurant	Address	Comments / website
3031	FB: @latortilleriaau T: @LaTortilleriaAU Added: 11/16	T: 03 9376 55 77	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 http://latortilleria.com.au/
South Melbourne 3205	Spud Bar FB: @spudbarHQ Reviewed: 11/16	246 Clarendon St	Jacket potatoes & salads. Mon - Sun 11.30am - 9.00pm www.spudbar.com.au/
Brunswick 3056	Café Henkel 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. https://www.facebook.com/pg/cafehenkel/
INNER EAST			
Richmond 3121	Spud Bar 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 www.spudbar.com.au/
Richmond 3121	Pana Chocolate	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. www.panachocolate.com/
Richmond (Burnley) 3121	Chingon 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 http://www.chingon.com.au/
Richmond 3121			Also see 'nearly gluten free' section at the end of the document.
South Yarra 3141	Spud Bar FB: @spudbarHQ Updated: 11/16	590 Chapel St	Jacket potatoes & salads. Mon - Sun 11.00am - 9.00pm www.spudbar.com.au/
Hawthorn 3123	Spud Bar FB: @spudbarHQ	717 Glenferrie Rd	Jacket potatoes & salads. Mon - Fri 11.00am - 9.30pm Sat - Sun 11.30am - 9.00pm



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		Updated: 11/16	www.spudbar.com.au/
Camberwell 3124	Red Robyn	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 Fri night special dinners approx once a month. www.redrobyn.com.au/
Balwyn 3103	Beyond Gluten Free	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 http://beyondglutenfree.com.au/
Kew 3101	Gluten Free 4U	1345 Burke Road T: 03 9817 6981	Bakery - no seating. See Moorabbin entry below. Opening hours may differ. glutenfree4u.com.au/
Doncaster 3108	Spud Bar 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 www.spudbar.com.au/
NORTHERN SUBURBS			
Thornbury 3071	Black Ruby Bakery	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 www.facebook.com/blackrubymbakeries
Ivanhoe 3079	Caffe Strada	197 Upper Heidelberg Road T: 03 9497 4875	Gluten free café with breakfast, lunch and snack options. Open 7 days 8am-5pm www.caffestrada.com.au/
Ivanhoe 3079	Delhicious 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 http://delhiciouscuisine.com.au/
Coburg North 3058	Silly Yaks 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. sillyyaks.com.au/

Suburb/Area	Restaurant	Address	Comments / website
Brunswick West 3055	Mixing Bowl Cupcakes FB: TheMixingBowl Cupcakes Updated: 05/17	9 Grantham St T: 03 9078 2882	Vegan and gluten free cupcakes in a choice of many flavours that are rotated throughout the week. Take away or eat in with a cup of coffee! Wed 10am-6pm, Thurs/Fri 9am-5pm, Sat 9am-4pm, Sun 10am-4pm. Closed Mon/Tues. https://www.themixingbowlcupcakes.com.au
Avondale Heights 3034			See 'nearly gluten free' section at the end of the document.
East Keilor 3033	Heaven's Bakehouse	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). www.heavensbakehouse.com.au/
Bundoora 3083	Gluten Freegan 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. https://www.instagram.com/gluten_freegan/
EASTERN SUBURBS			See above for INNER EAST.
Chadstone 3148	Thr1ve T & F: @THR1VEME Added: 11/16	Chadstone Shopping Centre Food Court 1341 Dandenong Road T: 03 9569 6045	Paleo style "fresh fast food" which is naturally gluten free. Breakfast served all day. Mon-Wed 9am-5.30pm, Thurs-Sat 9am-9pm, Sun 10am-7pm http://thr1ve.me/
Chirnside Park 3058	Just Yummy Gluten Free Bakery	13 Meadowgate Drive (10 mins from Ringwood) T: 03 9727 0034	100% Gluten and nut free bakery. Also makes products egg free, yeast free, dairy free, fructose free! www.justyummyglutenfree.com/
Warrandyte South 3134	Yarralicious	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) www.yarralicious.com.au
Various locations	House of Tummy	At markets, festivals and	A dedicated gluten free and nut free stall also catering for dairy free, egg free and fructose



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Suburb/Area	Restaurant	Address	Comments / website
	Yummies	public events - see Facebook	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.) www.facebook.com/houseoftummyummies/
Boronia	Gluten Free 4U FB: @glutenfree4u Added: 05/17	243 Dorset Road	OPENING 17 JUNE 2017 See Moorabbin entry below. Opening hours may differ. glutenfree4u.com.au/
St Andrews (foothills of Yarra Ranges)	Gluten Freegan 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. https://www.instagram.com/gluten_freegan/

WESTERN SUBURBS

Werribee 3030	Spud Bar 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 www.spudbar.com.au/
Werribee 3030	Absolutely Gluten Free & Romy's Café Reviewed: 12/16	CLOSED end 2016	

BAYSIDE

Brighton 3186	Fox in the Box 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. Cakes from Gluten Free 4 U bakery. Take home meals available. Opens from 10.30am for lunch and from 5.45pm for dinner Thurs-Sat. Closed Sun & Mon. www.foxinthebox.com.au/
Moorabbin 3189	Gluten Free 4U FB: @glutenfree4u	5/1-3 Bignell Road T: 03 9555 5175	100% gluten free bakery 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. Great quiches and pies too. Open Tues-Fri 8am-4.30pm, Sat 8.30am-2pm. Closed Public Holidays



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			Reviewed: 05/17 glutenfree4u.com.au/
Frankston 3199	Gluten Free 4U 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 glutenfree4u.com.au/
Cheltenham 3192	Pure Gluten Free Bakery & Treat No Wheat café FB: @pureglutenfree06 Added: 06/16	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, Sun 7.30am-1pm'ish' www.facebook.com/pureglutenfree06
Mentone 3194	Simply Gluten Free Bakery & Café 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. https://www.facebook.com/simplyglutenfree/
Mornington 3931	Gluten Free Foods 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. http://www.glutenfreefoods.com.au/
SOUTH EAST			
Lyndhurst 3975	Brian's Gourmet Meats	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, kiefs, 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 www.facebook.com/BriansGourmetMeats/

Nearly 100% Gluten Free!

Suburb/Area	Restaurant	Address	Comments / website
Richmond (Burnley) 3121	Serotonin 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, excluding muesli . Eat in & takeaway. Breakfast, lunch. (Dinner seasonally.) www.facebook.com/serotonindealer/
Prahran 3181	MOM (Market on Malvern) 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 except one item that contains oats. 7 days 7am-3.30pm https://www.beingwellhc.com.au/mom-cafe/
Avondale Heights 3034	Particle Cafe Added: 11/16	1/47 Military Rd	Vegan café that is also gluten free, excluding oats as a breakfast option . Originally the business started as a spice import company and they opened a café in mid 2016. Breakfast, lunch, cakes. http://particleco.com/
City centre 3000	Supercharger 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. The breakfast menu contains oats & muesli. Mon - Wed 8am - 6pm, Thur - Fri 8am - 7:30pm, Sat 9am - 6pm Sun CLOSED http://superchargervegan.com/
Chadstone 3148	Supercharger 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. The breakfast menu contains oats & muesli. 7 days assumed, but at time of writing no hours shown on website. http://superchargervegan.com/



If you have any comments or find an error, please email info@thecoeliacplate.com



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