



100% Gluten Free

UK - South West England

February 2017 v1.6

This listing is part of a series of 100% gluten free cafes, restaurants and bakeries in the UK that have their *own retail outlet*. This might be a restaurant or stall at a market.

This listing covers Devon, Cornwall, Dorset, Somerset, Avon and Gloucestershire.

Each area is accompanied by a more detailed blog post. Please see <http://thecoeliacplate.com/uk-100-gluten-free/>.

Please see the disclaimer at the end of the document.

Suburb/Area	Restaurant	Address	Comments / website
Torquay, Devon TQ1 3AE	Jackson's Gluten Free Bakery <i>Last reviewed: 07/16</i> T: N/A FB: Jacksonsgf	The Prep Room Market Forum Market Street Torquay Devon TQ1 3AE Tel: 01803 297138	Bread, pies, sausage rolls, cakes and pastries. Dairy free also available. This is not a shop, but a production unit, so are you are advised to pre-order, although you can often take away frozen items. Mon-Fri 9am-5pm. Sat 9am-1pm (collections only). Local deliveries available. www.jacksonsglutenfree.moonfruit.com/
Totnes, Devon TQ9 5SF	Soul Full Food <i>Added: 07/16</i> FB & T: @soulfullfooduk	Totnes Market Market Square by Civic Hall (top of the town, just off High Street) Totnes Devon TQ9 5SF	Hot take away food, raw cakes and fresh juices. A sustainable eco-friendly Devon-based business offering a seasonally changing variety of vegan plant-based foods. All ingredients are locally sourced and 100% organic as well as gluten-free & sugar-free. See twitter or website for details of attendance at additional food events and festivals. https://soulfullfood.co.uk/ Fridays & Saturdays, 9am-3pm http://www.totnesmarket.co.uk/
Totnes, Devon TQ9 5PB	Soul Full Food <i>Added: 07/16</i>	Totnes Good Food Sunday Monthly Market Market Square	Hot take away food, raw cakes and fresh juices. A sustainable eco-friendly Devon-based business offering a seasonally changing

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	FB & T: @soulfullfooduk	High Street Totnes Devon TQ9 5PB	variety of vegan plant-based foods. All ingredients are locally sourced and 100% organic as well as gluten-free & sugar-free. https://soulfullfood.co.uk/ 3 rd Sunday of the month, 10am-3pm www.totnesgoodfood.co.uk/
Paignton, Devon	Tilleys Bakery Shop <i>Added: 02/17</i> FB: @tilleysglutenfree	Unit 4, Trojan Industrial Park Borough Close (behind ASDA off the Brixham Road) Paignton Devon TQ4 7EP Tel: 01803 363 427	A fantastic range of sweet & savoury products as well as loaves of bread and baguettes. Paignton bakery shop is open every Wednesday, Thursday and Friday, 8.30am-3pm. Also at several local markets (see below) http://www.tilleysglutenfree.com/
Ivybridge, Totnes, Dartmouth, Brixham, Devon	Tilleys Bakery <i>Added: 02/17</i> FB: @tilleysglutenfree	Totnes Market Cival Hall Square Ivybridge Market Glanvilles Mill Car Park Dartmouth Market Brixham market	See product details and shop above. Regularly at markets as below, but check website and Facebook for attendance. Totnes - every Saturday Ivybridge - every Thursday Dartmouth - every 2 nd & 4 th Sunday Brixham - every 2 nd Saturday http://www.tilleysglutenfree.com/
Devon	Let Them Eat <i>Last reviewed: 11/16</i> T: @LTECCornwall FB: @letthemeatcak ecornwall	Various locations. Order via lisa@let-them- eat.net or 07508 360 035 Address provided for pick up orders.	Completely gluten, wheat and dairy free bakery with most cakes also sugar free as well as savouries (such as pasties). Great taste without compromise. 100% natural goodness. Check social media for events/food festivals attending or can order in advance and collect from bakery. Also delivers to Cornwall & Devon. Check Twitter for other events/food festivals. www.let-them-eat.net
Plymouth, Devon PL1 1QA	Ladybird Bakery <i>Last reviewed: 07/16</i> T: @LadybirdBaking FB: @TheLadyBirdBa kery2014	9 Frankfort Gate Plymouth Devon PL1 1QA	The only totally gluten free bakery & cafe in Plymouth selling pies, pastries, quiches, cakes, cupcakes and birthday cakes too. Owner is gluten intolerant. Mon-Sat 9.30am-4pm (Tues 2.30pm). Closed Sunday. www.facebook.com/TheLadybirdBakery2014



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Various locations Devon	The Instow Kitchen <i>Last reviewed: 02/17</i> T: @InstowKitchen FB: @The Instow Kitchen	See website Tel: 077113658	The Instow Kitchen makes a range of cakes bread and savoury items such as quiches. Their philosophy is to deliver delicious flavour, beautifully moist texture and a great design. Find them at markets around Devon. NB Shop closed Christmas 2016. www.instow-kitchen.com/
Tavistock West Devon	Tasty Pastry Gluten Free <i>Added: 12/16</i> T: N/A FB: @glutenfreetastypastry	Bedford Square, Tavistock PL19 0AL	A small specialist bakery, producing hand-made pastries free of wheat, gluten and dairy products. Choose from pasties, pies and cakes. See Facebook for special events and markets below. Also see Cornwall. 2nd Saturday of the Month at Tavistock 9am - 2pm (1pm in Winter) https://www.facebook.com/glutenfreetastypastry/ http://www.tavistockfarmersmarket.com/
Hatt, Cornwall	Let Them Eat <i>Last reviewed: 11/16</i> T: @LTECCornwall FB: @letthemeatcak ecornwall	Various locations. Order via lisa@let-them- eat.net or 07508 360 035 Address provided for pick up orders.	Completely gluten, wheat and dairy free bakery with most cakes also sugar free as well as savouries (such as pasties). Great taste without compromise. 100% natural goodness. Check social media for events/food festivals attending or can order in advance and collect from bakery. Also deliver to Cornwall & Devon. Check Twitter for other events/food festivals. www.let-them-eat.net
Wadebridge, Cornwall PL34 ODA	The Little Gluten Free Pasty Pie <i>Added: 08/16</i> T: N/A FB: The Little Gluten Free Pasty Pie	Unit 7b, Palmers Way Trenant Industrial Estate Wadebridge Cornwall PL27 6HB Tel: 01208 815600	GF & WF pasty pies - ie a pasty filling in a pie! Also sausage rolls, cake and scones. Mainly an online order business, but you can pick up orders from their industrial unit or call and see what is in the freezer. http://www.glutenfreepastypie.co.uk/
Bodmin Cornwall	Tasty Pastry Gluten Free <i>Added: 12/16</i> T: N/A	Bodmin Farmers' Market Bodmin Nursery Laveddon Mill Bodmin	A small specialist bakery, producing hand-made pastries free of wheat, gluten and dairy products. Choose from pasties, pies and cakes.

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	FB: glutenfreetastyp astry	PL30 5JU	See Facebook for special events and markets below. https://www.facebook.com/glutenfreetastypastry/ 3rd Saturday of the Month, 10am - 2 pm
Truro Cornwall	Tasty Pastry Gluten Free <i>Added: 12/16</i> T: N/A FB: glutenfreetastyp astry	Grampound Community Centre Truro TR2 4RT	Home based bakery. See details in Bodmin (above). 4th Saturday of the Month 10am - 1pm https://www.facebook.com/glutenfreetastypastry/
Launceston, Cornwall	Tasty Pastry Gluten Free <i>Added: 12/16</i> T: N/A FB: glutenfreetastyp astry	Launceston Market in the Square Launceston Town square Launceston PL15 7AB Cornwall	Home based bakery. See details in Bodmin (above). 2nd Saturday of the Month at Launceston 10am - 3pm https://www.facebook.com/glutenfreetastypastry/
Dorset	Mum & Dad's Kitchen <i>Last reviewed: 12/16</i> FB: @MumandDadsKitchen T: @mumscakes	Various locations	Gluten free cakes & pies produced in a registered gluten free kitchen. Order online or check for events attending* (also see South East listing). www.mumscakes-shop.co.uk/ eg Christchurch Food Festival www.christchurchfoodfest.co.uk/
Holwell, Dorset DT9 5LJ	The Bee Shack (Honeybuns) <i>Last reviewed: 05/16</i> T & FB: @Honeybuns Bakery	Naish Farm Stony Lane Holwell Dorset DT9 5LJ Tel: 01963 23597	Pop up shop open 1st Saturday of the month Apr - Dec 9.30am - 12pm. Cash/cheque only. www.honeybuns.co.uk/Bee-Shack Also at Glastonbury Festival in June each year. On the site of Honeybuns bakery (that is not open to the public).
Somerset & Bridport & Wimborne, Dorset	Liberty Loves <i>Added 02/17</i> FB: @LibertyCakesUK T: @LibertyLovesUK	Somerset collection address provided on order. Bridport Farmers' Market Bridport Arts Centre Bridport Dorset	All raw tarts & protein bars are Dairy Free, Sugar Free and Gluten Free. Most are also vegan. Note, may contains oats. At Farmers markets & events (see event page on website) Bridport - 2nd Saturday of the month 9am-1pm Wimborne - 3rd Saturday of the month 9am-1pm

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		Wimborne Farmers' Market Town Square Wimborne Dorset	Website in transition, so both listed: www.libertycakesuk.com/ www.liberty-loves.co.uk
Frome, Somerset BA11 5BW	Café Nouveau <i>Last reviewed: 04/16</i> Next to the Lighthouse guest house T: @Cafe_Nouveau FB: @cafenouveafr ome	Tytherington Frome Somerset BA11 5BW Tel: 01373 465807	Cafe Nouveau serves breakfast, morning coffee, light lunches and snacks. Children's menu available and allergies catered for. Mon-Fri 7am - 6pm, Sat-Sun 8am - 3.30pm www.facebook.com/cafenouveafr
Frome, Somerset BA11 1BE	Gluten-Free Somerset <i>Last reviewed: 07/16</i> T: N/A FB: @glutenfreecake ssomerset	Frome Market Standerwick Frome Somerset BA11 2QB	Sweet & savoury options available. Eg burgers, quiche, Cornish style pasty, coffee & walnut cake, lemon drizzle, brownies. Also at major food festivals around the country - see Gluten Free Gourmet. www.glutenfreesomerset.co.uk/ 2 nd Saturday of the month (Feb-Dec) 9am - 1pm - check Facebook for attendance https://www.facebook.com/glutenfreecakeessomerset http://www.somersetfarmersmarkets.co.uk/markets/frame/
Somerset & other counties	Gluten Free Gourmet (Food Truck) <i>Added: 07/16</i> T: N/A FB: @glutenfreecakessomerset	See Facebook for event details	You will find sweet & savoury options available. Eg burgers, Cornish style pasty, & cakes. Run by Gluten -Free Somerset (above) at various events & fairs - check Facebook for attendance. https://www.facebook.com/glutenfreecakeessomerset
Near Yeovil, Somerset TA146UE	Chirpy Cottage <i>Added: 07/15</i> <i>Last updated: 11/16</i> FB & T: @ChirpyCottage	Little Windsor Windsor Lane Stoke sub Hamdon Somerset TA146UE	A home based wheat free/GF bakery, also doing dairy free. Specialising in pastry products (pies, quiche, tarts), but also produces ready meals, desserts and cakes. See website for dates at markets, but also can collect from Yeovil. www.chirpycottage.co.uk/
Iminster Somerset TA19 0DH	The Green House <i>Added: 02/17</i>	17 Silver Street Iminster Somerset	A recycled and upcycled local business with a café attached that is fairtrade and 100% gluten free. Serving light meals,

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	FB: @TheGreenHousellminster	TA19 0DH Tel: 01460 55898	gluten and dairy free cakes and pastries as well as a huge variety of drinks. Mon - Sat 9am-5pm https://www.facebook.com/pg/TheGreenHousellminster/
Gloucester, Gloucestershire GL1 5SF	Yippee Gluten Free <i>Added: 07/15</i> T: @yippeeglutenfree FB: @yippeeglutenfree	Gloucester Quays GL1 5SF	A home based gluten free bakery, run by a coeliac. At fairs throughout the year & local delivery available. Food Festival, July; Ruby Beach Weekender, August; Victorian Market - November; Festive Fayre - December. www.gloucesterquays.co.uk www.yippeeglutenfree.co.uk/
Bristol, Avon BS1 5UH	Fusion Cakes & Bakes <i>Added: 12/16</i> T: @Fusioncakes FB: @FusionCakesandBakes	The Harbourside Market 1 Canon's Rd Bristol BS1 5UH Tel: 07850 471667	Made in a dedicated gluten free home kitchen, this home bakery makes delicious sweet and savoury products, specializing in vegan and raw-vegan cakes. http://www.fusioncakesandbakes.co.uk/ Check above website for attendance at <u>Saturday market</u> . Market runs Sat & Sun. http://www.theharboursidemarket.co.uk/

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