



# 100% Gluten Free UK - The Midlands

May 2017 v.2.2

This document is part of a series of 100% gluten free cafes, restaurants and bakeries in the UK that have their own retail outlet. This listing covers East & West Midlands, including areas such as Nottinghamshire, Northamptonshire, Shropshire, Staffordshire, Leicestershire and Lincolnshire.

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

*NB If you do not eat oats, check with the producer for suitable items.*

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

Suburb/Area	Restaurant	Address	Comments / website
<b>EAST MIDLANDS</b>			
Arnold Nottingham NG5 8BA	<b>Dottie's Tea Room</b>  T: @DottiesTearoom FB: @DottiesGFTearoom  Added 08/15 Reviewed 11/16	6 Beechwood Road Killisick Arnold Nottingham NG5 8BA  Tel: 0115 952 4738	Cafe/Tearoom specialising in free from foods for breakfast, lunch & afternoon tea* (*pre-order). 100% GF, approx 80% dairy free, with egg & soya free & low sugar available. Stocks products from Wheat Free Direct & Bakes Just 4 U. Hours vary seasonally, but generally open Tues - Fri 10am-3pm (4pm during school holidays) & Sat 9.30 - 4pm. <a href="http://dottiestearoom.weebly.com/">http://dottiestearoom.weebly.com/</a>
Nottingham	<b>Liberty Kitchen</b>  T: @aLibertyKitchen FB: @LibertyKitchen Food  Reviewed 11/16	Various locations	Cookery classes, events and catering. All food options are gluten free, wheat free and suitable for coeliacs. Vegan and vegetarian options available. Keep an eye on the website, Facebook page and Twitter for upcoming events. Often does markets over Christmas period (such as West Bridgford Farmers Market). <a href="http://www.libertykitchen.co.uk/">http://www.libertykitchen.co.uk/</a>



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Suburb/Area	Restaurant	Address	Comments / website
Newark Nottinghamshire NG24 1AU	<b>Newark Artisan Gluten Free Bakery and Cafe</b>  FB: @newarkgluten freebakery  Added 11/16 Updated 04/17	12 Chain Lane Newark Upon Trent Nottinghamshire NG24 1AU  Tel: 01636 361605	This bakery and cafe is a small independent food outlet supplying freshly baked goods to the local gluten and dairy free consumers. Egg free and soya free options also offered, along with milk alternatives for hot drinks. Choose from sandwiches, panini or pizza for lunch or a wide variety of cakes for coffee and cake. A wide selection of freshly baked breads and rolls are also available. Eat in or takeaway. Tues-Sat 10am-4pm and Sat night 6pm-10pm. <a href="https://www.facebook.com/newarkglutenfreebakery/">https://www.facebook.com/newarkglutenfreebakery/</a>
Warkton Northamptonshire NN16 9XJ	<b>Incredible Bakery Company</b>  T: @incrediblebaker FB: @ IncredibleBakeryCo mpany  Added 08/15 Reviewed 11/16	Unit 11 Moorfield Farm Warkton Kettering Northamptonshire NN16 9XJ Tel: 01536 601 600	Allergen free bakery that produces delicious bakery products without gluten, dairy, eggs and soya in a facility free from the 14 main food allergens. Available online, at local stores (check website) & at various local events (see Twitter or Facebook). <a href="http://www.incrediblebakerycompany.co.uk/">www.incrediblebakerycompany.co.uk/</a>
Brigg North Lincolnshire DN20 8LH	<b>Ladybird Foods</b>  FB @ladybirdfoodsfr eefrom T @LadybirdFoods  Added 11/16	Brigg Farmers' Market Brigg Market Place (pedestrianised area) Brigg Lincolnshire DN20 8LH	Home cooked pies, quiche and cakes (some products also dairy free and suitable for diabetics). <a href="http://www.ladybirdfoods.co.uk/">http://www.ladybirdfoods.co.uk/</a>  4th Saturday of the month, 9am-3pm. <a href="http://www.briggmarkettown.co.uk/events/brigg-farmers-market">http://www.briggmarkettown.co.uk/events/brigg-farmers-market</a>
Grimsby North Lincolnshire DN31	<b>Ladybird Foods</b>  FB @ladybirdfoodsfr eefrom T @LadybirdFoods  Added 11/16	Grimsby Farmers' Market Victoria Street Grimsby Lincolnshire DN31	See product details above. <a href="http://www.ladybirdfoods.co.uk/">http://www.ladybirdfoods.co.uk/</a>  3 <sup>rd</sup> Friday of the month. <a href="https://www.nelincs.gov.uk/culture-events-and-tourism/markets/">https://www.nelincs.gov.uk/culture-events-and-tourism/markets/</a>
Louth Lincolnshire LN11 9PD	<b>Ladybird Foods</b>  FB @ladybirdfoodsfr eefrom T @LadybirdFoods  Added 11/16	Louth Farmers' Market Cornmarket Louth Lincolnshire LN11 9PD	See product details above. <a href="http://www.ladybirdfoods.co.uk/">http://www.ladybirdfoods.co.uk/</a>  4 <sup>th</sup> Wednesday of the month. Market open 9am-4pm. <a href="http://www.e-lindsey.gov.uk/article/1927/Market-Days">http://www.e-lindsey.gov.uk/article/1927/Market-Days</a>

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<b>WEST MIDLANDS</b>			
Tamworth Staffordshire B77 3DE	<b>Slice of Heaven Cake Studio</b>  FB: @Amingtonvillageca keshop  Added 08/15 Reviewed 11/16	244 Tamworth Road Amington village Tamworth B77 3DE  Tel: 01827 767 171	100% GF commercial unit, run by a coeliac. Birthday and celebration cakes, breads made to order, but also some items available at the counter. Stocks Wheat Free Direct bread (Fri delivery). Tues 10am-4pm, Wed 9.30am-6pm, Thurs- Fri 10am-5pm, Sat 9.30am-12.30pm (Sat by appointment only) <a href="http://www.sliceofheavenglutenfreecakery.co.uk/">www.sliceofheavenglutenfreecakery.co.uk</a> /
Newcastle- under-Lyme Staffordshire ST5 2RE	<b>Twice as Nice Bakery</b>  T: @twiceasnicebake FB: @twiceasnicebakery .uk  Added 01/16 Updated 05/17		This shop side of this business has closed (Jan 2017)  <a href="http://www.twiceasnicebakery.com/">http://www.twiceasnicebakery.com/</a>
Halesowen West Midlands B63 3AD	<b>The Gluten Free Cake Queen</b>  F: @glutenfreecakeque en  Added 11/16	Halesowen Street Market High Street (pedestrianised area) Halesowen (West Midlands) B63 3AD	Cupcakes (including giant ones) produced in a 100% gluten free home based kitchen (coeliac owner). Vegetarian and free range eggs used. Online ordering also available. <a href="http://glutenfreecakequeen.weebly.com/">http://glutenfreecakequeen.weebly.com/</a>  At market every 2nd, 4th & 5th Saturday of the month 9am-5pm. Check Facebook for attendance. <a href="http://www.bescotpromotions.co.uk/halesowen-market/">http://www.bescotpromotions.co.uk/halesowen-market/</a>
Herefordshire & Worcestershire	<b>Yippee Gluten Free</b>  T: @yippeeglutenfree FB: @yippeeglutenfre e  Added 11/16	See social media for events attending.	A home based gluten free bakery selling both sweet and savoury products. Run by a coeliac at fairs in the Midlands, South West, South East. (See link at top of page for separate posts for the latter areas.) Has in the past attended Hereford and Birmingham Coeliac Food Fairs, Coughton Court Winter Festival and Birmingham International Cake Show.  <a href="http://www.yippeeglutenfree.co.uk/">www.yippeeglutenfree.co.uk/</a>



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If you have any comments or find an error, please email [info@thecoeliacplate.com](mailto:info@thecoeliacplate.com)



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