



100% Gluten Free

UK - South East England

May 2017 v1.3

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 Surrey, Hampshire, Berkshire, Sussex, Kent, Oxfordshire and Buckinghamshire, although not all areas have a venue listed.

For other regions, including London, please see thecoeliacplate.com/uk-100-gluten-free/.

Please see the disclaimer at the end of the document.

Suburb/Area	Restaurant	Address	Comments / website
Winsor, Hampshire	The Compass Inn Last Reviewed: 04/17	Winsor Road Winsor Hampshire SO40 2HE T: 02380 812 237	Situated off the M27 between Southampton and the New Forest, this pub is 100% gluten free due to the landlady's gluten intolerance. Dog friendly! 7 days noon - 11pm (kitchen closes earlier) www.compassinn.co.uk/
Wickham, Hampshire	Offbeat Food (previously Café Meon)	Chesapeake Mill Bridge Street Wickham Hampshire PO17 5JH T: 01329 834078	Vegetarian/vegan café that is also 100% GF. Open Tues-Sat 10am-5pm, Sun & Bank holidays 11am-4pm www.offbeetfood.com/ www.chesapeakemill.co.uk/cafe.html
Burghclere, Hampshire	Hampshire Gluten Free Company Last Reviewed: 04/17	2 Duncroft Farm Cottages Burghclere Hampshire RG20 9NF T: 01635 278533	Producing pies, quiches, scones, bread, cakes, mustards and pickles. See website for attendance at events and farmers' markets. hampshireglutenfreecompany.co.uk/
Hampshire	Mum & Dad's Kitchen FB: @MumandDadsKitchen T: mymumscakes	Various events T: 02392 293 890	Gluten free cakes & pies produced in a registered gluten free kitchen. Order online or check for events attending eg Car Fest South, Alresford Show, Southsea Food Festival (also see South West listing).

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			Also supply to local cafes (check directly for stockists) www.mymumscakes-shop.co.uk/
Wokingham, Berkshire	Hampshire Gluten Free Company Last Reviewed: 04/17	Wokingham General Market Market Place Wokingham Berkshire RG40 1AL	Check website for dates attending, but historically have attended one Saturday a month from 9am-4pm. hampshireglutenfreecompany.co.uk/
Newbury, Berkshire	Hampshire Gluten Free Company Last Reviewed: 04/17	Northbrook Street, Newbury Town Centre Berkshire	Check website for dates attending, but market runs last Sunday of the month from 10am-4pm. hampshireglutenfreecompany.co.uk/
Reading, Berkshire	Nibsy's Coffee Shop FB: @nibsys T: @nibsysgf Last Reviewed: 05/17	26 Cross Street Reading Berkshire RG1 1SN	Coffee shop and lunch café in Reading town centre. Sandwiches, quiche, cakes. Eat in and take away. Mon-Fri 8:30am - 5:30pm, Sat 9am - 6pm, Sun 10 - 5pm www.nibsys.com/ <i>See review on thecoeliacplate.com</i>
Kingston-upon-Thames, Surrey	The Willow T: @your_willow F: @yourwillow Added: 10/16	16 The Triangle Norbiton Kingston-upon-Thames Surrey KT1 3RT T: 020 3034 2424	A 'Food as Medicine' style restaurant serving 100% gluten free lunch and dinner dishes - even the award-winning draught beers are gluten free! Locally sourced real food that uses cooking methods that maintain nutritional integrity. Head chef is a coeliac. Mon-Sat 7am-11pm, Sun 9am-10.30pm http://yourwillow.co.uk/
Long Ditton, Surrey	The George Evelyn Pub & Gardens FB & T @thegeorgeevenlyn Added: 05/17	64 Ditton Hill Road Long Ditton Surrey KT6 5JD T: 020 8339 0785	Pub food with vegetarian options and two GF beers on tap. Roast available on Sundays! Beer garden. 7 days midday - late http://www.thegeorgeevelyn.com
Kingston-upon-Thames, Surrey	Glutopia T & FB: @Gluten_Guru Added: 05/16 Reviewed: 05/17	41 Market Place Kingston-upon-Thames Surrey KT11JQ T: 020 8974 5444	We are a 100% Gluten Free artisan bakery, offering an array of freshly baked cakes, brownies, loaves, sandwiches & salads, savoury food, juices and fantastic coffee and all created fresh for you, everyday, on site. Eat in or take away. Mon-Fri 10am - 7pm, Saturday 9am - 8pm Sunday 10.30 - 6.30pm www.glutopiabakery.com/

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Kew, Surrey	Pinch of This T & FB: @pinchofthisuk Added: 05/16 Reviewed: 05/17	Kew Village Community Market, Station Parade (next to Kew Gardens tube) Kew TW9 3PZ	Pinch of This provides fresh, delicious, gluten free baking including cupcakes, French macarons, brownies & much more. You can order direct, or visit us at a local market (see Twitter for additional events and markets, eg Guildford. New Malden). pinchofthis.co.uk/ 1st Sun of month 10am - 2pm www.kewvillagemarket.org/
Brighton, Sussex	The Creperie		Closed at end of Feb 2017.
Worthing, Sussex	Sussex Bread Co FB: @sussexbreadco Reviewed: 05/17	Revenue Chambers Chapel Road (opposite Worthing Museum) Worthing Sussex BN11 1BG T: 01903 214172	Bakery/Café - full menu or breakfast, lunch, snacks, dinner or take away. **website has said café is closed for maintenance since April 2017** Daytime: Mon-Fri 7.30am-5.30pm, Sat 8am-5.30pm, Sun 10am-4pm Evening: Thurs-Sat from 6.30pm www.sussexbreadcompany.com
Canterbury, Kent	Oscar & Bentleys FB: @oscarandbentleys T: @OscarBentleys Reviewed: 05/17	10 Guildhall Street Canterbury Kent CT1 2JQ T: 01227 454544	A restaurant specializing in gluten free food, but also can cater for dairy and nut free (but not a nut-free venue). Cakes and scones can be ordered online. Open 7 days (late Weds-Sat). www.oscar-bentleys.co.uk/
Maidstone, Kent	Duke of Edinburgh FB & T: @DukeBarming Added: 03/16 Reviewed: 05/17	1 Heath Road Barming Maidstone Kent ME16 9LQ T: 01622 727122	Smart, modern casual pub and bar serving gluten free British inspired sharing tapas and Sunday roasts. Pub open 7 days: from 4pm weekdays and midday weekends Food service hours: Wed-Sat 12-2pm & 6pm-9.30pm, Sunday roast 12pm-5pm www.facebook.com/DukeBarming-9883958858/
Deddington, Oxfordshire	Knife & Fork Added: 02/16 Updated: 10/16	Deddington, near Bicester, north of Oxford. Address provided on request. Book via website.	A weekend pop up restaurant run by Tanya Young, a coeliac chef. With a fine dining style menu, she serves a 5 course taster menu for £41 per head (Feb 2016 pricing), which also includes canapes, a glass of prosecco on arrival and tea/coffee and petit fours at the end of the meal. www.knifeandforkeatery.co.uk/ B&B also available.



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



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