



# 100% Gluten Free

## UK - South East England

### Jan 2018 v1.5

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/](http://thecoeliacplate.com/uk-100-gluten-free/).

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

Suburb/Area	Restaurant	Address	Comments / website
Winsor, Hampshire	<b>The Compass Inn</b>  FB: The Compass Inn, Winsor  Last Reviewed: 01/18	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) <a href="http://www.compassinn.co.uk/">www.compassinn.co.uk/</a>
Wickham, Hampshire	<b>Offbeet Food</b> (previously Café Meon)  FB: @cafemeon T: @offbeetfood  Last Reviewed: 01/18	Chesapeake Mill Bridge Street Wickham Hampshire PO17 5JH T: 01329 834078	Vegetarian/vegan café that is also 100% GF. They also run a cooking school. Open Tues-Sat 10am-5pm, Sun & Bank holidays 11am-4pm <a href="http://www.offbeetfood.com/">www.offbeetfood.com/</a> <a href="http://www.chesapeakemill.co.uk/cafe.html">www.chesapeakemill.co.uk/cafe.html</a>
Hampshire	<b>Hampshire Gluten Free Company</b>  Last Reviewed: 01/18	Various locations, eg Farnborough Artisan Market  T: 01635 278533	Producing pies, quiches, scones, bread, cakes, mustards and pickles. Online and see website for attendance at events and farmers' markets. <a href="http://hampshireglutenfreecompany.co.uk/">hampshireglutenfreecompany.co.uk/</a>
Hampshire	<b>Mum &amp; Dad's Kitchen</b>  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). Also

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			supply to local cafes (check directly for stockists) <a href="http://www.mymumscakes-shop.co.uk/">www.mymumscakes-shop.co.uk/</a>
	Added: 02/16 Last Reviewed: 01/18		
Reading, Berkshire	<b>Nibsy's Coffee Shop</b>  FB: @nibsys T: @nibsysgf  Updated: 01/18	26 Cross Street Reading Berkshire RG1 1SN  T: 01189 597 809	Coffee shop and lunch café in Reading town centre. Sandwiches, quiche, cakes. Eat in and take away. Mon-Fri 8:30am - 5:30pm (Mon 5pm), Sat 9am - 6pm, Sun 10 - 5pm <a href="http://www.nibsys.com/">www.nibsys.com/</a>  <i>See review on thecoeliacplate.com</i>
Newbury Berkshire	<b>Shoemakers café</b>  FB & T @shoemakersbooks  Added: 01/18	The Arcade Market Place Newbury RG14 5AD  T: 01635 37836	A Christian bookshop with a coffee shop attached. Stop by for light lunches such as soup with toast or coffee and cake.  Mon-Sat from 9.30am.  <a href="https://www.christophershoemaker.org.uk">https://www.christophershoemaker.org.uk</a>
Newbury, Berkshire	<b>Hampshire Gluten Free Company</b>  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. <a href="http://hampshireglutenfreecompany.co.uk/">hampshireglutenfreecompany.co.uk/</a>
Long Ditton, Surrey	<b>The George Evelyn Pub &amp; Gardens</b>  FB & T @thegeorgeevelyn  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  <a href="http://www.thegeorgeevelyn.com">http://www.thegeorgeevelyn.com</a>
Bagshot, Surrey	<b>Primal Roost</b>  FB & T @primalroost  Added: 01/18	53 High Street Bagshot Surrey GU19 5AH  T: 01276 850 007	A Paleo café. "Our menu is primal-inspired, grain-free, gluten-free, dairy-free and as natural as possible." The website says suitable for coeliacs and ingredient lists available. Winner of UK Paleo Awards Winners 2017. Mon-Fri 8am-4pm, Sat 9am-4pm, Sun 9am-3pm)  <a href="http://www.primalroost.com/">http://www.primalroost.com/</a>
Kingston-upon-Thames, London (but bordering Surrey!)		Please see both the London 100% gluten free listings for Kingston options.	Restaurants/cafes/bakeries <a href="http://thecoeliacplate.com/london-100-gluten-free/">http://thecoeliacplate.com/london-100-gluten-free/</a> Market stalls

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Brighton, Sussex	<b>Eat Naked</b> T: @eatnaked_UK Added: 01/18	16 East Street Arcade Brighton BN1 1HG T: 07568 156085	<a href="http://thecoeliacplate.com/london-glutenfree-streetfood-and-markets/">http://thecoeliacplate.com/london-glutenfree-streetfood-and-markets/</a> “We believe in foods that nourish the body and have super health benefits. ALL of our foods are free from chemicals and processing, gluten, wheat, refined sugars and with the exception of the odd dash of fat free greek yogurt we are dairy free too.” <a href="http://www.staciestewart.co.uk/eat-naked">http://www.staciestewart.co.uk/eat-naked</a>
Worthing, Sussex	<b>Sussex Bread Co</b> FB: @sussexbreadco Last reviewed: 12/17	<del>Revenue Chambers</del> <del>Chapel Road</del> Worthing Sussex BN11 1BG T: 01903 214172	Bakery/Café has closed. They now have an online bread mix business. <a href="http://www.sussexbreadcompany.com">www.sussexbreadcompany.com</a>
Canterbury, Kent	<b>Oscar &amp; Bentleys</b> FB: @oscarandbentleys T: @OscarBentleys Reviewed: 01/18	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). <a href="http://www.oscar-bentleys.co.uk/">www.oscar-bentleys.co.uk/</a>
Maidstone, Kent	<del>Duke of</del> <b>Edinburgh</b> FB & T: @DukeBarming Added: 03/16 Reviewed: 01/18	1 Heath Road Barming Maidstone Kent ME16 9LQ T: 01622 727122	As of January 2018 it is no longer 100% gluten free but will still cater for gluten free. <a href="http://www.facebook.com/DukeBarming-9883958858/">www.facebook.com/DukeBarming-9883958858/</a>
Deddington, Oxfordshire	<b>Knife &amp; Fork</b> FB & T: @knifeandforkuk Added: 02/16 Reviewed: 01/18	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, which includes canapes, a glass of prosecco on arrival and tea/coffee and petit fours at the end of the meal. (This was £41 per head in Feb 2016.) <a href="http://www.knifeandforkeatery.co.uk/">www.knifeandforkeatery.co.uk/</a> B&B also available.
Oxfordshire	<b>Yippee Gluten Free</b>	See social media for events attending.	A home based gluten free bakery selling both sweet and savoury products. Run by a



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	T: @yippeeglutenfree FB: @yippeeglutenfree		coeliac at fairs in the South East, Midlands, South West. (See link at top of page for separate posts for the latter areas.) Has in the past attended Banbury Food Fair and Banbury Canal Day.
	Added: 2017		<a href="http://www.yippeeglutenfree.co.uk/">www.yippeeglutenfree.co.uk/</a>

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



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