



100% Gluten Free

UK - South West England

Mar 2018 v1.8

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 T: N/A FB: Jacksonsgf <i>Last reviewed: 03/18</i>	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/
Paignton, Devon	Tilleys Bakery Shop ** FB: @tilleysglutenfree <i>Added: 02/17 Under review: 03/18</i>	Unit 14, Trojan Industrial Park Borough Close (behind ASDA off the Brixham Road) Paignton Devon TQ4 7EP Tel: 01803 363 427 Totnes Market Cival Hall Square	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, 9am-2pm. **NOTE BUSINESS WAS FOR SALE JULY 2017 and no social media posts in 2018 - possibly closed and checks being done** Also at Totnes market every Saturday http://www.tilleysglutenfree.com/
Devon	Let Them Eat T: @LTECCornwall	Various locations. Order via	Completely gluten, wheat and dairy free bakery with most cakes also sugar free as well as savouries (such as pasties).

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	FB: @letthemeatcak ecornwall <i>Last reviewed: 03/18</i>	lisa@let-them-eat.net or 07508 360 035 Address provided for pick up orders.	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 T: @LadybirdBaking FB: @TheLadyBirdBakeryPlymouth <i>Last updated: 03/18</i>	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/TheLadybirdBakeryPlymouth
Various locations Devon	The Instow Kitchen T: @InstowKitchen FB: @Instow Kitchen <i>Last reviewed: 03/18</i>	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. Catering is also available. Find them at markets around Devon Fri/Sat/Sun. www.instow-kitchen.com/
Tavistock West Devon	Tasty Pastry Gluten Free T: glutenfree_pam FB: @glutenfreetastypastry <i>Added: 12/16</i> <i>Last reviewed: 03/18</i>	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/ https://glutenfreecornwall.co.uk http://www.tavistockfarmersmarket.com/
Bodmin & Launceston Cornwall	Tasty Pastry Gluten Free T & FB: See above entry	Bodmin Farmers' Market Bodmin Nursery Laveddon Mill Bodmin PL30 5JU	A small specialist bakery, producing hand-made pastries free of wheat, gluten and dairy products. Choose from pasties, pies and cakes. 3rd Saturday of the Month at Bodmin, 10am - 2 pm

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		Launceston Market in the Square Launceston Town square Launceston PL15 7AB	2nd Saturday of the Month at Launceston 10am - 3pm https://www.facebook.com/glutenfreetastypastry/
	<i>Added: 12/16</i> <i>Last reviewed: 03/18</i>		
Wadebridge, Cornwall PL34 0DA	The Little Gluten Free Pasty Pie T: N/A FB: The Little Gluten Free Pasty Pie <i>Added: 08/16</i> <i>Last reviewed: 03/18</i>	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/
Poole Dorset	Biscuit - The French Gluten Free Café FB @BiscuitTheGFC <i>Added: 02/18</i>	453 Poole Road Branksome Poole BH12 1DH	Free-from food with a French "touch." Light lunches (quiche, soup, toasties and French croques) and coffee and cake, all freshly made on the premises and 100% free of gluten. Vegetarian friendly and working on vegan options. Lactose free and low sugar options. *Dog friendly* Mon -Fri 8am to 5pm Sat 9am to 3pm, Sun Closed https://www.biscuitthegfc.co.uk
Dorset	Mum & Dad's Kitchen FB: @MumandDadsKitchen T: @mymumscakes <i>Last Reviewed: 01/18</i>	Various locations	Gluten free cakes & pies produced in a registered gluten free kitchen. Order online or check for events attending http://www.mumanddadskitchen.co.uk [also on South East listing]
Holwell Dorset DT9 5LJ	The Bee Shack Shop (Honeybuns) T & FB: @HoneybunsBakery <i>Last reviewed: 03/18</i>	Naish Farm Stony Lane Holwell Dorset DT9 5LJ Tel: 01963 23597	Pop up shop open 1st Saturday of the month Jan - Dec 9.30am - 12pm. Cash/cheque only. www.honeybuns.co.uk/ Also frequently at Glastonbury Festival (June) On the site of Honeybuns bakery (that is not open to the public).
Somerset & Wimborne, Dorset	Liberty Loves FB: @LibertyLoves T: @LibertyLovesUK	Somerset collection address provided on order. Wimborne Farmers' Market	All raw tarts & protein bars are Dairy Free, Sugar Free and Gluten Free. Most are also vegan. Note, may contain oats. At Farmers markets & events (see event page on website)

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	<p><i>Added 02/17</i> <i>Last updated: 03/18</i></p>	Town Square Wimborne Dorset	Wimborne - 3rd Saturday of the month 9am-1pm www.liberty-loves.co.uk
Frome, Somerset BA11 5BW	<p>Café Nouveau</p> <p>Next to the Lighthouse guest house</p> <p>T: @Cafe_Nouveau FB: @cafenouveaufrome</p> <p><i>Last reviewed: 03/18</i></p>	<p>Tytherington Frome Somerset BA11 5BW</p> <p>Tel: 01373 465807</p>	<p>Cafe Nouveau serves breakfast, morning coffee, light lunches and snacks. Children's menu available and allergies catered for.</p> <p>Mon-Fri 7am - 6pm, Sat-Sun 8am - 3.30pm</p> <p>Free From Eating Out Awards winner.</p> <p>www.facebook.com/cafenouveaufrome</p>
Various locations, Somerset & other counties	<p>Gluten-Free Gourmet</p> <p>T: N/A FB: @glutenfreecake ssomerset</p> <p><i>Last reviewed: 03/18</i></p>	See Facebook for event details	<p>Sweet & savoury options available. Eg burgers, quiche, Cornish style pasty, coffee & walnut cake, lemon drizzle, brownies.</p> <p>Also food truck at major food festivals around the country - check Facebook. Sweet & savoury options available eg burgers, Cornish style pasty, & cakes.</p> <p>www.glutenfreesomerset.co.uk/</p> <p>https://www.facebook.com/glutenfreecakkessomerset</p>
Martock Somerset TA12 6FF	<p>Chirpy Cottage Cafe</p> <p>FB & T: @ChirpyCottage</p> <p><i>Added: 07/15</i> <i>Last reviewed: 03/18</i></p>	<p>Unit 4, The Old Railway, North Street, Martock, Somerset TA12 6FF</p> <p>(in between the Pet Shop and Indian Takeaway at the top of North Street)</p>	<p>Wheat free/GF bakery, also doing dairy free, specialising in pastry products. The café offers meals such as lasagne, curry, quiche, toasted sandwiches, jacket potatoes, pies, pasties and tarts to eat in or take away.</p> <p>Tues-Fri 9am-4pm, Sat 9am-2pm (these times are approximate - just look for the OPEN sign!)</p> <p>See website for events attending.</p> <p>www.chirpycottage.co.uk/</p>
Iminster Somerset TA19 0DH	<p>The Green House</p> <p>FB: @TheGreenHouseIminster</p> <p><i>Added: 02/17</i> <i>Last reviewed: 03/18</i></p>	<p>17 Silver Street Iminster Somerset TA19 0DH</p> <p>Tel: 01460 55898</p>	<p>A recycled and upcycled local business with a café attached that is fairtrade and 100% gluten free. Serving light meals, gluten and dairy free cakes and pastries as well as a huge variety of drinks.</p> <p>Mon - Sat 9am-5pm</p> <p>https://www.facebook.com/pg/TheGreenHouseIminster/</p>



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Gloucester, Gloucestershire GL1 5SF	Yippee Gluten Free T: @yippeeglutenfree FB: @yippeeglutenfree <i>Added: 07/15</i> <i>Last reviewed: 03/18</i>	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 T: @Fusioncakes FB: @FusionCakesandBakes <i>Added: 12/16</i> <i>Last reviewed: 12/17</i>	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



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