



# 100% Gluten Free

## UK - South East England

### October 2016

v1.2b

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	The Compass Inn	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	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 <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>
Burghclere, Hampshire	Hampshire Gluten Free Company	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. Collect from shop (NB can be closed for holiday, so check first) or order online. <a href="http://hampshireglutenfreecompany.co.uk/">hampshireglutenfreecompany.co.uk/</a>
Hampshire	Mum & Dad's Kitchen	Marion Rd Southsea  T: 02392 293 890	Gluten free cakes & pies produced in a registered gluten free kitchen. Order online or check website on Events Page for stalls (one example is below, also see South West listing). Also 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



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Hampshire	<b>Mum &amp; Dad's Kitchen</b>	Car Fest South (see website for location)	At Festival in August. See product information above and event website below. <a href="http://www.carfest.org/welcome/welcome-to-carfest-south">www.carfest.org/welcome/welcome-to-carfest-south</a>
	Added: 02/16		
Wokingham, Berkshire	<b>Hampshire Gluten Free Company</b>	Wokingham General Market Market Place Wokingham Berkshire RG40 1AL	See details under Burghclere, Hampshire. Check website for dates attending, but historically have attended one Saturday a month from 9am-4pm. <a href="http://hampshireglutenfreecompany.co.uk/">hampshireglutenfreecompany.co.uk/</a>
Reading, Berkshire	<b>Nibsys's Coffee Shop</b>	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 <a href="http://www.nibsys.com/">www.nibsys.com/</a>  <i>See review on thecoeliacplate.com</i>
Kingston-upon-Thames, Surrey	<b>The Willow</b>  T: @your_willow F: @yourwillow	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 <a href="http://yourwillow.co.uk/">http://yourwillow.co.uk/</a>
	Added: 10/16		
Kingston-upon-Thames, Surrey	<b>Glutopia</b>	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 <a href="http://www.glutopiabakery.com/">www.glutopiabakery.com/</a>
	Added: 05/16		
Kew, Surrey	<b>Pinch of This</b>	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). <a href="http://pinchofthis.co.uk/">pinchofthis.co.uk/</a>  1st Sun of month 10am - 2pm



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		Added: 05/16	<a href="http://www.kewvillagemarket.org/">www.kewvillagemarket.org/</a>
Brighton, Sussex	<b>The Creperie</b>  @TheCreperieBTN	2 Ship Street Brighton BN1 1AD  T: 01273 323 830  Situated just off Brighton seafront, between the West pier & Brighton pier.	The first fully Gluten Free restaurant in Brighton (including drinks). You will find sweet & savoury crepes, as well as waffles and ice cream cones and an abundance of delicious toppings to choose from. The galettes are made from buckwheat flour and are also dairy free and suitable for vegans. There is even gluten free beer! They have meticulously checked every product used in food preparation to ensure that nothing contains gluten. Tues - Thurs 12pm-6pm, Fri 12pm-10pm, Sat 10am-10pm, Sun 10am-6pm <a href="http://thecreperiebrighton.com/">http://thecreperiebrighton.com/</a>
		Added: 10/16	
Worthing, Sussex	<b>Sussex Bread Co</b>	Revenue Chambers Chapel Road (opposite Worthing Museum) Worthing Sussex BN11 1BG	Bakery/Café - full menu or breakfast, lunch, snacks, dinner or take away. Daytime: Mon-Fri 7.30am-5.30pm, Sat 8am-5.30pm, Sun 10am-4pm Evening: Thurs-Sat from 6.30pm <a href="http://www.sussexbreadcompany.com">www.sussexbreadcompany.com</a>
Canterbury, Kent	<b>Oscar &amp; Bentleys</b>	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	<b>Duke of Edinburgh</b>	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 hours: Thurs-Fri 7pm-10pm, Sat 5pm-10pm, Sunday roast 12pm-3pm <a href="https://www.facebook.com/DukeBarming-9883958858/">www.facebook.com/DukeBarming-9883958858/</a>
		Added: 03/16	
Deddington, Oxfordshire	<b>Knife &amp; Fork</b>	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. <a href="http://www.knifeandforkeatery.co.uk/">www.knifeandforkeatery.co.uk/</a>  B&B also available.
		Added: 02/16 Updated: 10/16	



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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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