



100% Gluten Free

UK - London

April 2017 v2.8

This is a list format of the blog post “London 100% gluten free” - listing 100% gluten free bakeries, cafés and restaurants in central and greater London. The blog post includes more details and photos.

www.thecoeliacplate.com/london-100-gluten-free

For 100% gluten free street food & markets, see the separate listing:

www.thecoeliacplate.com/london-glutenfree-streetfood-and-markets

The criteria for inclusion is that the food is 100% gluten free and has its own outlet that can be visited. (NB not all drinks are always gluten free.)

For up-to-date news, check the business Twitter accounts (Twitter handles can be found underneath the venue name).

Please see the disclaimer at the end of the document.

Town	Name	Address	Comments /websites
CENTRAL LONDON			
Fitzrovia, Central London W1T 1SB	Beyond Bread Bakery T: @beyond_bread FB: @GlutenFreeBeyondBreadBakery	2 Charlotte Place Tel: 020 7636 7055	A bakery/café that is getting widespread acclaim - go for lunch or a snack. Missing a Danish or crunchy baguettes? You will find them here. Mon-Fri 8.30am-5pm, Sat/Sun 10am-4pm www.beyondbread.co.uk/ <i>See a review on:</i> thecoeliacplate.com/beyond-bread-gluten-free-london/
Soho, Central London W1D 4UQ	Leggero (previously La Polenteria) T: @La_Polenteria FB: LEGGERO_london	64 Old Compton Street Tel: 020 7434 3617	Polenta based restaurant, accredited by Coeliac UK. Italian style hearty main meals, a range of salads and delicious desserts. Vegetarian and vegan options. Mon-Fri 12noon -11.30pm, Sat-Sun 11am-11.30pm lapolenteria.com/



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Town	Name	Address	Comments /websites
	Updated: 03/17		See a review on: thecoeliacplate.com/lapolenteria-gluten-free-london/
Soho, Central London W1F 8ZN	Yorica! T: @YoricaM ments Added: 04/16	130 Wardour Street Tel: 020 7434 4370	Serving ice creams, shakes and fro-yo that are all free from dairy, egg, nuts and gluten. No animal products, so suitable for vegans. Mon-Wed 12 noon-10pm, Thu-Sat noon-midnight, Sun 11am-10pm www.yorica.com/
Marylebone Central London W1A 1AB	Coori T: @coori_free from Reviewed 10/16	Selfridges Food Hall 400 Oxford Street	The large summer concession has closed, but they now have a smaller area to pick up gluten free goodies. See Tooting entry for other location. www.coori.co.uk/
Marylebone Central London W1A 1AB	Hemsley & Hemsley Café T: @HemsleyH emsley Added: 07/16	Selfridges 400 Oxford Street	The dynamic sister duo have opened a cafe inside Selfridges. It is healthy food free from gluten, refined grains, sugar & hydrogenated vegetable oils. Mon-Sat 9.30am-9pm, Sun 12pm-6pm http://www.hemsleyandhemsley.com/
Covent Garden, Central London WC2H 9PA	Lab Organic T: @laborganic Added: 06/16	58 Neal street	Nutrient rich and organic juices & salads. Pop in for breakfast, lunch, snacks or an early dinner. Mon-Fri 8am-7pm, Sat 10am-7pm, Sun 10am-6pm https://www.laborganic.co.uk/
Covent Garden, Central London WC2B 5AJ	Farmstand T: @WeAreFar mstand Added: 06/16	42 Drury Lane	All food is gluten & dairy free and no added sugar. Breakfast/lunch/dinner. Casual, takeaway and a small amount of seating. <i>NB Not all drinks are GF, but GF beer is available.</i> Mon-Fri 7:30am-9pm, Sat 9am-9pm, Sun Closed http://www.farmstand.co.uk/
Clerkenwell/ Islington EC1R 4TJ	Niche T: @Nichefood drink FB: @nichefoo danddrink	197-199 Rosebery Avenue Tel: 020 7837 5048	You have a lot of choice - pop in for a bakery item or a drink, a light meal or a main meal. Think salads, sausage & mash, burgers, pie, quiche, fish, steaks and much more! There are many dairy free and vegan dishes and an allergen chart is available online.



Town	Name	Address	Comments /websites
			<p>Mon-Sat 11am-late, Sun 11am-3.30pm* (*Sunday night dinner only if there is a show on at Sadler Wells)</p> <p>www.nichefoodanddrink.com</p> <p>See a review on: thecoeliacplate.com/niche-glutenfreelondon/</p>
Clerkenwell London EC1M 4DT	Aprés Food Co.	72 St John Street Tel: 020 7686 8888	<p>Aprés offer delicious meals that satisfy whilst being nutritionally great for you. All homemade, organic where possible, limited cow's dairy and completely gluten and refined sugar free.</p> <p>Mon - Fri: 7:30am - 6pm Sat: 10am - 2pm</p>
	<p>FB & T:@ApresFood Co</p> <p>Reviewed: 03/17</p>		<p>https://www.apresfood.com</p>
East End, Central London E1 6PU	Suzzle	47 Brick Lane Tel: 07799 292709	<p>Run by a coeliac, you will find art alongside the gluten free cakes.</p> <p>www.suzzle.com</p>
	T: @SuzzleUK		
<i>Various locations</i>			See Street Food listing
EAST LONDON			
East End, Central London E1 6PU	Suzzle		See entry under Central London /East end.
Walthamstow E17 9DZ	Juliet GF Bakery & Cafe	787 Lea Bridge Road, E17 9DZ T: 020 8520 6332	<p>Gluten free and vegan bakery and café (a sister bakery to Romeo's in Islington). 7 days 9am-5pm.</p> <p>https://www.facebook.com/pg/Julietglutenfreebakery/</p>
	<p>T @julietgfbakery FB: @julietglutenfreebakery</p> <p>Added: 03/17</p>		
<i>Various locations</i>			See Street Food listing
WEST LONDON			
Notting Hill W10 5SA	Pearl & Groove	341 Portobello Road Notting Hill	A gluten free, flourless bakery and cake shop. Some products are also sugar free or dairy free.



Town	Name	Address	Comments /websites
	T & FB @pearlandgroove	W10 5SA T: 020 3601 3316	Now they have their own store the kitchen is gluten free and they are planning to organise testing of their products to prove it! Mon-Fri 9.30am - 6pm, Saturday 10am - 6pm, Sunday 11am - 5pm Deliveries also available in London. http://www.pearlandgroove.com/
	Added: 10/16		

Various locations See Street Food listing

SOUTH WEST LONDON

Victoria/Westminster SW1E 6SQ,	M RAW at M Victoria FB: @mrestaurants.london T: @mrestaurants_	Cardinal Place Zig Zag Building 70 Victoria St Westminster SW1E 6SQ T: 020 3327 7776	A fine dining experience, the "RAW" part of the restaurant is 100% gluten free and has a separate kitchen to the grill area to prevent cross contamination. Mon-Sat early until late. http://mrestaurants.co.uk/victoria/m-raw/
	Added: 10/16		

Wandsworth SW11 3JS	Manna Dew T: @mannadew_london	169 Battersea High Street Tel: 020 7223 2288	A 100% gluten free bakery and cafe specialising in french patisseries and mediterranean food. The bakery is also sugar free. Tues-Sun 10am-6pm mannadew.co.uk/
	Reviewed: 10/16		

Tooting SW17	Coori T: @coori_free from	<i>Broadway Market</i> 29 Tooting High Street	Gluten free pasta, plus freshly prepared food - mini pizzas, sandwiches, biscuits and cakes. Restaurant service is a new offering. Mon-Wed 12pm-6pm, Thurs-Sat 12pm-11pm www.coori.co.uk/
	Added: 04/16 Reviewed: 10/16		

Brixton SW9 8PS	WAGfree T: @Wagfree	<i>Brixton Market</i> Unit 26 Brixton Village	This café was one of the early gluten free cafes, but has been in a bit of limbo since 2015 doing the occasional pop up evening. Check Facebook for current status - <i>they have reopened end of March 2017. Facebook & Twitter are still open but not actively used.</i> https://www.facebook.com/wagfree
	Added: 11/14 Reviewed: 04/17		

Various locations See Street Food listing

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SOUTH EAST LONDON			
<i>Various locations</i>			See Street Food listing
NORTH LONDON			
Islington/Clerkenwell EC1R 4TJ	Niche		Please see listing under Central London
Islington N1 2UQ	Beyond Bread Bakery T: @beyond_bread FB: @GlutenFreeBeyondBreadBakery Added: 07/16	267 Upper Street Tel: 020 7183 3213	A bakery/café that is getting widespread acclaim - go for lunch or a snack. Missing a Danish or crunchy baguettes? You will find them here. Mon-Fri 7.30am-7pm, Sat 9am-7pm, Sun 9am-6pm www.beyondbread.co.uk/ <i>See a review of their other store on: thecoeliacplate.com/beyond-bread-gluten-free-london/</i>
Islington N1 1US	Artisan Gluten free bakery T: @ArtisanGF Bakery	167 Upper Street (opposite Islington Town Hall) Tel: 020 7354 8945	Café & bakery. All food is gluten free. Also have sugar free, dairy free and egg free options. Daily from 9am-7pm. artisanglutenfreebakery.co.uk/ This bakery was formerly known as Romeo's.
Camden NW1 8AF	Cookies & Scream T: @cookiescream	<i>Camden Lock Market</i> The Market Hall Camden Lock Place Chalk Farm Road Tel: 07778 691519	Vegan bakery that has a permanent shop at the market. Every product is dairy, egg, wheat and gluten free. Some bar style seating looking into the bakery. 7 days 10am-6pm www.cookiesandscream.com/
<i>Various locations</i>		See Street Food listing & Camden market listing	www.thecoeliacplate.com/london-glutenfree-streetfood-and-markets http://thecoeliacplate.com/camden-market-gluten-free/



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If you find any errors or would like to add a listing, please email:
info@thecoeliacplate.com.



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