



# 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](http://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](http://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
<b>CENTRAL LONDON</b>			
Fitzrovia, Central London W1T 1SB	<b>Beyond Bread Bakery</b>  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 <a href="http://www.beyondbread.co.uk/">www.beyondbread.co.uk/</a>  <i>See a review on:</i> <a href="http://thecoeliacplate.com/beyond-bread-gluten-free-london/">thecoeliacplate.com/beyond-bread-gluten-free-london/</a>
Soho, Central London W1D 4UQ	<b>Leggero</b> (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 <a href="http://lapolenteria.com/">lapolenteria.com/</a>



Town	Name	Address	Comments /websites
	Updated: 03/17		See a review on: <a href="http://thecoeliacplate.com/lapolenteria-gluten-free-london/">thecoeliacplate.com/lapolenteria-gluten-free-london/</a>
Soho, Central London W1F 8ZN	<b>Yorica!</b>  T: @YoricaMo 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 <a href="http://www.yorica.com/">www.yorica.com/</a>
Marylebone Central London W1A 1AB	<b>Coori</b>  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. <a href="http://www.coori.co.uk/">www.coori.co.uk/</a>
Marylebone Central London W1A 1AB	<b>Hemsley &amp; Hemsley Café</b>  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 <a href="http://www.hemsleyandhemsley.com/">http://www.hemsleyandhemsley.com/</a>
Covent Garden, Central London WC2H 9PA	<b>Lab Organic</b>  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 <a href="https://www.laborganic.co.uk/">https://www.laborganic.co.uk/</a>
Covent Garden, Central London WC2B 5AJ	<b>Farmstand</b>  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 <a href="http://www.farmstand.co.uk/">http://www.farmstand.co.uk/</a>
Clerkenwell/ Islington EC1R 4TJ	<b>Niche</b>  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><a href="http://www.nichefoodanddrink.com">www.nichefoodanddrink.com</a></p> <p>See a review on:  <a href="http://thecoeliacplate.com/niche-glutenfreelondon/">thecoeliacplate.com/niche-glutenfreelondon/</a></p>
Clerkenwell London EC1M 4DT	<b>Aprés Food Co.</b>	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 &amp; T:@ApresFood Co</p> <p>Reviewed: 03/17</p>		<p><a href="https://www.apresfood.com">https://www.apresfood.com</a></p>
East End, Central London E1 6PU	<b>Suzzle</b>	47 Brick Lane Tel: 07799 292709	<p>Run by a coeliac, you will find art alongside the gluten free cakes.</p> <p><a href="http://www.suzzle.com">www.suzzle.com</a></p>
	T: @SuzzleUK		
<i>Various locations</i>			See Street Food listing
<b>EAST LONDON</b>			
East End, Central London E1 6PU	<b>Suzzle</b>		See entry under Central London /East end.
Walthamstow E17 9DZ	<b>Juliet GF Bakery &amp; Cafe</b>	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>T @julietgfbakery FB: @julietglutenfreebakery</p> <p>Added: 03/17</p>		<p><a href="https://www.facebook.com/pg/Julietglutenfreebakery/">https://www.facebook.com/pg/Julietglutenfreebakery/</a></p>
<i>Various locations</i>			See Street Food listing
<b>WEST LONDON</b>			
Notting Hill W10 5SA	<b>Pearl &amp; Groove</b>	341 Portobello Road Notting Hill	A gluten free, flourless bakery and cake shop. Some products are also sugar free or dairy free.



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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. <a href="http://www.pearlandgroove.com/">http://www.pearlandgroove.com/</a>
	Added: 10/16		

*Various locations* See Street Food listing

## SOUTH WEST LONDON

Victoria/Westminster SW1E 6SQ,	<b>M RAW at M Victoria</b>  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.  <a href="http://mrestaurants.co.uk/victoria/m-raw/">http://mrestaurants.co.uk/victoria/m-raw/</a>
	Added: 10/16		

Wandsworth SW11 3JS	<b>Manna Dew</b>  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 <a href="http://mannadew.co.uk/">mannadew.co.uk/</a>
	Reviewed: 10/16		

Tooting SW17	<b>Coori</b>  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 <a href="http://www.coori.co.uk/">www.coori.co.uk/</a>
	Added: 04/16 Reviewed: 10/16		

Brixton SW9 8PS	<b>WAGfree</b>  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 &amp; Twitter are still open but not actively used.</i> <a href="https://www.facebook.com/wagfree">https://www.facebook.com/wagfree</a>
	Added: 11/14 Reviewed: 04/17		

*Various locations* See Street Food listing

Town	Name	Address	Comments /websites
<b>SOUTH EAST LONDON</b>			
<i>Various locations</i>			See Street Food listing
<b>NORTH LONDON</b>			
Islington/Clerkenwell EC1R 4TJ	<b>Niche</b>		Please see listing under Central London
Islington N1 2UQ	<b>Beyond Bread Bakery</b>  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 <a href="http://www.beyondbread.co.uk/">www.beyondbread.co.uk/</a>  <i>See a review of their other store on: <a href="http://thecoeliacplate.com/beyond-bread-gluten-free-london/">thecoeliacplate.com/beyond-bread-gluten-free-london/</a></i>
Islington N1 1US	<b>Artisan Gluten free bakery</b>  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. <a href="http://artisanglutenfreebakery.co.uk/">artisanglutenfreebakery.co.uk/</a>  This bakery was formerly known as Romeo's.
Camden NW1 8AF	<b>Cookies &amp; Scream</b>  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 <a href="http://www.cookiesandscream.com/">www.cookiesandscream.com/</a>
<i>Various locations</i>		See Street Food listing & Camden market listing	<a href="http://www.thecoeliacplate.com/london-glutenfree-streetfood-and-markets">www.thecoeliacplate.com/london-glutenfree-streetfood-and-markets</a>  <a href="http://thecoeliacplate.com/camden-market-gluten-free/">http://thecoeliacplate.com/camden-market-gluten-free/</a>



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



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