



100% Gluten Free

UK - London

March 2017 v2.7 a

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: @GlutenFree BeyondBreadBakery	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/ See a review on: 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/



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: @YoricaMoments 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_freedom 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: @HemsleyHemsley 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: @WeAreFarmstand 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: @Nichefoodanddrink FB: @nichefoodanddrink	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. Mon-Sat 11am-late, Sun 11am-3.30pm*



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Town	Name	Address	Comments /websites
			(*Sunday night dinner only if there is a show on at Sadler Wells) www.nichefoodanddrink.com See a review on: thecoeliacplate.com/niche-glutenfreelondon/
	Reviewed: 03/17		

East End, Central London E1 6PU	Suzzle T: @SuzzleUK	47 Brick Lane Tel: 07799 292709	Run by a coeliac, you will find art alongside the gluten free cakes. www.suzzle.com
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<i>Various locations</i>		See Street Food listing	
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EAST LONDON

East End, Central London E1 6PU	Suzzle		See entry under Central London /East end.
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Walthamstow E17 9DZ	Juliet GF Bakery & Cafe T @julietgfbakery FB: @julietglutenfreebakery	787 Lea Bridge Road, E17 9DZ T: 020 8520 6332	Gluten free and vegan bakery and café (a sister bakery to Romeo's in Islington). 7 days 9am-5pm. https://www.facebook.com/pg/Julietglutenfreebakery/
	Added: 03/17		

<i>Various locations</i>		See Street Food listing	
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WEST LONDON

Notting Hill W10 5SA	Pearl & Groove T & FB @pearlandgroove	341 Portobello Road Notting Hill W10 5SA T: 020 3601 3316	A gluten free, flourless bakery and cake shop. Some products are also sugar free or dairy free. 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		

<i>Various locations</i>		See Street Food listing	
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Town	Name	Address	Comments /websites
SOUTH WEST LONDON			
Victoria/Westminster SW1E 6SQ,	M RAW at M Victoria FB: @mrestaurants.london T: @mrestaurants_ Added: 10/16	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/
Wandsworth SW11 3JS	Manna Dew T: @mannadew_london Reviewed: 10/16	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/
Tooting SW17	Coori T: @coori_freedom Added: 04/16 Reviewed: 10/16	<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/
Brixton SW9 8PS	WAGfree <i>(presumed closed)</i> T: @Wagfree Added: 11/14 Reviewed: 03/17	<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>no activity since Feb 2016. Website has been removed but Facebook & Twitter are still open.</i> https://www.facebook.com/wagfree
<i>Various locations</i>			See Street Food listing
SOUTH EAST LONDON			
<i>Various locations</i>			See Street Food listing
NORTH LONDON			
Islington/Clerkenwell EC1R 4TJ	Niche		Please see listing under Central London

Town	Name	Address	Comments /websites
Islington N1 2UQ	Beyond Bread Bakery T: @beyond_bread FB: @GlutenFreeBeyondBreadBakery	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: @ArtisanGFBakery	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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