



Gluten free restaurant guide

UK - Central London

July 2016 v1.6

How to use the list:

- Restaurants are grouped into broad **London 'areas'** (eg The West End which includes Covent Garden and Soho, Holborn, Docklands etc). For a visual depiction and written descriptions of these central London areas, you can use a map such as <http://www.yourbestlondon.com/maps/#areas>.
- You can also search by **tube station** (eg Charing Cross). Often several tube stations are listed for the one restaurant as it is between several stations.
- Some key **tourist areas** are also listed (eg Spitalfields market - but this is incomplete) and can be searched on.
- Restaurants with their name in **italics** have clear information regarding gluten free (you may have to ask for an allergy or gluten free menu).
- Where known, vegan/vegetarian options are mentioned, and other intolerances catered for listed (WF = Wheat Free, DF = Dairy free, SF = Sugar Free, EF = Egg free).

NOTE: This is an ever-evolving list- please check back for updates and please contribute any suggestions via the contact form at www.thecoeliacplate.com

For an overview of the chain restaurants that are available in London, please see the document 'Intro to Gluten Free' at <http://thecoeliacplate.com/visiting-the-uk/>. For 100% gluten free restaurants, please see <http://thecoeliacplate.com/london-100-gluten-free/>

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Management, chefs and products change and it is your responsibility at all times to explain your dietary requirements to the restaurant and review product labels and assess the risk. In providing information and links on this website, The Coeliac Plate does not assume or undertake any responsibility, including legal responsibility, to those who read it and choose to take it into account when making any decisions, or to those affected by their decisions. Any reliance you place on information on this website is therefore strictly at your own risk.

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Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
Bloomsbury	Goodge Street	Busaba Eat Thai	Thai	Ask for Allergy menu (not on internet)	22 Store Street WC1E 7DF	busaba.com/
Bloomsbury	Goodge Street	Istu	Sushi. Many GF options without Soya sauce 7 days	Download Nutritional info from website	53 - 54 Tottenham Court Road W1T 2EQ	itsu.com/ (see PDF under Nutrition/Allergies)
Bloomsbury	Goodge Street/ Tottenham Court Road	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	WF, GF, DF marked on menu	27 Tottenham Court Road London W1T 1BJ	www.leonrestaurants.co.uk/
Bloomsbury	Goodge Street/Warren Street	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	WF, GF, DF marked on menu	101 Tottenham Court Road London W1T 4TT	www.leonrestaurants.co.uk/
Bloomsbury	Goodge Street/Warren Street	Istu	Sushi. Many GF options without Soya sauce Mon-Fri only	Download Nutritional info from website	Unit 4, The Qube, 103 Tottenham Court Road W1T 4EZ	itsu.com/ (see PDF under Nutrition/Allergies)
Bloomsbury	Goodge Street	Planet Organic	Health food shop 7 days	GF Lunch options (incl vegetarian)	22 Torrington Place WC1E 7HJ	www.planetorganic.com/ <i>near University of London</i>
Bloomsbury	Russell Square	Crussh	Smoothies, soups, stews 7 days until early evening.	GF, WF, DF, V marked on menu	U28 The Brunswick Shopping Centre Bernard Street WC1N 1AW	www.crussh.com
Bloomsbury	Russell Square	Giraffe	Nachos, meat/fish (no fries), risotto. Breakfast omelette. Child friendly.	Ask for allergy menu or print from website	One The Brunswick Brunswick Shopping Centre Bernard Street WC1N 1AF	www.giraffe.net/classic <i>London University Great Ormond Street Hospital British Museum (10 min walk)</i>

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
Bloomsbury	Russell Square	YO! Sushi	7 days Sushi (sashimi & some rice rolls). GF soy sauce available. 7 days 11am - 10.30pm	Ask for nutritional booklet (also on website)	Unit 30/32 Brunswick Centre Bloomsbury WC1N 1AE	www.yosushi.com T: 020 7833 1884
Bloomsbury	Russell Square	Nando's	Peri-peri chicken chips, salad	Chicken & Chips, salad - ask for allergy book behind counter	One The Brunswick Brunswick Shopping Centre Bernard Street WC1N 1AF	www.nandos.co.uk/
Bloomsbury	Holburn/Russell Square	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	114-117 Southampton Row WC1B 5AA	www.pizzaexpress.com/
Bloomsbury	Holburn/Tottenham Court Road	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	30 Coptic Street WC1A 1NS	www.pizzaexpress.com/
Bloomsbury	Goodge Street/Tottenham Court Road	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	7-9 Charlotte Street W1T 1RB	www.pizzaexpress.com/ <i>close to The British Museum</i>
Bloomsbury	Goodge Street	Brasserie Blanc	French brasserie	Ask for GF menu	6 Charlotte Street W1T 2LS	www.brasserieblanc.com/ T: 020 7636 4975
Bloomsbury	Tottenham Court Road/Holburn	Wagamama	Japanese/pan Asian	GF options - ask server	4 Streatham Street WC1A 1JB	www.wagamama.com/ T: 0207 323 9223
City	Liverpool Street	Hamilton Hall (Wetherspoons)	Pub food 7 days	GF symbol on menu	Liverpool Street station Street-level Concourse EC2M 7PY9	www.jdwetherspoon.co.uk/

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
City	Liverpool Street	Honest Burgers	GF burgers, buns & chips 7 days, lunch til late	Check with staff (also regular specials)	12 Widegate Street E1 7HP	www.honestburgers.co.uk/ T: 020 3693 3423 No bookings, except for private dining table.
City	Aldgate/Liverpool Street	Searcy's	Fine dining	GF options - ask server	30 St Mary Axe (The Gherkin) EC3A 8EP	searcys.co.uk/venues/the-gherkin T: 020 7071 5025
City	Aldgate	Planet Organic	Health food shop Mon-Fri only	GF Lunch options (incl vegetarian)	10 Devonshire Square EC2M 4AE	www.planetorganic.com/
City	Aldgate/Liverpool Street	Soupe du jour	Soup, salad, GF bread. Mon-Fri only	GF & DF marked on menu	38 Houndsditch EC3A 7DB	www.soupe-du-jour.com/
City	Bank	Abokado	Sushi, curry, wraps, salads M-F only	GF, WF, DF, V noted on web nutritional information	74 Cornhill EC3V 3QQ	abokado.com/
City	Bank	Brasserie Blanc	French brasserie	Ask for GF menu	60 Threadneedle Street EC2R 8HP	www.brasserieblanc.com/ T: 020 7710 9440
City	Bank	Crussh	Smoothies, soups, stews Mon-Fri only.	GF, WF, DF, V marked on menu	48 Cornhill EC3V 3PD	www.crussh.com
City	Bank	Goodman	Steak, hand-cut chips Mon-Fri	NEED TO CHECK	11 Old Jewry EC2R 8DU	www.goodmanrestaurants.com
City	Bank	The Green Man (Wetherspoon's)	Pub food	GF symbol on menu	No. 1 Poultry EC2R 8EJ	www.jdwetherspoon.co.uk/
City	Bank (exit 9)	Coq d'Argent	French. Fine dining	Ask staff	No.1 Poultry EC2R 8EJ	www.coqdargent.co.uk/ Good London views
City	Bank/Monument	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	20-22 Leadenhall Market	www.pizzaexpress.com/

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
City	Bank/Monument	La Tasca	Spanish tapas, including GF wraps	GF marked on menu	EC3V 1LR 26 - 27 Leadenhall Market EC3V 1LR	www.latasca.com/
City	Bank/Monument	Leon	Casual, freshly made food (eg salads, curry, falafel) Mon-Fri only	Internet - WF, GF, DF marked on menu	13-15 Leadenhall Market EC3V 1LR	www.leonrestaurants.co.uk/
City	Bank/Monument	Loch Fyne	Seafood & grill	Allergen menu online, or ask staff	Leadenhall Market 77-78 Gracechurch Street EC3V 0AS	www.lochfyne seafoodandgrill.co.uk/ T: 0207 929 8380
City	Blackfriars	Istu	Sushi. Many GF options without Soya sauce Mon-Fri only (open late)	Download Nutritional info from website	130 Fleet St EC4A 2BH	itsu.com/ (see PDF under Nutrition/Allergies)
City	Blackfriars/ City Thameslink	Crussh	Smoothies, soups, stews Mon-Fri only.	GF, WF, DF, V marked on menu	6 Farringdon Street Ludgate Circus Buildings EC4M 7LH	www.crussh.com
City	City Thameslink /Blackfriars	Leon	Casual, freshly made food (eg salads, curry, falafel) Mon-Sat only	Internet - WF, GF, DF marked on menu	12 Ludgate Circus EC4M 7LQ	www.leonrestaurants.co.uk/ <i>St Paul's Cathedral</i>
City	Farringdon	Abokado	Sushi, curry, wraps, salads Mon-Fri only	GF, WF, DF, V noted on web nutritional information	63 Cowcross Street EC1M 6BP	abokado.com/
City	Farringdon /Chancery Lane	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	Internet - WF, GF, DF marked on menu	20 Cowcross Street EC1M 6DH	www.leonrestaurants.co.uk/

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
City	Farringdon/ Barbican	Smiths of Smithfield	Steakhouse	GF options not marked but have heard they can help.	67 Charterhouse Street EC1M 6HJ	thisissmiths.com/ <i>Smithfields Market</i>
City	Liverpool St	Istu	Sushi. Many GF options without Soya sauce Mon-Fri only	Download Nutritional info from website	10-11 Broadgate Arcade 155 Bishopsgate EC2M 3TQ	itsu.com/ (see PDF under Nutrition/Allergies)
City	Liverpool Street	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	232-238 Bishopsgate EC2M 4QD	www.pizzaexpress.com/ <i>near Liverpool Street station</i>
City	Mansion House/Cann on Street	Wagamama	Japanese/pan Asian	GF options - ask server	4 Great St Thomas Apostle Garlick Hill EC4V 2BH	www.wagamama.com/ T: 0207 248 5766
City	Monument/ Bank	The Crosse Keys (Wetherspo on's)	Pub food	GF symbol on menu	Gracechurch Street EC3V 0DR	www.jdwetherspoon.co.uk/
City	Monument/ Bank	Leon	Casual, freshly made food (eg salads, curry, falafel) Closed Sunday.	Internet - WF, GF, DF marked on menu	86 Cannon Street EC4N 6HT	www.leonrestaurants.co.uk/
City	Bank	Leon	Casual, freshly made food (eg salads, curry, falafel) Mon-Fri only	Internet - WF, GF, DF marked on menu	28 Watling Street EC4M 9BR	www.leonrestaurants.co.uk/
City	Monument/ Bank/Londo n Fenchurch Street	Tortilla	Mexican - all GF except for flour tortillas Mon-Fri 11.45 am - 7 pm	Ask for server to change gloves	28 Leadenhall Market EC3V 1LR	http://tortilla.co.uk/locations/ T: 0207 929 7837

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
City	Monument/ Fenchurch Street/Tow er Hill	Leon	Casual, freshly made food (eg salads, curry, falafel) Mon-Fri only.	Internet - WF, GF, DF marked on menu	20 London Street EC3R 7JP	www.leonrestaurants.co.uk/
City	Moorgate	Crussh	Smoothies, soups, stews Mon-Fri only.	GF, WF, DF, V marked on menu	168A London Wall EC2M 5QD	www.crussh.com
City	Moorgate	Wagamama	Japanese/pan Asian	GF options - ask server	1 Ropemaker Street EC2Y 9AW	www.wagamama.com/ T: 0207 588 2688
City	Moorgate	La Tasca	Spanish tapas, including GF wraps Closed Sat lunch; Sunday	GF marked on menu	6 Eldon Street EC2M 7LA	www.latasca.com/
City	Moorgate	Hawksmoor	Steakhouse	Ask staff	10 Basinghall Street EC2V 5BQ	thehawksmoor.com/
City	Moorgate	Leon	Casual, freshly made food (eg salads, curry, falafel) Mon-Fri only	Internet - WF, GF, DF marked on menu	5-6 Moorgate EC2M 6XB	www.leonrestaurants.co.uk/
City	Old Street	Abokado	Sushi, curry, wraps, salads Mon-Fri only	GF, WF, DF, V noted on web nutritional information	City Road Unit A The Lexington 40-56 City Road EC1Y 2AN	abokado.com/
City	Old Street	Honest Burgers	GF burgers, buns & chips 7 days, lunch til late	Check with staff (also regular specials)	6 Baldwin Street EC1V 9NU	www.honestburgers.co.uk/ T: 020 8069 6990 No bookings
City	Old Street	Bodean's BBQ	Most meat dishes	Ask staff. All BBQ sauces & rubs are GF.	201 City Road EC1V 1JN	www.bodeansbbq.com/ T: 020 7230 Takeaway available

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
City	St Paul's	YO! Sushi	Sushi (sashimi & some rice rolls). GF soy sauce available. 7 days 12pm-10pm (Thurs-Sat 11pm)	Ask for nutritional booklet (also on website)	Condor House 5-14 St Pauls Churchyard EC4M 8AY	www.yosushi.com T: 020 7248 8726 <i>St Paul's Cathedral Museum of London Samuel Johnson's House</i>
City	St Paul's / Mansion House	Pho	Vietnamese street food 7 days lunch til late	Ask staff, nearly everything is GF	15 Upper Cheapside Passage, 1st Floor, One New Change, EC2V 6AG	www.phocafe.co.uk/
City	St Paul's	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	Internet - WF, GF, DF marked on menu	Unit 5 139/140 Cheapside London EC2V 6BJ	www.leonrestaurants.co.uk/
City	St Paul's / Mansion House	Brasserie Blanc	French brasserie	Ask for GF menu	1 Watling Street EC4M 9BP	www.brasserieblanc.com/ T: 020 7213 0540
City	St Paul's / Mansion House	Zizzi	Italian - GF pasta, meat/fish 7 days	Ask for allergy menu	Unit Su46 One New Change Shopping Centre Cheapside EC2V 6DL	www.zizzi.co.uk/ <i>St Paul's</i>
City	St Paul's/Bank	Hummus Bros	Mediterranean. GF bread or corn chips avail Mon-Fri only	Website can filter on GF (and many other dietary requirements)	128 Cheapside EC2V 6BT	www.hbros.co.uk/
City	St Paul's/Mans ion House	Wahaca	Mexican street food 7 days lunch until late	Ask for GF menu (avoid tortilla chips as fried with wheat items)	First Floor One New Change Cheapside EC2V 6AG	www.wahaca.co.uk Reservations can be made. T: 020 3002 2626 <i>St Paul's cathedral</i>
City	Tower Hill	Brasserie Blanc	French brasserie	Ask for GF menu	Trinity Square EC3N 4AA	www.brasserieblanc.com/ T: 020 7480 5500

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
City	Tower Hill	Abokado	Sushi, curry, wraps, salads Mon-Fri only	GF, WF, DF, V noted on web nutritional information	8 Byward Street EC3R 5AS	<i>Tower of London</i> abokado.com/
City	Tower Hill (mainline - Fenchurch Street)	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	5 Fenchurch Place, Fenchurch Street EC3M 4AJ	www.pizzaexpress.com/
City	Tower Hill (Tower of London)	The Liberty Bounds (Wetherspoon's)	Pub food	GF symbol on menu	15 Trinity Square EC3N 4AA	www.jdwetherspoon.co.uk/
City	Tower Hill / Fenchurch Street / Monument	Zizzi	Italian - GF pasta, meat/fish 7 days	Ask for allergy menu	Plaza Level West, Tower Pl, EC3R 5BU	www.zizzi.co.uk/ T: 020 7283 6918
City	Tower Hill / Fenchurch St	Bodean's BBQ	Most meat dishes	Ask staff. All BBQ sauces & rubs are GF.	16 Byward St, EC3R 5BA	www.bodeansbbq.com/ T: 020 7488 3883 Takeaway available
City	Tower Hill / Tower Gateway	Zizzi	Italian - GF pasta, meat/fish 7 days	Ask for allergy menu	12 Ivory Street St Katharine Docks E1W 1AT	www.zizzi.co.uk/ <i>St Katharine Docks</i>
City	Tower Hill/Tower Gateway/Monument	Wagamama	Japanese/pan Asian	GF options - ask server	2b tower place (the big glass building next to the tower of london) Tower Hill EC3N 4EE	www.wagamama.com/ T: 020 7283 5897 <i>Tower of London</i>
City - Shoreditch	Hoxton mainline	100 Hoxton	East Asian & Middle Eastern dishes designed to be shared	Ask staff - almost all menu is either naturally GF or can be adapted.	100-102 Hoxton St N1 6SG	http://100hoxton.com/
City -	Old Street	Busaba Eat	Thai	Ask for Allergy menu	319 Old Street	busaba.com/

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
Shoreditch		Thai		(not on internet)	EC1V 9LE	
City - Shoreditch	Shoreditch High Street	Andina	Peruvian	GF options marked on menu (90% of menu)	1 Redchurch Street, Shoreditch, London E2 7DJ 020 7920 6499	http://www.andinalondon.com/menu
City - Shoreditch	Shoreditch High Street/Liverpool Street	Dishoom	Indian	Ask for GF menu	7 Boundary Street E2 7JE	Dinner reservations only for groups of 6 or more. www.dishoom.com/ T: 020 7420 9324
City - Shoreditch	Shoreditch High Street	Bird Restaurant	Chicken & Chips	Check staff	42/44 Kingsland Road E2 8DA	birdrestaurants.com
City - Spitalfields	Liverpool Street	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	232-238 Bishopsgate EC2M 4QD	www.pizzaexpress.com/ Near Spitalfields market Brick Lane walking distance away
City - Spitalfields	Liverpool Street/Aldgate East	Suzzle	Cakes	100% gluten free	47 Brick Lane E1 6PU	Art alongside cakes! T: 07799 292 709 www.suzzle.com/ http://thecoeliacplate.com/london-100-gluten-free/
City - Spitalfields	Liverpool Street/Shoreditch High St/Aldgate East	Carluccio's	Italian (pasta, fish/meat)	Ask for GF menu	27 Spital Square E1 6DZ	www.carluccios.com/ Spitalfields market Brick Lane walking distance away
City - Spitalfields	Liverpool Street/Shoreditch High St/Aldgate East	Giraffe	Nachos, meat/fish (no fries), risotto. Breakfast omelette. Child friendly. 7 days	Ask for allergy menu or print from website	Spitalfields Market E1 6DW	www.giraffe.net/classic Spitalfields market Brick Lane walking distance away

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City - Spitalfields	Liverpool Street/Shoreditch High St/ Aldgate East	Hawksmoor	Steakhouse	Ask staff	157a Commercial Street E1 6BJ	thehawksmoor.com/ <i>Spitalfields market Brick Lane walking distance away</i>
City - Spitalfields	Liverpool Street/Shoreditch High St/ Aldgate East	Crepe Affair	GF & DF crepes (in this store, but not all stores) 7 days	Ask staff.	Old Spitalfield Market London E1 6BG	http://www.crepeaffaire.com/ T: 020 7377 0200
City - Spitalfields	Liverpool Street/Shoreditch High St/ Aldgate East	itsu	Sushi. Many GF options without Soya sauce Mon-Fri 10am-8pm	Download Nutritional info from website	30 Spital Square E1 6DX	http://itsu.com/ (see PDF under Nutrition/Allergies) <i>Spitalfields market Brick Lane walking distance away</i>
City - Spitalfields	Liverpool Street/Shoreditch High St/ Aldgate East	La Chapelle	French - Michelin star fine dining	Ask staff	35 Spital Square E1 6DY	www.galvinrestaurants.com/section.php/61/1/ <i>Spitalfields market Brick Lane walking distance away</i>
City - Spitalfields	Liverpool Street/Shoreditch High St/ Aldgate East	Las Iguanas	Latin 7 days, closes early evening on Sunday.	Ask for GF menu	1 Horner Square Old Spitalfields Market E1 6AA	http://www.iguanas.co.uk/locations/london-spitalfields <i>Spitalfields market Brick Lane walking distance away</i>
City - Spitalfields	Liverpool Street/Shoreditch High St/ Aldgate East	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	Internet - WF, GF, DF marked on menu	3 Crispin Place E1 6DW	www.leonrestaurants.co.uk/ <i>Spitalfields market Brick Lane walking distance away</i>
City - Spitalfields	Liverpool Street/Shoreditch High St/ Aldgate East	Nando's	Peri-peri chicken chips, salad	Chicken & Chips, salad - ask for allergy book behind counter	114-118 Commercial Street E1 6NF	www.nandos.co.uk/ T: 020 7650 7775 <i>Near Spitalfields market</i>

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
	East					<i>Brick Lane walking distance away</i>
City - Spitalfields	Liverpool Street/Shoreditch High St/ Aldgate East	Patisserie Valerie	GF brownie Open 7 days.	“the first of many gluten free products to be added to the menu”.	Bishops Square 37 Brushfield Street E1 6AA	www.spitalfields.co.uk/eating_patisserie.php#.UmO8hCQzqHk T: 020 7247 4906 Check re cross contamination as a gluten filled bakery! <i>Spitalfields market Brick Lane walking distance away</i>
City - Spitalfields	Liverpool Street/Shoreditch High St/ Aldgate East	Pho	Vietnamese street food 7 days, lunch til late	Ask staff, nearly everything is GF or can be GF	48 Brushfield Street London E1 6AG	www.phocafe.co.uk/ <i>Spitalfields market Brick Lane walking distance away</i>
City - Spitalfields	Liverpool Street/Shoreditch High St/ Aldgate East	The Real Greek	Greek. (Hummus & crudite, plaki, dolmades, halloumi, lamb cutlets, pork belly) 7 days, closes early evening on Sunday.	GF marked on menu	6 Horner Square Old Spitalfields Market E16EW	http://www.therealgreek.com/ T: 020 7375 1364 <i>Spitalfields market Brick Lane walking distance away</i>
City - Spitalfields	Liverpool Street/Shoreditch High St/ Aldgate East	Wagamama	Japanese/pan Asian	GF options - ask server	Old Spitalfields Market 9 Horner Square E1 6EW	www.wagamama.com T: 0207 539 3580 <i>Spitalfields market Brick Lane walking distance away</i>
City - Spitalfields	Shoreditch High Street/Live	Café a Vin	French bistro	Staff are knowledgeable, GF bread available	35 Spital Square E1 6DY	www.galvinrestaurants.com/section.php/62/1/galvin_cafe_a_vin T: 020 7299 0404

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
	pool Street					<i>Spitalfields market Brick Lane walking distance away</i>
City - Spitalfields	Shoreditch High Street/Livepool Street	Smiths	Steakhouse	GF options not marked but have heard they can help.	109 Commercial Street E1 6BG	thisissmiths.com/spitalfields/ <i>Spitalfields market Brick Lane walking distance away</i>
City/Clerkenwell	Farringdon	The Modern Pantry	Modern British - light and main meals.	Staff are knowledgeable, GF bread available	47-48 St John's Square EC1V 4JJ	www.themodernpantry.co.uk/
City/Clerkenwell	Farringdon / Barbican	Pho	Vietnamese street food Mon-Fri lunch til late, Sat dinner only	Ask staff, nearly everything is GF	86 St John Street, London, EC1M 4EH	www.phocafe.co.uk/
City/Clerkenwell	Farringdon	Printworks Kitchen	Salad boxes, sandwiches Mon-Fri only	Ask staff. Vegan and gluten free available eg sandwiches & salads. Dedicated GF toaster. Sweetcheeks cakes.	20-26 Rosebery Ave EC1R 4SX	www.printworkskitchen.co.uk/ (no mention of GF on website)
City/Clerkenwell	Angel	Niche	Modern British - light and main meals.	100% gluten free	197-199 Rosebery Avenue EC1R 4TJ	Tues - Sun, lunch & dinner* Good idea to book. (*Sunday night dinner only if there is a show on at <i>Sadler Wells</i>) http://www.nichefoodanddrink.com/ http://thecoeliacplate.com/niche-glutenfreelondon/
Docklands	Canary Wharf	Carluccio's	Italian (pasta, fish/meat)	Ask for GF menu	Reuters Plaza E14 5AJ	www.carluccios.com/
Docklands	Canary Wharf	Crussh	Smoothies, soups, stews	GF, WF, DF, V marked on menu	Tower Concourse Level	www.crussh.com

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
			7 days, open late		Canary Wharf One Canada Square E14 5AB	
Docklands	Canary Wharf	Crussh	Smoothies, soups, stews 7 days	GF, WF, DF, V marked on menu	Unit 21 Jubilee Place	www.crussh.com
Docklands	Canary Wharf	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	Internet - WF, GF, DF marked on menu	Lower Mall, Unit 62 Jubilee Place Canary Wharf E14 5NY	www.leonrestaurants.co.uk/
Docklands	Canary Wharf	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	Internet - WF, GF, DF marked on menu	Promenade Level Cabot Place West Canary Wharf E14 4QS	www.leonrestaurants.co.uk/
Docklands	Canary Wharf	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	2nd Floor, Cabot Place East Canary Wharf E14 4QT	www.pizzaexpress.com/
Docklands	Canary Wharf	Wagamama	Japanese/pan Asian	GF options - ask server	Jubilee Place 45 Bank Street E14 5NY	www.wagamama.com/ T: 0207 516 9009
Docklands	Canary Wharf	Wahaca	Mexican market eating	Ask for GF menu (avoid tortilla chips as fried with wheat items)	The Park Pavilion Canada Square Canary Wharf E14 5FW	www.wahaca.co.uk
Docklands	Canary Wharf	Zizzi	Italian - GF pasta, meat/fish 7 days	Ask for allergy menu	33 Westferry Circus, E14 8RR	www.zizzi.co.uk/
Docklands	Canary Wharf	Tortilla	Mexican - all GF except for flour tortillas 7 days, hours vary,	Ask for server to change gloves	18 North Colonnade E14 4E	http://tortilla.co.uk/locations/ T: 0207 719 9160

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
			open late on weekdays.			
Docklands	West India Key/ Canary Wharf (5 min walk)	La Tasca	Spanish tapas, including GF wraps 7 days	GF marked on menu	West India Quay E14 4AE	www.latasca.com/
Euston	Euston	Ed's Easy Diner	American diner - burgers, hot dogs, salads (Coeliac UK Accredited)	GF menu	The Piazza Euston Station	www.edseasydiner.com/
Euston	Euston	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	Internet - WF, GF, DF marked on menu	Mezzanine Floor Euston Railway Station Eversholt Street NW1 2HS	www.leonrestaurants.co.uk/
Euston	Euston Station (just outside station)	Abokado	Sushi, curry, wraps, salads 7 days	GF, WF, DF, V noted on web nutritional information	Euston Square, Regents Park NW1 2DS	abokado.com/
Fitzrovia	Goodge St/ Great Portland St	Abokado	Sushi, curry, wraps, salads Mon-Fri only	GF, WF, DF, V noted on web nutritional information	105 New Cavendish Street W1W 6XH	abokado.com/
Fitzrovia	Goodge Street	Beyond Bread	Bakery - lunch, snacks, drinks 7 days	100% gluten free	2 Charlotte Place W1T 1SB	A must visit!! Mon-Fri 8.30am-5pm, Sat/Sun 10am-4pm www.beyondbread.co.uk/ T: 020 7636 7055 http://thecoeliacplate.com/london-100-gluten-free/
Fitzrovia	Goodge	Sagar	South Indian	WF, Garlic & onion	17A Percy Street	www.sagarveg.co.uk/

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
	Street/ Tottenham Court Rd		vegetarian 7 days	free and vegan noted on menu	Off Tottenham Court Rd W1T 1DU	<i>not far from British Museum</i>
Fitzrovia	Goodge Street	Zizzi	Italian - GF pasta, meat/fish 7 days	Ask for allergy menu	33 Charlotte Street W1T 1RR	www.zizzi.co.uk/
Fitzrovia	Goodge Street	Bubbledogs	Hot dogs paired with champagne Closed Sun.	Ask staff. Apparently all hot dogs are GF, GF buns available.	70 Charlotte St, W1T 4QG	https://www.bubbledogs.co.uk/hot-dogs/ Tel: 020 7637 7770 No bookings
Fitzrovia	Great Portland Street	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	215-217 Great Portland Street W1W 5PN	www.pizzaexpress.com/
Fitzrovia	Oxford Circus	Honest Burgers	GF burgers, buns & chips 7 days, lunch til late	Check with staff (also regular specials)	4 Market Place W1W 8AD	www.honestburgers.co.uk/ T: 020 3302 3390 No bookings
Fitzrovia	Oxford Circus	Scandinavia n Kitchen	Groceries 7 days	Breads, biscuits, pasta	61 Great Titchfield Street W1W 7PP (Nth of Oxford Circus)	www.scandikitchen.co.uk/ (ask if not on display, Fria foods are frozen)
Fitzrovia	Oxford Circus	Pho	Vietnamese street food Mon-Sat lunch til late	Ask staff, nearly everything is GF	3 Great Titchfield Street W1W 8AX	www.phocafe.co.uk/
Fitzrovia	Oxford Circus	Tortilla	Mexican - all GF except for flour tortillas Sun-Wed 12 -5 pm,	Ask for server to change gloves	6 Market Place, London W1W 8AH	http://tortilla.co.uk/locations/ T: 0207 637 2800

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
			Wed 12 -10 pm, Thur-Sat 12 - 11pm			
Fitzrovia	Tottenham Court Rd	Planet Organic	Health food shop 7 days	GF Lunch options (incl vegetarian)	23-24 Tottenham Court Road London W1T 1BJ	www.planetorganic.com/
Fitzrovia	Tottenham Court Rd	Abokado	Sushi, curry, wraps, salads Mon-Fri only	GF, WF, DF, V noted on web nutritional information	16 Newman Street W1T 1PB	abokado.com/
Holborn	Chancery Lane	Abokado	Sushi, curry, wraps, salads Mon-Fri only	GF, WF, DF, V noted on web nutritional information	48 Gray's Inn Road WC1X 8LT	abokado.com/
Holborn	Temple / City Thameslink	Abokado	Sushi, curry, wraps, salads Mon-Fri only	GF, WF, DF, V noted on web nutritional information	33 Fleet Street EC4Y 1BT	abokado.com/
Holburn	Blackfriars/ City Thameslink	Wagamama	Japanese/pan Asian	GF options - ask server	109 Fleet Street EC4A 2AB	www.wagamama.com/ T: 0207 583 7889 <i>St Paul's cathedral</i>
Holburn	Chancery Lane	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	1 New Fetter Lane EC4A 1AN	www.pizzaexpress.com/
Holburn	Chancery Lane	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	Internet - WF, GF, DF marked on menu	29-30 High Holborn WC1V 6AZ	www.leonrestaurants.co.uk/
Holburn	Chancery Lane/City Thameslink /Temple	Brasserie Blanc	French brasserie	Ask for GF menu	119 Chancery Lane WC2A 1PP	www.brasserieblanc.com/ T: 020 7405 0290
Holburn	Holburn	Hummus Bros	Mediterranean. GF bread or corn chips avail	Website can filter on GF (and many other dietary requirements)	Victoria House 37-63 Southampton Row	www.hbros.co.uk/

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
			Mon-Fri only		WC1B 4DA	
Holburn	Holburn / Covent Garden	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	Internet - WF, GF, DF marked on menu	77 Kingsway WC2B 6SR	www.leonrestaurants.co.uk/
Holburn	Holburn	Wagamama	Japanese/pan Asian	GF options - ask server	basement and ground floor 123 Kingsway WC2B 6PA	www.wagamama.com/ T: 0207404855
Holburn	City Thameslink / St Paul's / Blackfriars	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	7-9 St Bride Street EC4A 4AS	www.pizzaexpress.com/ <i>close to St Paul's, Millenium Bridge</i>
Holburn	Temple	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	147 Strand Aldwych WC2R 1JA	www.pizzaexpress.com/
King's Cross	King's Cross St Pancras	Dishoom	Indian	GF marked on menu	5 Stable Street N1C 4AB	Dinner reservations only for groups of 6 or more. www.dishoom.com/ T: 020 7420 9321
King's Cross	King's Cross St Pancras	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	Internet - WF, GF, DF marked on menu	Western Concourse King's Cross Station N1C 4AH	www.leonrestaurants.co.uk/
King's Cross	King's Cross St Pancras	Honest Burgers	GF burgers, buns & chips 7 days, lunch til late	Check with staff (also regular specials)	251 Pentonville Road N1 9NG	www.honestburgers.co.uk/ T: 020 3302 3452 No bookings
King's Cross	King's Cross St Pancras	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	Clifton House 93-95 Euston Road NW1 2RA	www.pizzaexpress.com/ <i>British Library</i>

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
King's Cross	St Pancras	Leon	Casual, freshly made food (eg salads, curry, falafel) Mon-Fri only	WF, GF, DF marked on menu	6 Pancras Sq N1C 4AA	www.leonrestaurants.co.uk/
King's Cross	St Pancras	YO! Sushi	Sushi (sashimi & some rice rolls). GF soy sauce available. Mon-Fri 11am-10pm Sat-Sun 11.30am-9pm	Ask for nutritional booklet (also on website)	Unit 27 - The Circle St Pancras Station N1C 4QL	www.yosushi.com T: 020 7084 7121 <i>British Library</i>
Mayfair	Hyde Park Corner	Galvin's at Windows (Hilton Park Lane)	French Haute cuisine, Michelin star	GF options - ask server	London Hilton 28 th floor 22 Park Lane W1K 1BE	www.galvinatwindows.com/
Paddington	Paddington	YO! Sushi	Sushi (sashimi & some rice rolls). GF soy sauce available. 7 days 11am - 9pm	Ask for nutritional booklet (also on website)	Unit 7 Paddington Station W2 1HB	www.yosushi.com T: 02072627408
Southbank	Borough	Zizzi	Italian - GF pasta, meat/fish 7 days	Ask for allergy menu	2nd Floor Unit 4 Riverside House Southwark Bridge Road SE1 9HA	www.zizzi.co.uk/ T: 020 7401 7407 <i>Globe Theatre</i>
Southbank	Lambeth North	Cotto	Italian	Full GF menu	89 Westminster Bridge Rd SE1 7HR	www.italiancotto.co.uk/contact.html <i>"We are within walking distance of London Eye and the Old Vic. We are</i>

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
						<i>also conveniently situated close to the Imperial War Museum, St Thomas' Hospital, County Hall, St George's Cathedral and Waterloo station."</i>
Southbank	London Bridge	Istu	Sushi. Many GF options without Soya sauce M-F only (open late)	Download Nutritional info from website	7 More London SE1 2TU	itsu.com/ (see PDF under Nutrition/Allergies)
Southbank	London Bridge	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	WF, GF, DF marked on menu	6 More London Place, London SE1 2DA	www.leonrestaurants.co.uk/
Southbank	London Bridge	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	4 Borough High Street SE1 9QQ	www.pizzaexpress.com/
Southbank	London Bridge	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	Benbow House 24 New Globe Walk SE1 9DS	www.pizzaexpress.com/
Southbank	London Bridge	Pod	Casual, fresh seasonal salads & wraps, snacks Mon-Fri 7am - 5pm	GF, WF, DF, V marked on menu	Unit C 7 More London Place SE1 2RT	www.podfood.co.uk
Southbank	London Bridge	Wagamama	Japanese/pan Asian	GF options - ask server	1 Clink Street SE1 9BU	www.wagamama.com/ T: 020 7403 3659 <i>The Clink Prison Museum The Golden Hinde Walking distance to Borough Market</i>
Southbank	London Bridge	Tapas Brindisa	Spanish Tapas	NEED TO CHECK	18-20 Southwark Street	www.brindisa.com

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
	(Borough High Street exit)				SE1 1TJ	
Southbank	London Bridge / Bermondsey	Zizzi	Italian - GF pasta, meat/fish 7 days	Ask for allergy menu	Cardamom Bldg 31 Shad Thames, SE1 2YR	www.zizzi.co.uk/ <i>Can walk across Tower Bridge to Tower of London</i>
Southbank	Southwark	Crussh	Smoothies, soups, stews Closed Sundays	GF, WF, DF, V marked on menu	Unit R5 14 Sumner Street (off Southwark St) SE1 9JZ	www.crussh.com
Southbank	Southwark	Tortilla	Mexican - all GF except for flour tortillas Mon-Fri 12 - 9 pm	Ask for server to change gloves	Unit 11A 106 Southwark Street SE1 0TA	http://tortilla.co.uk/locations/ T: 0207 620 0285 <i>Tate Modern</i>
Southbank	Southwark	Istu	Sushi. Many GF options without Soya sauce M-F only (open late)	Download Nutritional info from website	The Harlequin Building 65 Southwark Street SE1 0HR	itsu.com/ (see PDF under Nutrition/Allergies)
Southbank	Southwark	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	Internet - WF, GF, DF marked on menu	7 Canvey St The Blue Fin Building (behind Tate Modern) SE1 9AN	www.leonrestaurants.co.uk/ <i>Tate Modern</i>
Southbank	Southwark/ St Paul's/ Mansion House	The Tate Modern Members Room	Light lunch (if you have a local that can get you in there!)	GF marked on menu	Bankside SE1 9TG	www.tate.org.uk/join-support/tate-members/for-members/members-room <i>Tate Modern</i>
Southbank	Southwark/ St Paul's/ Mansion House	The Tate Modern Restaurant	Modern European. Expensive, but good view.	Possibly options - check first.	Bankside SE1 9TG	www.tate.org.uk/visit/tate-modern/eat-drink-and-shop/level-6-restaurant T: 020 7887 8888

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Southbank	Waterloo	Giraffe	Nachos, meat/fish (no fries), risotto. Breakfast omelette. Child friendly. 7 days	Ask for allergy menu or print from website	Behind the Royal Festival Hall Riverside Level 1 SE1 8XX	<i>Tate Modern</i> www.giraffe.net/classic <i>Royal Festival Hall London Eye</i>
Southbank	Waterloo	Las Iguanas	Latin 7 days	Ask for GF menu	Royal Festival Hall, South Bank Centre Belvedere Rd SE1 8XX	www.iguanas.co.uk/ <i>Royal Festival Hall London Eye</i>
Southbank	Waterloo	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	Unit 3 The White House 9c Belvedere Road SE1 8YP	www.pizzaexpress.com/ <i>Royal Festival Hall</i>
Southbank	Waterloo	Brasserie Blanc	French brasserie	Ask for GF menu	9 Belvedere Road SE1 8YP	www.brasserieblanc.com/ T: 020 7202 8470
Southbank	Waterloo	Wahaca	Mexican street food	Ask for GF menu (avoid tortilla chips as fried with wheat items)	119 Waterloo Road SE1 8UL	www.wahaca.co.uk No bookings <i>Near The Cut and The Young Vic Theatre</i>
Southbank	Waterloo	Wahaca	Mexican street food 7 days lunch until late	Ask for GF menu (avoid tortilla chips as fried with wheat items)	Queen Elizabeth Hall Southbank Centre Belvedere Road London SE1 8XX	www.wahaca.co.uk No bookings
Southbank	Waterloo	YO! Sushi	Sushi (sashimi & some rice rolls). GF soy sauce	Ask for nutritional booklet (also on website)	Unit 3b County Hall Belvedere Road	www.yosushi.com T: 020 7928 8871

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
			available. 7 days 11.30am - 10pm (Sun 7pm)		SE1 7GP	London Eye London Aquarium Royal Festival Hall Houses of Parliament
Southbank	Waterloo	YO! Sushi	Sushi (sashimi & some rice rolls). GF soy sauce available. 7 days 11.30am - 10pm	Ask for nutritional booklet (also on website)	Unit 3 Festival Riverside, Royal Festival Hall Southbank Centre SE1 8XX	www.yosushi.com T: 020 3130 1997 London Eye London Aquarium Royal Festival Hall London Film Museum
Southbank	Waterloo	YO! Sushi	Sushi (sashimi & some rice rolls). GF soy sauce available. 7 days 11am - 10pm	Ask for nutritional booklet (also on website)	Unit 2/3 The Balcony Waterloo Station SE1 7LY	www.yosushi.com T: 0203 394 2617
Southbank	Waterloo	Cotto	Italian	GF Menu. Can cater for vegetarian & allergies	89 Westminster Bridge Rd SE1 7HR	www.italiancotto.co.uk/ Closed Sunday T: 020 7928 5535
Southbank	Waterloo/ Waterloo East/ Southwark/ Blackfriars	Oxo Tower Brasserie or Restaurant	Fine dining	Ask for allergy menu (last time I went in 2011 choice was not as good as you would expect for fine dining)	OXO Tower Wharf Barge House Street South Bank SE1 9PH	www.harveynichols.com/oxo-tower-london
Southbank - Borough Market	London Bridge	Eliot's café	Menu changes daily. 7 days	Happy to cater for GF	12 Stoney St SE1 9AD	www.elliotscafe.com http://thecoeliacplate.com/borough-market-gluten-free-restaurants/
Southbank - Borough Market	London Bridge	Roast	Roast meals, can do GF gravy and GF biscuits for cheese	Ask staff	The Floral Hall (upstairs) Stoney St SE1 1TL	www.roast-restaurant.com/ http://thecoeliacplate.com/borough-market-gluten-free-restaurants/
Southbank -	London	The Free	Free from cakes	100% gluten free	8 Southwark Street	www.thefreefrombakehouse.com

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
Borough Market	Bridge	From Bakehouse	& biscuits Every Thursday, Friday & Saturday.	Ask re WF, DF, SF, EF	SE1 1TL	http://thecoeliacplate.com/borough-market-gluten-free/ http://thecoeliacplate.com/london-100-gluten-free/
Southbank - Borough Market	London Bridge	Variety of shops	Please see link for further options at market.			http://thecoeliacplate.com/borough-market-gluten-free/
The West End - St James	Green Park	Crussh	Smoothies, soups, stews Mon-Fri only.	GF, WF, DF, V marked on menu	10 Crown Passage SW1Y 6PP	www.crussh.com
The West End - St James	Green Park/ Piccadilly Circus	The Ritz	Afternoon tea	GF available if pre booked (sandwiches & cake, but not scones)	150 Piccadilly W1J 9BR	www.theritzlondon.com/ T: 020 7493 8181
The West End - Covent Garden	Charing Cross/Embankment	Crussh	Smoothies, soups, stews	GF, WF, DF, V marked on menu	11 Strand WC2N 5HR	www.crussh.com
The West End - Covent Garden	Charing Cross/Embankment	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	Internet - WF, GF, DF marked on menu	73-76 Strand WC2R 0DE	www.leonrestaurants.co.uk/
The West End - Covent Garden	Charing Cross/Embankment	Strand Palace Hotel	Carvery/roasts	believe GF gravy is available	372 Strand WC2R 0JJ	www.strandrestaurants.co.uk/carvery/ ? T: 020 7379 4737
The West End - Covent Garden	Charing Cross/Embankment/Covent Garden	Zizzi	Italian - GF pasta, meat/fish 7 days	Ask for allergy menu	73-75 Strand WC2R 0DE	www.zizzi.co.uk/ T: 020 7240 1717
The West End - Covent Garden	Covent Garden	Rules	British fine dining	Ask staff	35 Maiden Lane WC2E 7LB	http://rules.co.uk/

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
The West End - Covent Garden	Covent Garden	Sagar	South Indian vegetarian 7 days	WF, Garlic & onion free and vegan noted on menu	31 Catherine Street WC2B 5JS	www.sagarveg.co.uk/
The West End - Covent Garden	Covent Garden	Busaba Eat Thai	Thai	Ask for Allergy menu (not on internet)	44 Floral Street WC2E 9DA	busaba.com/
The West End - Covent Garden	Covent Garden	The Port House	Tapas Mon-Sat 12pm-late	GF options marked on menu	417 Strand WC2R 0PD	Tel: +44 207 836 7764
The West End - Covent Garden	Covent Garden	Loch Fyne	Seafood & grill	Allergen menu online, or ask staff	2-4 Catherine Street WC2B 5JY	www.lochfyneseafoodandgrill.co.uk/ T: 020 7240 4999
The West End - Covent Garden	Covent Garden	Da Mario	GF Pasta	Ask staff	63 Endell St	www.da-mario.co.uk
The West End - Covent Garden	Covent Garden	Hawksmoor	Steakhouse	Ask for allergy menu (GF, DF, nuts)	11 Langley Street WC2H 9JG	thehawksmoor.com/
The West End - Covent Garden	Covent Garden	Pho	Vietnamese street food 7 days, lunch til late	Ask staff, nearly everything is GF	65a Long Acre London, WC2E 9JD	www.phocafe.co.uk/
The West End - Covent Garden	Covent Garden	La Tasca	Spanish tapas, including GF wraps 7 days	GF marked on menu	23-24 Maiden Lane WC2E 7NA	www.latasca.com/
The West End - Covent Garden	Covent Garden	Masala Zone	Indian	GF awareness.	48 Floral Street (Next To The Royal Opera House)	www.masalazone.com/ Also other locations. Need to book at busy times

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
					WC2E 9DA	<i>Royal Opera House</i>
The West End - Covent Garden	Covent Garden	Muffinskis	Organic muffins	GF Muffins <u>might be</u> available	5 King Street WC2E 8HN	www.muffinskis.co.uk (Not confirmed, mentioned on a Trip Advisor blog 2009. Nothing about GF on website)
The West End - Covent Garden	Covent Garden	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	9-12 Bow Street WC2E 7AH	www.pizzaexpress.com/
The West End - Covent Garden	Covent Garden	Zizzi	Italian - GF pasta, meat/fish 7 days	Ask for allergy menu	20 Bow Street WC2E 7AW	www.zizzi.co.uk/ T: 020 7836 6101
The West End - Covent Garden	Covent Garden	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	81 St Martin's Lane WC2N 4AA	www.pizzaexpress.com/
The West End - Covent Garden	Covent Garden	Wahaca	Mexican street food	Ask for GF menu (avoid tortilla chips as fried with wheat items)	66 Chandos Place WC2N4HG	www.wahaca.co.uk No bookings
The West End - Covent Garden	Covent Garden/Em bankment/Charing Cross	TGI Fridays	American diner 7 days	Allergy menu available	6 Bedford Street WC2E 9HZ	www.tgifridays.co.uk/
The West End - Covent Garden	Covent Garden/Leicester Square/Charing Cross/Temple	Wagamama	Japanese/pan Asian	GF options - ask server	1 Tavistock Street WC2E 7PG	www.wagamama.com/ T: 0207 836 3330
The West End - Covent Garden	Covent Garden/Temple	Homage Grand Salon at Waldorf Astoria	Contemporary European Cuisine - fine dining	Ask staff	Aldwych WC2B 4DD	www.waldorfhilton.co.uk/dining-bars/homage-grand-salon.html
The West	Covent	Indigo (at 1	Modern	Has GF menu (no mention on website)	1 Aldwych	www.onealdwych.com/food-

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
End - Covent Garden	Garden/Temple	Aldwych hotel)	European. Good pre-theatre deals available.		WC2B 4BZ	drink/indigo.aspx Review: http://the.coeliacplate.com/indigo-covent-garden/
The West End - Covent Garden	Covent Garden/Temple	Sagar	Indian vegetarian	WF marked on menu	31 Catherine St WC2B 5JS	It is very close to the following theatres: Savoy, Aldwych, Lyceum, Novello, Peacock, Somerset House, Royal Opera House, Adelphi, Theatre Royal, The Duchess www.sagarveg.co.uk/ 7 days lunch until late T: 020 7836 7838
The West End - Covent Garden	Leicester Square	Dishoom	Indian	Ask for GF menu	12 Upper St Martin's Lane WC2H 9FB	Dinner reservations only for groups of 6 or more. www.dishoom.com/ T: 020 7420 9320
The West End - Covent Garden	Leicester Square	Rossopomodoro	GF pizza & dessert (tiramisu)	Ask staff. NB flour is used in kitchen for non gf pizzas.	50 - 52 Monmouth Street WC2 H9EP	http://www.rossopomodoro.co.uk/glutenfreepizza/ T: 020 7240 9095
The West End - Covent Garden	Leicester Square/Covent Garden	Chipotle	Mexican - all GF except for flour tortillas 7 days 11.30 am - 10 pm (11pm Wed-Sat)	Ask for allergy information and for server to change gloves	92-93 St. Martin's Lane WC2N 4AP	http://www.chipotle.co.uk/ T: 020 7836 7838
The West End - Covent Garden	Tottenham Court Road	Zizzi	Italian - GF pasta, meat/fish 7 days	Ask for allergy menu	8 Central St Giles Plaza Bucknall Street WC2H 8LA	www.zizzi.co.uk/ <i>Shaftesbury Theatre</i>
The West End - Covent Garden	Tottenham Court Road	Cabana Brazilian BBQ	Brasilian. Many GF options.	GF options marked on menu	8 Central St Giles Plaza Bucknall Street	cabana-brasil.com <i>Shaftesbury Theatre</i>

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
					WC2H 8LA	
The West End - Marylebone	Baker St / Bond St	<i>Itsu</i>	Sushi. Many GF options without Soya sauce M-F only (open late)	Download Nutritional info from website	15 Baker St W1U 8EG	itsu.com/ (see PDF under Nutrition/Allergies)
The West End - Marylebone	Baker St / Bond St	L'autre pied	Fine dining, michelin star		5-7 Blandford Street W1U 3DB	www.lautreped.co.uk/
The West End - Marylebone	Edgware Rd	Zonzo	Italian	GF pizza & pasta available - ask server	342 Edgware Road W2 1EA	www.zonzorestaurant.co.uk/
The West End - Marylebone	Baker St / Edgware Rd	Landmark Hotel - Wintergarden restaurant	High tea	Request in advance	222 Marylebone Road NW1 6JQ	www.landmarklondon.co.uk/en/marylebone-bar-restaurant/atrium-afternoon-tea
The West End - Marylebone	Baker Street	Bistrot de Luxe	French	GF options - ask server	66 Baker Street W1U 7D	www.galvinrestaurants.com/section/4/1/galvin-bistrot-de-luxe
The West End - Marylebone	Baker Street	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	133 Baker Street W1U 6SF	www.pizzaexpress.com/
The West End - Marylebone	Baker Street	Chipotle	Mexican - all GF except for flour tortillas 7 days 11.30 am - 9.30 pm (10pm Thurs-Sat)	Ask for allergy information and for server to change gloves	101-103 Baker Street W1U 6HQ	http://www.chipotle.co.uk/ T: 020 7935 9881
The West End - Marylebone	Baker Street	Zizzi	Italian - GF pasta, meat/fish 7 days	Ask for allergy menu	35-38 Paddington Street W1U 4HQ	www.zizzi.co.uk/ T: 020 7224 1450
The West	Baker	Orrery	French fine	Ask staff	55 Marylebone	www.orrery-restaurant.co.uk

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
End - Marylebone	Street/Regent's Park		dining		High St W1U 5RB,	Restaurant has views over Marylebone church gardens.
The West End - Marylebone	Bond St	Pizza Express	Pizza, Salad (Coeliac UK trained)	GF options marked on menu	21-22 Barrett Street St Christopher's Place W1U 1BD	www.pizzaexpress.com/
The West End - Marylebone	Bond Street	Hemsley & Hemsley	Healthy food free from gluten, refined grains & sugar Mon-Sat 9.30am-9pm Sun 12-6pm	Everything is GF!	Selfridges 400 Oxford Street W1A 1AB	http://www.selfridges.com/GB/en/content/london-restaurant-guide Tel: 020 7318 3170 (no reservations)
The West End - Marylebone	Bond Street	Selfridges Food Hall	Groceries	Variety of GF things: pasta, biscuits, Peace of Cake: cakes & biscuits	400 Oxford Street W1A 1AB	www.selfridges.com/en/Food-Wine/?llc=tn GLUTEN FREE LINK NOT WORKING
The West End - Marylebone	Bond Street	Snowflake Gelato	Gelato & sorbetto with GF cone	Ask staff, allergy info online. 7 days morning until late (Sun 6pm)	400 Oxford Street W1A 1AB	www.snowflakegelato.co.uk/
The West End - Marylebone	Bond Street	YO! Sushi	Sushi (sashimi & some rice rolls). GF soy sauce available. Mon-Sat 11am-8pm (9pm Thurs) Sun 12-6pm	Ask for nutritional booklet (also on website)	Selfridges Food Hall 400 Oxford Street W1A 1AB	www.yosushi.com T: 020 7318 3944 <i>Handel House Museum Hyde Park 15 mins away</i>
The West End - Marylebone	Bond Street	Selfridges Tea Room (lower ground)	Afternoon tea	GF cake	400 Oxford Street W1A 1AB	www.selfridges.com
The West End - Marylebone	Bond Street	Busaba Eat Thai	Thai	Ask for Allergy menu (not on internet)	8-13 Bird Street W1U 1BU	busaba.com/
The West	Bond Street	Giraffe	Nachos,	Ask for allergy menu	6-8 Blandford	www.giraffe.net/classic

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
end - Marylebone			meat/fish (no fries), risotto. Breakfast omelette. Child friendly. 7 days	or print from website	Street W1U 4AU	<i>Selfridges</i> Marylebone High Street
The West end - Marylebone	Bond Street	La Tasca	Spanish tapas, including GF wraps 7 days	GF marked on menu	30-34 James Street (St Christopher's Place) W1U 1ER	www.latasca.com/
The West End - Marylebone	Bond Street	Zizzi	Italian - GF pasta, meat/fish 7 days	Ask for allergy menu	110 Wigmore Street W1U 3RS	www.zizzi.co.uk/ T: 020 7935 2336
The West End - Marylebone	Goodge Street	Wahaca	Mexican street food 7 days lunch until late	Ask for GF menu (avoid tortilla chips as fried with wheat items)	19 - 23 Charlotte Street W1T 1RL	www.wahaca.co.uk No bookings
The West End - Marylebone	Goodge Street	Wahacito	Mexican street food - takeaway Mon-Fri until late Weekends until 2pm	Tacos are GF	23 Charlotte Street W1T 1RL	www.wahaca.co.uk/html/1_restaurant8_wahacito.html
The West End - Marylebone	Oxford Circus	Istu	Sushi. Many GF options without Soya sauce Mon-Sat	Download Nutritional info from website	313 Regent Street W1B 2HP	itsu.com/ (see PDF under Nutrition/Allergies)
The West End - Marylebone	Oxford Circus	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	Internet - WF, GF, DF marked on menu	275 Regent Street W1B 2HB	www.leonrestaurants.co.uk/
The West End - Mayfair	Bond Street	Prezzo	GF Pizza	GF marked on menu	15 North Audley Street W1K 6WZ	www.prezzorestaurants.co.uk/ Short walk from <i>Selfridges</i>
The West End - Mayfair	Bond Street/Oxfo	YO! Sushi	Sushi (sashimi & some rice rolls).	Ask for nutritional booklet (also on website)	15 Woodstock Street	www.yosushi.com T: 020 7629 0051

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
	rd Circus		GF soy sauce available. 7 days 11am-late		W1C 2AQ	
The West End - Mayfair	Green Park	Benares	Indian, Michelin star	Happy to cater for GF.	12a Berkeley Square House Berkeley Square W1J 6BS	www.benaresrestaurant.com/
The West End - Mayfair	Green Park/ Oxford Circus/Bond St	The Square	Michelin star "New French"	Happy to adapt for GF and bread avail.	6-10 Bruton Street Mayfair, London W1J 6PU	www.squarerestaurant.com/ T: 020 7495 7100
The West End - Mayfair	Oxford Circus	Pollen Street Social	Michelin star	Happy to adapt for GF and bread avail.	8-10 Pollen Street W1S 1NQ	pollenstreetsocial.com T: 020 7290 7600
The West End - Mayfair	Hyde Park Corner	Hard Rock Café (Coeliac UK Accredited)	American diner - burgers, steak, ribs, desserts 7 days late morning-late evening	GF menu	150 Old Park Lane W1K 1QZ	www.hardrock.com/cafes/london/ T: 020 7514 1700
The West End - Mayfair	Hyde Park Corner/ Green Park	Theo Randall at the InterContinental	Italian, Fine dining Lunch M-F Dinner M-Sat. Closed Sunday	Chef's mum has Coeliac Disease - always GF options. GF bread & pasta available.	One Hamilton Place Park Lane W1J 7QY	www.theorandall.com/ T: 020 7318 8747
The West End - Mayfair	Marble Arch	The Tyrburn (Wetherspoon's)	Pub food	GF symbol on menu	18-20 Edgware Road W2 2EN	www.jdwetherspoon.co.uk/
The West	Marble Arch	Locanda	Italian fine dining	Chef's daughter has	8 Seymour Street,	www.locandalocatelli.com/

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End - Mayfair		Locatelli	(Michelin star)	multiple allergies so happy to cater.	London W1H 7JZ	
The West End - Mayfair	Oxford Circus/Bond St	Ponti's Italian Kitchen	Italian	GF marked on menu	54 Duke Street W1K 6JN	www.pontis.co.uk/jsp/pontis.jsp?lnk=300
The West End - Mayfair	Oxford Circus/Bond St	Rossopomo doro	GF pizza & dessert (tiramisu)	Ask staff. NB flour is used in kitchen for non gf pizzas.	300 Oxford St, John Lewis Shopping Centre, W1A 1EX	http://www.rossopomodoro.co.uk/glutenfreepizza/ T: 020 7495 8409
The West End - Mayfair	Oxford Circus/Bond St	Rasa Indian	Fine dining?	GF bread available (Trip Advisor Review 2009)	6 Dering Street W1S 1AD	www.rasarestaurants.com/rasa_w1.php
The West End - Mayfair	Oxford Circus/Bond Street	Ed's Easy Diner (Coeliac UK Accredited)	American diner - burgers, hot dogs, salads	GF menu	Sedley Place 14 Woodstock Street W1C 2AG	www.edseasydiner.com/
The West End - Mayfair	Piccadilly Circus	Istu	Sushi. Many GF options without Soya sauce M-F only	Download Nutritional info from website	27 Sackville Street W1S 3DT	itsu.com/ (see PDF under Nutrition/Allergies)
The West End - Mayfair	Piccadilly Circus	The Criterion	Modern European Open 7 days		224 Piccadilly, Piccadilly, London W1J 9HP	www.criterionrestaurant.com/restaurant T: 020 7930 0488
The West End - Mayfair	Piccadilly Circus	Peyton & Byrne (The Royal Academy of the Arts)	Modern European Open 7 days	Can adjust for GF.	Royal Academy of Arts Burlington House, Piccadilly W1J 0BD	www.peytonandbyrne.co.uk/royal-academy/index.html
The West End - Soho	Goodge Street	Brasserie Blanc	French brasserie	Ask for GF menu	8 Charlotte Street W1T 2LS	www.brasserieblanc.com/ T: 020 7636 4975
The West End - Soho	Piccadilly Circus /Leicester	Rainforest Cafe	American & International cuisine for kids &	Use allergy checker online to see options or see instore.	20 Shaftesbury Ave London W1D 7EU	Rainforest Cafe is designed as an exotic jungle that recreates the sights and sounds of the Amazon

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
	Square		adults.			rainforest. therainforestcafe.co.uk/ T: 020 7434 3111
The West End - Soho	Leicester Square	Brumus (at Haymarket hotel)	Chic brasserie	WF bread and pasta avail	1 Suffolk Place SW1Y 4HX (on corner of Haymarket)	www.firmdalehotels.com/london/haymarket-hotel/haymarket-brumus-bar-restaurant
The West End - Soho	Leicester Square	The Moon under water (Wetherspoon's)	Pub food	GF symbol on menu	28 Leicester Square WC2H 7LE	<i>Near West End theatres</i> www.jdwetherspoon.co.uk/
The West End - Soho	Leicester Square London	YO! Sushi	Sushi (sashimi & some rice rolls). GF soy sauce available. 7 days 11.30am - 11pm	Ask for nutritional booklet (also on website)	Unit 34a Trocadero Centre Rupert Street W1D 7DH	www.yosushi.com T: 020 7434 2724 <i>National Portrait Gallery</i>
The West End - Soho	Leicester Square/Charing Cross	Wagamama	Japanese/pan Asian	GF options - ask server	14 Irving Street WC2H 7AF	www.wagamama.com/ T: 0207 839 2323 <i>The National Gallery and National Portrait Gallery</i>
The West End - Soho	Oxford Circus	Bodean's BBQ	Most meat dishes	Ask staff. All BBQ sauces & rubs are GF.	10 Poland St W1F 8PZ	www.bodeansbbq.com/ T: 020 7287 7575 Takeaway available
The West End - Soho	Oxford Circus	Mother Mash	Meat & mash 7 days 11.30am until late	GF sausage, mash & gravy	26 Ganton Street W1F 7QZ	www.mothersmash.co.uk/
The West	Oxford	Istu	Sushi. Many GF	Download Nutritional	31 Broadwick	itsu.com/

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
End - Soho	Circus		options without Soya sauce Mon-Sat	info from website	Street W1F 0DG	(see PDF under Nutrition/Allergies)
The West End - Soho	Oxford circus	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	Internet - WF, GF, DF marked on menu	35 Great Marlborough Street W1F 7JE	www.leonrestaurants.co.uk/ <i>Carnaby Street</i>
The West End - Soho	Oxford Circus	YO! Sushi	Sushi (sashimi & some rice rolls). GF soy sauce available. 7 days 12pm - 10.30pm (Fri/Sat 11pm)	Ask for nutritional booklet (also on website)	52 Poland Street W1F 7NQ	www.yosushi.com T: 020 7287 0443 <i>Liberty & Co</i>
The West End - Soho	Oxford Circus/Piccadilly Circus	Nopi	Middle eastern/asian fusion	GF Menu	21-22 Warwick Street W1B 5NE	www.nopi-restaurant.com Mains £20+ Review here: http://thecoeliacplate.com/nopi-gluten-free
The West End - Soho	Oxford Circus/Tottenham Court Road	Chipotle	Mexican - all GF except for flour tortillas 7 days 11.30 am - 11 pm (10pm Sun)	Ask for allergy information and for server to change gloves	181-185 Wardour Street W1F 8WZ	http://www.chipotle.co.uk/ T: 020 7494 4156
The West End - Soho	Oxford Circus/Tottenham Court Road	The Melt Room	Toasties! 7 days Mon-Fri 8.30am-8pm Sat/Sun 11am - 7pm (6pm Sun)	Apparently have GF bread & separate fryer for GF items.	26 Noel Street W1F 8GY	http://meltroom.com/ T: 020 7096 2002
The West End - Soho	Oxford Circus/	Yorica	Vegan treats (icecreams,	Everything is GF & DF. Ask re other allergies.	130 Wardour Street	Open 7 days from noon* until late (*11am Sun).

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	Tottenham Court Road		biscuits, shakes), free from gluten, dairy, nuts and eggs.		W1F 8ZN	http://www.yorica.com/ http://thecoeliacplate.com/london-100-gluten-free/
The West End - Soho	Piccadilly Circus	Brasserie Zedel	French Brasserie, GF bread available	GF menu (not online)	Downstairs 20 Sherwood St W1F 7ED	www.brasseriezedel.com Art deco restaurant & cocktail bar. Good for pre-theatre (set menu avail) T: 020 7734 4888
The West End - Soho	Piccadilly Circus	Istu	Sushi. Many GF options without Soya sauce 7 days	Download Nutritional info from website	18-20 Lower Regent Street SW1Y 4PH	itsu.com/ (see PDF under Nutrition/Allergies)
The West End - Soho	Piccadilly Circus	Pizza Express (Coeliac UK accredited)	Pizza, Salad	GF options marked on menu	26 Panton House, Haymarket SW1Y 4EN	www.pizzaexpress.com/
The West End - Soho	Piccadilly Circus	The Criterion	Modern European	Ask staff for GF options.	224 Piccadilly W1J 9HP T: 020 7930 0488	http://www.criterionrestaurant.com/restaurant Good location for theatres. Interior is opulent.
The West End - Soho	Piccadilly Circus	TGI Fridays	American diner 7 days	Allergy menu available	25/29 Coventry Street W1D 7AG	www.tgifridays.co.uk/
The West End - Soho	Piccadilly Circus	Busaba Eat Thai	Thai	Ask for Allergy menu (not on internet)	35 Panton Street SW1Y 4EA	busaba.com/
The West End - Soho	Piccadilly Circus	Wagamama	Japanese/pan Asian	GF options - ask server	10a Lexington Street W1F 0LD	www.wagamama.com/ T: 0207 292 0990
The West	Piccadilly	YO! Sushi	Sushi (sashimi &	Ask for nutritional	St Albans House	www.yosushi.com

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
End - Soho	Circus		some rice rolls). GF soy sauce available.	booklet (also on website)	57 Haymarket SW1Y 4QX	T: 020 7930 7557
			7 days 12pm-11pm (Sun 10.30pm)			
The West End - Soho	Piccadilly Circus	Hawksmoor	Steakhouse	Ask staff	5a Air Street W1J 0AD	thehawksmoor.com/
The West End - Soho	Piccadilly Circus/ Leicester Square	Honest Burgers	GF burgers, buns & chips 7 days, lunch til late	Check with staff (also regular specials)	4A Meard Street (off Wardour St) W1F 0EF	www.honestburgers.co.uk/ No bookings, but you can put your name down for a table at the door and they text you when ready.
The West End - Soho	Piccadilly Circus/ Leicester Square/Tottenham Court Road	La Polentaria	Italian	100% gluten free	64 Old Compton Street W1D 4UQ	Polenta used instead of wheat for pasta/bread options. Vegetarian options. Mon-Fri noon-11.30pm. Sat/Sun 11am-11.30pm http://lapolentaria.com/ T: 020 7434 3617 http://thecoeliacplate.com/london-100-gluten-free/
The West End - Soho	Piccadilly Circus/ Leicester Square/Tottenham Court Road	Ed's Easy Diner (Coeliac UK Accredited)	American diner - burgers, hot dogs, salads	GF menu	12 Moor St, Old Compton Street, W1D 5NG	www.edseasydiner.com/
The West End - Soho	Piccadilly Circus/ Oxford Circus	Aurora	Small restaurant happy to adjust as needed		49 Lexington Street W1F 9AP	www.aurorasoho.co.uk/
The West End - Soho	Piccadilly Circus/	Soupe du jour	Soup, salad, GF bread.	GF & DF marked on menu	34 Lexington Street	www.soupe-du-jour.com/

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
	Oxford Circus		Mon-Fri only		W1F 0LH	
The West End - Soho	Piccadilly Circus/Oxford Circus	Hummus Bros	Mediterranean. GF bread or corn chips avail Mon-Fri only	Website can filter on GF (and many other dietary requirements)	88 Wardour Street W1F 0TJ	www.hbros.co.uk/
The West End - Soho	Piccadilly Circus/Oxford Circus	Mildreds	Vegetarian, GF options 6 days noon - 11pm	GF marked on menu	45 Lexington Street W1F 9AN	www.mildreds.co.uk/ No bookings
The West End - Soho	Piccadilly Circus/Oxford Circus	Wahaca	Mexican market eating	Ask for GF menu (avoid tortilla chips as fried with wheat items)	80 Wardour Street W1F 0TF	www.wahaca.co.uk No bookings
The West End - Soho	Piccadilly Circus/Tottenham Court Rd	Vitao	vegan cafe, GF options 7 days from midday	GF options	74 Wardour St W1F 0TE	www.vitao.co.uk/ T: 020 7734 8986
The West End - Soho	Piccadilly Circus/Leicester Square	Ed's Easy Diner (Coeliac UK Accredited)	American diner - burgers, hot dogs, salads	GF menu	19 Rupert Street, London W1D 7PA	www.edseasydiner.com/
The West End - Soho	Tottenham Court Rd	Vantra	vegan restaurant 7 days from midday	GF options	25-27 Oxford Street W1D 2DW	www.vantra.co.uk/ T: 020 7439 8237
The West End - Soho	Tottenham Court Rd	Arbutus	Brasserie, 1 Michelin star	Many GF options (co-owner is coeliac)	63-64 Frith Street W1D 3JW	www.arbutusrestaurant.co.uk/ T: 020 7734 4545
The West End - Soho	Tottenham Court Rd/Leicester Square	Dean St Townhouse	High tea - GF sandwiches, pastries & scones	Request in advance	69 - 71 Dean Street W1D 3SE	www.deanstreettownhouse.com
The West	Tottenham	La Bodegra	Mexican	Ask staff - apparently	9 Old Compton	labodeganegra.com/

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
End - Soho	Court Rd/Leicester Square	Negra (Restaurant)	7 days Evenings only	most things made with cornflour	Street W1D 5JF	Expensive.
The West End - Soho	Tottenham Court Rd/Leicester Square	La Bodegra Negra (Cafe)	Mexican 7 days Day/Night	Ask waiter - apparently most things made with cornflour	9 Old Compton Street W1D 5JF	labodeganegra.com/
The West End - Soho	Tottenham Court Rd/Oxford Circus	Imli Restaurant	Indian	GF marked on menu (see Note)	167-169 Wardour Street W1F 8WR	http://www.imlistreet.com/ Note: one visitor in 2012 noted that they use the same tandoor for the meat/fish and for their naan breads so there is a cross contamination risk.
The West End - Soho	Tottenham Court Rd/Oxford Circus	Pho	Vietnamese street food 7 days, lunch til late	Ask staff, nearly everything is GF or can be GF	163-165 Wardour Street W1F 8WN	www.phocafe.co.uk/
The West End - Soho	Tottenham Court Road	Snowflake Gelato	Gelato & sorbetto with GF cone	Ask staff, allergy info online. Mon-Sun lunchtime until late.	102 Wardour Street London W1F 0TP	www.snowflakegelato.co.uk/
The West End - Soho	Tottenham Court Road	Busaba Eat Thai	Thai	Ask for Allergy menu (not on internet)	106-110 Wardour Street W1F 0TR	busaba.com/
The West End - Soho	Tottenham Court Road	Istu	Sushi. Many GF options without Soya sauce Mon-Sat	Download Nutritional info from website	74 New Oxford Street WC1A 1EU	itsu.com/ (see PDF under Nutrition/Allergies)
The West End - Soho	Tottenham Court Road	Pizza Express (Coeliac UK Accredited)	Pizza, Salad	GF options marked on menu	10 Dean Street W1D 3RW	www.pizzaexpress.com/
The West End - Soho	Tottenham Court Road	Pizza Express (Coeliac UK Accredited)	Pizza, Salad	GF options marked on menu	20 Greek Street W1D 4DU	www.pizzaexpress.com/

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
The West End - Soho	Tottenham Court Road	The Montagu Pyke (Wetherspoons)	Pub food	GF symbol on menu	105-107 Charing Cross Road WC2H 0BP	www.jdwetherspoon.co.uk/
The West End - Soho	Tottenham Court Road	Chipotle	Mexican - all GF except for flour tortillas 7 days 11.30 am - 10 pm (11 am - 11 pm Fri & Sat)	Ask for allergy information and for server to change gloves	114-116 Charing Cross Road WC2H 0JR	http://www.chipotle.co.uk/ T: 020 7836 8491
The West End - Covent Garden	Charing Cross	Pizza Express (Coeliac UK Accredited)	Pizza, Salad	GF options marked on menu	450 Strand WC2R 0RG	www.pizzaexpress.com/
The West End - Covent Garden	Charing Cross/Embankment	Tortilla	Mexican - all GF except for flour tortillas Sun-Wed 12 - 5 pm, Wed 12 - 10 pm, Thur-Sat 12 - 11pm	Ask for server to change gloves	460 The Strand WC2R 0RG	http://tortilla.co.uk/locations/ T: 0207 930 0269
The West End - Covent Garden	Covent Garden	Pasta Brown	GF Pasta	Ask staff re toppings	31-32 Bedford St WC2E 9ED	T: 020 7836 7486
The West End - Covent Garden	Covent Garden	Neal's Yard Salad Bar	GF breads, cassava, desserts. Vegan & vegetarian options	GF marked on menu.	2 Neal's Yard WC2H 9DP	http://www.sevendials.co.uk/map/13-food-and-drink/87-neals-yard-salad-bar T: 020 7836 3233
The West End - Covent Garden	Covent Garden	Farmstand	Breakfast/lunch/dinner.	All food is gluten & dairy free and no added sugar.	42 Drury Lane Covent Garden	Casual - food served in boxes. http://www.farmstand.co.uk/
The West	Covent	The Ivy	Fine dining	Ask staff	1-5 West Street	www.the-ivy.co.uk/

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
End - Covent Garden	Garden				WC2H 9 NQ	T: 020 7836 4751
The West End - St James	Green Park	Petrichor Restaurant at The Cavendish Hotel	Fine dining	Entire menu is gluten free Please note kitchen (& fryer) is not 100% GF. Please ask staff for more information.	81 Jermyn Street, St James's, SW1Y 6JF	Two AA Rosette's for Culinary Excellence. http://www.thecavendish-london.co.uk/restaurant
The West End - St James	Charing Cross/Embankment	The Lord Moon of the Mall (Wetherspoons)	Pub food	GF symbol on menu	16-18 Whitehall SW1A 2DY	www.jdwetherspoon.co.uk/ <i>The Household Cavalry Museum</i>
The West End - St James	Green Park	Istu	Sushi. Many GF options without Soya sauce Mon-Sat	Download Nutritional info from website	167 Piccadilly W1J 9EG	http://itsu.com/ (see PDF under Nutrition/Allergies)
Westminster	Hyde Park Corner/Kingsbridge	Serpentine Bar & Kitchen	Casual 7 days, no bookings	GF on menu (eg a salad in summer)	Serpentine Road Hyde Park W2 2UH	www.serpentinebarandkitchen.com/
Westminster	Victoria	Ed's Easy Diner (Coeliac UK Accredited)	American diner - burgers, hot dogs, salads	GF menu	Adj to Victoria Station Victoria Place Shopping Centre 115 Buckingham Palace Road	www.edseasydiner.com/
Westminster	Victoria	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	WF, GF, DF marked on menu	Adj to Victoria Station Victoria Place Shopping Centre 115 Buckingham Palace Road SW1W 9SJ	www.leonrestaurants.co.uk/

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
Westminster	Victoria	Giraffe	Nachos, meat/fish (no fries), risotto. Breakfast omelette. Child friendly. 7 days	Ask for allergy menu or print from website	120 Wilton Road SW1V 1JZ	www.giraffe.net/classic
Westminster	Victoria	Itsu	Sushi. Many GF options without Soya sauce M-F only (open late)	Download Nutritional info from website	15 Baker St W1U 8EG	itsu.com/ (see PDF under Nutrition/Allergies)
Westminster	Victoria	M&S Food	Supermarket	Takeaway - some salads GF	Cardinal Place shopping centre Victoria Street SW1E 5JE	<i>Walking distance from Buckingham Palace</i>
Westminster	Victoria	Nando's	Peri-peri chicken chips, salad	Chicken & Chips, salad - ask for allergy book behind counter	Cardinal Place shopping centre Victoria St SW1E 5JE	www.nandos.co.uk/ <i>Walking distance from Buckingham Palace</i>
Westminster	Victoria	Wagamama	Japanese/pan Asian	GF options - ask server	Roof garden level Cardinal Place shopping centre Victoria Street SW1E 5JE	www.wagamama.com/ T: 0207 828 0561 <i>Walking distance from Buckingham Palace</i>
Westminster	Victoria	Zizzi	Italian - GF pasta, meat/fish 7 days	Ask for allergy menu	15 Cardinal Walk Cardinal Place shopping centre Victoria Street SW1E 5JE	www.zizzi.co.uk/ T: 020 7821 0402 <i>Walking distance from Buckingham Palace Opposite Westminster Cathedral</i>
Westminster	Victoria	La Tasca	Spanish tapas, including GF	GF marked on menu	Cardinal Place shopping centre	www.latasca.com/

Area	Tube	Restaurant	What is available	GF guidance	Address	Comments / website
			wraps		Victoria St	<i>Walking distance from Buckingham Palace</i>
Westminster	Victoria	YO! Sushi	Sushi (sashimi & some rice rolls). GF soy sauce available. 7 days 11.30am - 10pm	Ask for nutritional booklet (also on website)	Main Concourse Victoria Station Terminus Place SW1V 1JT	www.yosushi.com T: 020 3262 0050
Westminster	Victoria / St James' Park, Westminster	Leon	Casual, freshly made food (eg salads, curry, falafel) 7 days	WF, GF, DF marked on menu	56 Victoria Street SW1E 6QW	www.leonrestaurants.co.uk/ <i>Near House of Fraser</i>