



# Restaurant Search

## UK - Scotland - Highlands

### May 2014

This listing covers my searching for gluten free restaurants close to the route we took on a driving trip around the west coast of Scotland and the Scottish Highlands. This included Loch Lomond, Isle of Skye, Fort William, Inverness, Loch Ness, Aviemore, Stirling and starting and ending in/near Edinburgh.

The restaurants that we ate at are underlined. Many of the areas were very remote, but all hotels were happy to accommodate me and most of them had gluten free bread. For links to reviews, please see the Blog Roll at the end of the document

Please note that not all restaurants are open all year round due to the seasonal nature of tourism in the region - check opening hours first!

If you are visiting Edinburgh, please also see my separate Edinburgh restaurant list on: <http://thecoeliacplate.com/restaurant-lists/>

If you are from overseas, you might find my guide to Visiting the UK helpful: <http://thecoeliacplate.com/visiting-the-uk-gluten-free/>

The weblink below is a great site I found just I was ending my own searching on Scotland. You will find areas in Scotland that I have not covered, such as Glasgow and Aberdeen. <http://www.glutenfreescotland.co.uk/list-all.php>

*Please see the disclaimer at the end of the document.*

Town	Restaurant	Address	Comments / website
Balloch (Loch Lomond), West Dunbartons hire	<u>Palambos of Balloch</u> (it is also a B&B)	40 Balloch road G83 8LE T: 01389 753501	Café & takeaway. GF available, including GF fish and chips. “Palombos of Balloch offer a full range of Gluten Free meals served throughout the day.” The menu states that a separate pan is used. 7 days, 11.30am- 8pm <a href="http://palombosofballoch.co.uk/restaurant.html">http://palombosofballoch.co.uk/restaurant.html</a>
Balloch (Loch Lomond), West Dunbartons hire	<u>The Tullie Inn</u>	Fisherwood Road (cnr Balloch Rd) G83 8SW T: 01389 752052	Saw a review on Yelp (2013) that suggested there might be a GF menu - nothing on their website though. <a href="http://www.tullieinnballoch.co.uk/tullie-inn/food-a-drink/eating-and-drinking.html">http://www.tullieinnballoch.co.uk/tullie-inn/food-a-drink/eating-and-drinking.html</a>



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Balloch (Loch Lomond), West Dunbartons hire	<b>Thorntons Chocolates</b>	Loch Lomond Shores development (see below)	Not a restaurant, but a good place to stock up on chocolate! <a href="http://www.thorntons.co.uk/">http://www.thorntons.co.uk/</a>
Balloch (Loch Lomond), West Dunbartons hire	<b>Café Zest at House of Fraser (Jenners)</b>	Loch Lomond Shores development Ben Lomond Way Balloch, G83 8QL	Sign states that sandwiches can be made on GF bread. Also have baked potatoes. 7 days, daytime opening only.
Balloch (Loch Lomond), West Dunbartons hire	<b>McDonald's</b>	At roundabout just before Loch Lomond Shores development (see above)	24/7
Oban, Argyll and Bute (between Helensburgh and Fort William)	<b>The Oban Bay Fish &amp; Chip shop</b>	34 George St PA34 5NL T: 01631 565855	GF Batter available. Restaurant provides more than fish and chips (but not necessarily GF) eg pizza, pie, mac n cheese, gammon steak. 7 days 11.30am-9.00pm <a href="http://www.obanbayfishandchips.com/">http://www.obanbayfishandchips.com/</a>
Oban, Argyll and Bute	<b><u>The Olive Garden</u></b>	2 Railway Pier (also entrance from ferry terminal side) PA34 4LW (Formerly Rascals) T: 01631 570347	Mediterranean restaurant right on the bay. Many GF options on menu, and GF pasta/pizza available. I found a comment on TripAdvisor by the manager that the Head Chef understands special diets well due to having a child with a sensitivity. Children welcome. I enjoyed a tapas meal there. 7 days. Lunch 12.00-2.30pm, Dinner 5.00 - 9.30pm. Coffee etc all day. <a href="http://www.theolivegardenoban.co.uk/">http://www.theolivegardenoban.co.uk/</a>
Oban, Argyll and Bute	<b>Waterfront Fish House Restaurant</b>	By ferry terminal	Saw a sign saying they have a GF menu.
Oban, Argyll and Bute	<b>The Corryvreckan (Wetherspoons)</b>	By ferry terminal	Chain pub that has some GF items marked on menu.
Onich (Near Glencoe, south of Fort William & North of Oban)	<b>The Onich Hotel &amp; Lochside Gardens</b>	Inverness Shire PH33 6RY	GF marked on dinner menu (steak, prawn stir fry, pannacotta). Restaruant 7 days 6pm-8.45pm. Bar menu not marked up for GF (but is for vegetarians). <a href="http://www.onich-fortwilliam.co.uk">http://www.onich-fortwilliam.co.uk</a>



Town	Restaurant	Address	Comments / website
Tyndrum	<b>The Green Welly</b>	A82 FK20 8RY	GF customers welcomed.
Tyndrum (approx 1/2 way between Glasgow & Fort William, north of Loch Lomond)	<b>The Real Food Cafe</b>	situated on the A82 & the West Highland Way	Fish & Chips - <b>dedicated coeliac fryer</b> Sign out the front states GF menu and dog friendly! Modern looking café. Open all year round (daytime until around 9pm), but longer hours in the summer. <a href="http://www.therealfoodcafe.com/">http://www.therealfoodcafe.com/</a>
Fort William	<b>Ben Nevis Inn</b>	Claggan, Achintee PH33 6TE T: 01397 701227	GF buns for burgers, soup, salads, salmon, steak etc. Good idea to book. Open 7 days late March-late Oct 12-11pm (food until 9pm). Open Thursday-Sunday through winter (but often closed for 3 weeks in November). Has basic bunk house accommodation. <a href="http://www.ben-nevis-inn.co.uk/">http://www.ben-nevis-inn.co.uk/</a>
Fort William	<b>The Grog &amp; Gruel</b>	68 High Street (pedestrianised) PH49 6AE T: 01397 705078	A 2013 trip advisor reviewer found staff accommodating (eg chicken enchilda OK). The Alehouse - 7 days from midday until late. The Restaurant - 7 days from 5pm. <a href="http://www.grogandgruel.co.uk/">http://www.grogandgruel.co.uk/</a>
Fort William	<b>Café 115</b>	High St (pedestrianised)	Sign out the front saying GF sandwiches and cakes available. Open 7 days.
Fort William	<b>The Great Glen</b> (Wetherspoons)	High St (pedestrianised)	Chain pub that has some GF items marked on menu.
Fort William	<b>Crannog (Seafood) Restaurant</b>	Town Centre Pier The Waterfront PH336DB T: 01397 705589	Inform staff of any allergies. 7 days lunch and dinner. <a href="http://www.crannog.net/restaurant/">http://www.crannog.net/restaurant/</a>
Fort William	<b>Loch Iall (Brewers Fayre)</b>	An Aird Rd PH33 6AN T: 08715 278402 (next to Holiday Inn)	Pub. 7 days Breakfast/lunch/dinner at North end of Fort William shopping centre, just off A82 ring road close to railway and bus stations <a href="http://www.brewersfayre.co.uk/brewersfayre/our-pubs/fort-william/loch-iall.html">http://www.brewersfayre.co.uk/brewersfayre/our-pubs/fort-william/loch-iall.html</a>
Banavie (just out of Fort William)	<b>Neptune Restaurant</b> at Moorings Hotel	Banavie Fort William PH33 7LY T: 01397 772797	AA rosette for the last 17 years. Chef happy to cater GF and GF bread provided. 2 courses £24 <a href="http://www.moorings-fortwilliam.co.uk/dining.php">http://www.moorings-fortwilliam.co.uk/dining.php</a>



Town	Restaurant	Address	Comments / website
Caol (Fort William)	Sammy's Fish 'N' Chip Shop	Kilmallie Road Caol PH33 7EN  T: 01397 701078	Gluten Free fish and chips available everyday, please phone 30 mins in advance to place your order. This shop came up repeatedly as recommended during my search - it was a shame we didn't make it there! <a href="http://www.sammysfishandchipshop.co.uk/">http://www.sammysfishandchipshop.co.uk/</a>
Glenfinnan Near Fort William - (Inverness-shire)	Glenfinnan Station museum dining car (stationary)	Station Cottage, Glenfinnan PH37 4LT, T: 01397 722300	Open 9am until late afternoon during the season (May - October). For evening meals enquire on the telephone number. Free admission to the museum when eat there. 2010 Tripadvisor reviewer found chef happy to adapt and GF bread available. Soup with Glutafin bread was available Aug 2012. <a href="http://glenfinnanstationmuseum.co.uk/facilities/dining-car/">http://glenfinnanstationmuseum.co.uk/facilities/dining-car/</a>
Glenfinnan Near Fort William - (Inverness-shire)	Glenfinnan House (hotel restaurant)	Near Fort William, Glenfinnan Highland PH37 4LT T: 01397 722235	2013 reviewer had a good experience.
Torlundy (Fort William)  (5 miles north Fort William)	Lochaber Farm Shop & Cafe	Unit 5 Lochaber Rural Complex Aonach Mor Road PH33 6SQ near the Nevis Range Ski Resort T: 01397 708686	GF goodies in shop and Café also has some options - GF bread, soup, GF cake (Note: oats are often used in cakes/biscuits - double check if you do not eat oats). Check website to confirm opening times. Spring 2014 open Tues-Sat 10am-4pm and Sun 12-4pm <a href="http://www.lochaberfarmshop.com/">http://www.lochaberfarmshop.com/</a>
Isle of Skye - Broadford	Café Sia	Ford Road, Broadford, (main road at edge of town)  T: 01471 822616	Coffee shop & restaurant. Tripadvisor reviewer April 2014 said it was a nice restaurant that caters for GF (nothing mentioned on website). I checked menu in passing and it has GF pizza noted on menu. Opened in March 2014. Open 7 days: 10am-9pm (10pm Friday & Saturday) <a href="http://www.cafesia.co.uk/">http://www.cafesia.co.uk/</a>
Isle of Skye - Broadford	Harbour Restaurant	Main Street, Broadford, Isle of Skye IV49 9AE T: 01471 822687	Spanish. Vegetarian and vegan options - worth asking re gluten free. No opening hours. <a href="http://www.harbourbroadford.co.uk/menu-2/">http://www.harbourbroadford.co.uk/menu-2/</a>
Isle of Skye -	Eileen Doonan	Dornie Kyle of Lochalsh	Baked potato, Honeybuns cakes (wrapped). Every day 12 March - 27th Oct, 10.00am -



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Town	Restaurant	Address	Comments / website
Dornie	castle	IV40 8DX T: 01599 555202	5.00pm <a href="http://www.eileandonancastle.com/">http://www.eileandonancastle.com/</a>
Isle of Skye - Torrin 6 miles out of Broadford on way to Elgol	<b>Blue Shed Cafe</b>	Elgol Road IV49 9BA  T: 01471 822 847	GF Cake & bread available Open 10.30-5.30pm weekdays & Saturday (closed Wednesday), 12-5pm on Sunday <a href="http://www.theblushedcafe.magix.net/website/#/Homepage">http://www.theblushedcafe.magix.net/website/#/Homepage</a>
Isle of Skye - Dunvegan	<b><u>The Three Chimneys</u></b>	Colbost IV55 8ZT T: 01470 511258	Michelin star restaurant. A special effort was made in the restaurant for dinner (including GF bread). GF bread also available for breakfast in the House Over-by and GF snacks provided for afternoon tea (including home made scones) <a href="http://www.threechimneys.co.uk/">http://www.threechimneys.co.uk/</a>
Isle of Skye - Dunvegan	<b>MacLeod Tables Café at Dunvegan Castle</b>	IV55 8WF  T: 01470 521 310	Soup & GF bread available. Mrs Crimble's biscuits (several types, individually wrapped). Both castle and café open 1 April-15 October daily 10am to 5pm (last entry).  Self catering cottages in the gardens. <a href="http://www.dunvegancastle.com">http://www.dunvegancastle.com</a>
Isle of Arran	<b>Broderick castle café</b>	KA27 8HY	National Trust property - frequently good for GF. Honeybuns cakes, soup. Check castle opening hours for tea room hours. <a href="http://www.nts.org.uk/Property/Brodick-Castle-Garden-and-Country-Park/">http://www.nts.org.uk/Property/Brodick-Castle-Garden-and-Country-Park/</a>
Isle of Arran	<b>Cruise at Auchrannie</b>	Auchrannie Resort Auchrannie Road Brodick KA27 8BZ T: 01770 302234	GF on menu (and DF also available). Separate fryer for chips. Daily from 7.30am - breakfast, lunch, dinner, snacks. <a href="http://www.auchrannie.co.uk/food-drink/cruise-bar-brasserie.html">http://www.auchrannie.co.uk/food-drink/cruise-bar-brasserie.html</a>
Isle of Skye - Dunvegan	<b>Dunorin House Hotel</b>	2 Herebost Dunvegan IV558GZ	"If you have any specific dietary requirements, please to let us know when you make your booking, so that they can be accommodated." Evening meals. <a href="http://www.dunorinhousehotel-skye.com/restaurant-bar">http://www.dunorinhousehotel-skye.com/restaurant-bar</a>
Isle of Skye - Culnacnoc	<b>Ellishadder Art Cafe</b>	Ellishadder IV51 9JE T: 01470 562734	Light lunches & cakes - GF and DF options Easter - October Sunday - Friday 10.30am - 5.30pm (closed Saturdays) <a href="http://www.ellishadderartcafe.co.uk/">http://www.ellishadderartcafe.co.uk/</a>



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Isle of Skye - Portree	<b>Harbour View Seafood Restaurant</b>	7 Bosville Terrace Portree IV51 9DG, T: 01478 612069	Trip advisor review in Sept 2012 said GF was not a problem. Seasonal opening - mid March - ? Lunch & dinner. <a href="http://www.harbourviewskye.co.uk/">http://www.harbourviewskye.co.uk/</a>
Isle of Skye - Portree	<b>Sea Breezes</b>	2 Marine Buildings IV51 9DE T: 01478 612016	Seafood. Trip advisor review in Sept 2012 said GF was not a problem. Seasonal opening - April until late October. Lunch 12.00-2.00, dinner 5.00-9.00pm. Bookings recommended. <a href="http://www.seabreezes-skye.co.uk/">http://www.seabreezes-skye.co.uk/</a>
Isle of Skye - Portree	<b>Marmalade Hotel</b>	Home Farm Road IV51 9LX T: 01478 611711	Lunch and dinner. Views of Loch Portree No mention of GF on website, but it came up in a GF search so may be worth checking. <a href="http://www.marmaladehotels.com/the-food/">http://www.marmaladehotels.com/the-food/</a>
Isle of Skye - Culnacnoc (north of Portree)	<b>Ellishadder Art Café</b>	Ellishadder Culnacnoc IV51 9JE T: 01470 562734	GF and DF options. Café serving cakes and light lunches. Overlooks Loch Mealt. Easy parking. <a href="http://www.ellishadderartcafe.co.uk/">http://www.ellishadderartcafe.co.uk/</a>
Applecross, Wester Ross	<b><u>Applecross Inn</u></b>	Applecross Wester Ross IV54 8LR (one route there is via an extremely windy & hilly road - not suitable for large vehicles)	Trip advisor review in July 2013 said GF was not a problem. I spoke to staff member who was very helpful and had green curry (home made curry paste). Views across to the Isle of Skye. Some outside seating. All day menu from 12 noon - 9pm <a href="http://www.applecross.uk.com/inn/">http://www.applecross.uk.com/inn/</a>
Badachro, Wester Ross	<b>Na Mara Restaurant</b>	Strath Square Strath Gairloch IV21 2BZ T: 01445 712397	View out to Loch Gairloch. namararestaurant.co.uk (not working)
Aultbea	<b><u>Zetland Restaurant</u></b> at Aultbea hotel	Sea Front Aultbea IV22 2HX T: 01445 731201	Hotel dining room was happy to accommodate me and had gluten free rolls at the table for me. Same menu was available in the hotel bar. New owners had just taken over the hotel that week, so not sure if restaurant will change. <a href="http://www.aultbeahotel.co.uk/">http://www.aultbeahotel.co.uk/</a>
Ullapool, Ross-shire	<b>The Argyll Hotel Seafood Bar &amp; Restaurant</b>	18 Argyle Street IV262UB T: 01854 612422	Separate Coeliac and Vegetarian menu. They state that they avoid using wheat flour wherever possible have GF bread and pasta available. <a href="http://www.theargyllullapool.com">www.theargyllullapool.com</a>



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Ullapool	Essence of India	Side street near Tesco	worth checking for GF. (not open when walked past during the day - possibly evenings only).
Ullapool, Ross-Shire	Caledonian Hotel	Quay Street IV26 2UG	On Visit Scotland website it says Gluten free available, but not mentioned on the Caledonian website. <a href="http://www.bespokehotels.com/caledonianhotel">http://www.bespokehotels.com/caledonianhotel</a>
Brackla (Loch Ness)	Clansman Hotel	Brackla Loch Ness-side Inverness-shire IV3 8LA T: 01456 450326	<a href="http://www.lochnessview.com/">http://www.lochnessview.com/</a> Family run hotel, blogger found restaurant efforts fantastic. <a href="http://mrpjevans.com/2012/08/gluten-free-surprises-in-scotland/">http://mrpjevans.com/2012/08/gluten-free-surprises-in-scotland/</a>
Fort Augustus (Loch Ness - south end)	The Lovat Hotel restaurant	Fort Augustus, Inverness-shire PH32 4DU T: 01456 490000	Fine dining. Found a review of GF icecream Closed for 2 weeks in January. Daily noon-2pm, 6-9.30pm
Dores (Loch Ness) 8 miles from Inverness	The Dores Inn	Dores B862 By Loch Ness IV2 6TR T: 01463 751203	On the shore of loch ness. Restaurant and pub. GF menu with lots of options. Good idea to book. <a href="http://www.thedoresinn.co.uk/">http://www.thedoresinn.co.uk/</a>
Drumnadrochit (Loch Ness), Inverness-Shire	Loch Ness Inn	Main road Lewiston Drumnadrochit IV63 6UW T: 01456 450991	One review said helpful. <a href="http://www.staylochness.co.uk/eating">http://www.staylochness.co.uk/eating</a>
(Loch Ness)	Cobbs Bakery	No store, but look out for items.	Has some GF and vegan options. <a href="http://www.cobbsbakery.co.uk/">http://www.cobbsbakery.co.uk/</a>
Daviot (Near Inverness), Inverness-shire	The Dairy @ Daviot	Daviot Estate Daviot IV2 5ER T: 01463 772975	I saw a TripAdvisor review (June2012) saying they had GF cakes. Menu quite small, but you might find something suitable for lunch. Booking recommended April - October: 10.00am - 5.00pm November - March: 10.00am - 4.00pm. <a href="http://dairyatdaviot.co.uk/the-dairy-cafe.asp">http://dairyatdaviot.co.uk/the-dairy-cafe.asp</a>
Inverness	The Mustard Seed	16 Fraser St IV1 1DW T: 01463 220220	Someone suggested they were helpful on a GF forum. Not marked on menu. Independently owned. 7 days Lunch 12.00pm - 3.00pm Dinner 5.30pm - 10.00pm <a href="http://mustardseedrestaurant.co.uk/">http://mustardseedrestaurant.co.uk/</a>





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Town	Restaurant	Address	Comments / website
Inverness	<b>Girvans Café</b>	2 Stephen's St, IV2 3JN T: 01463 711900 Past top of High St	Family run café. 7 days breakfast/lunch/dinner. GF not on menu except for desserts. <a href="http://www.girvansrestaurant.co.uk/index.html">http://www.girvansrestaurant.co.uk/index.html</a>
Inverness	<b>Pizza Express</b>	Unit B Eastgate Centre Falcon Square IV23PP (just outside shopping centre near Station)	GF Pizza and other options marked on menu (chain). Outside seating available. <a href="http://www.pizzaexpress.com/">http://www.pizzaexpress.com/</a>
Inverness, Inverness-Shire	<b>ASH restaurant</b>	The Royal Highland Hotel 18 Academy St IV1 1LG T: 01463 231926 (just outside station)	Bistro. GF marked on menu. 7 days lunch, dinner and light bites (7am - 11pm, except late opening on Sunday) <a href="http://www.ash-inverness.co.uk/">http://www.ash-inverness.co.uk/</a>
Inverness	<b>Bella Italia</b>	1 Bridge street IV1 1HG	<a href="http://www.bellaitalia.co.uk/">http://www.bellaitalia.co.uk/</a>
Inverness	<b>Zizzi's</b>	20 Bridge Street T: 01463 237735	Mon - Sat 12pm - 11pm (Fri/Sat 11.30pm) Sun 12pm - 10.30pm Ask for Allergy menu. GF pasta & other meals available. <a href="http://www.zizzi.co.uk/">http://www.zizzi.co.uk/</a>
Inverness	<b>Rocpool</b>	1 Ness Walk IV3 5NE T: 01463 717274	Cooked fresh to order and staff understand GF. Mon-Sat lunch and dinner <a href="http://www.rocpoolrestaurant.com/">http://www.rocpoolrestaurant.com/</a>
Elgin	<b>Scribbles Pizza House</b>	152-154 High St Town Centre IV30 1BD T: 01343 542835	Lunch and dinner. GF pasta available if in stock (or preordered), pizza, baked potato, selection of salads (substantial and otherwise). Ask for separate GF menu (even though GF marked on main menu, I went to order something and found it wasn't actually GF due to an error). <a href="https://www.facebook.com/Scribbles.Elgin">https://www.facebook.com/Scribbles.Elgin</a>
Arberlour (45 mins from Aviemore)	<b>The Mash Tun</b>		Blogger 'hattysglutenfreeboxoftreats' had a good experience there (2013) with the chef adapting a meal to be GF.
Archiestown (45 mins from Aviemore)	<b>Archiestown Hotel</b>		Blogger 'hattysglutenfreeboxoftreats' had a good experience there (2013) with the chef adapting a meal to be GF.
Aviemore, Inverness-shire	<b>Cairngorm Hotel</b>	Grampian Road PH22 1PE (opposite)	Gluten free menu. (Also has accommodation) Lunch, dinner and afternoon tea.





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		station) T: 01479 810233	<a href="http://www.cairngorm.com/restaurant">http://www.cairngorm.com/restaurant</a>
Aviemore, Inverness-shire	<b>Strathspey Steam Railway</b>		Meals/snacks provided by Cairngorm Hotel (above) during Spring to Autumn. Advise when booking. <a href="http://www.cairngorm.com/dine-on-a-steam-train">http://www.cairngorm.com/dine-on-a-steam-train</a>
Aviemore, Inverness-shire	<b>The Rowan Tree Country Hotel</b>	Loch Alvie by Aviemore PH22 1QB T: 01479 810207	GF marked on the dinner menu (several options for each course). Inform when ordering that GF is needed. Open 5.30-8.30pm (closed to non residents on Monday). <a href="http://www.rowantreehotel.com/best-Aviemore-restaurants/dining-menus.html">http://www.rowantreehotel.com/best-Aviemore-restaurants/dining-menus.html</a>
Aviemore, Inverness-shire	<b>The Mountain Café</b>	111 Grampian Road PH22 1RH (B9152 near A9) T: 01479 812473	GF on menu. Big, healthy meals! “We cater for vegan, vegetarian, nut allergies, soya free, Coeliac food (gluten free) & wheat free - we realise it’s important to understand the difference as well as the complexity in producing the various types of allergy sensitive food. We therefore ensure we use separate tongs, toasters and fryers along with the more obvious separate knives and chopping boards. We understand that gluten free food is suitable for a wheat free diet but that wheat free food may not mean it is also gluten free.” Opening hours vary due to season. In the summer open 7 days 8.30am-5ish. Popular so you may need to queue in busy times. <a href="http://mountaincafe-aviemore.co.uk/">http://mountaincafe-aviemore.co.uk/</a>
Aviemore, Inverness-shire	<b>The Old Bridge Inn</b>	23 Dalfaber Rd PH22 1PU T: 01479 811137	Lovely food and staff very helpful on GF. All food made to order. Lunch 12-2pm Mon-Thurs, 12-3pm Fri-Sun Dinner 6-9pm Sun-Thurs, 6-10pm Fri/Sat <a href="http://www.oldbridgeinn.co.uk/">http://www.oldbridgeinn.co.uk/</a>
Aviemore, Inverness-shire	<b>Papa Rock restaurant</b>	Grampian Rd PH22 1RH T: 01479 810394	GF meals available eg steak, nachos, smoked salmon parcel (marked on menu). 7 days, 10am - late. Decorated with music memorabilia. <a href="http://www.paparock.org.uk/">http://www.paparock.org.uk/</a>
Aviemore, Inverness-shire	<b>La Taverna</b>	683 Grampian Road (close to A9) PH22 1PT	GF pizza and other items. Takeaway available.
Aviemore, Inverness-shire	<b>The Potting Shed café at Inshriach</b>	PH22 1QS	GF Cakes (possible via the bakery in Kingussie that closed in Feb 2014 and hoping to open in Edinburgh). 1st November - 22nd December



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Town	Restaurant	Address	Comments / website
	Nursery		Every weekend: 10am - 5pm. No dogs anywhere on the property. <a href="http://www.inshriachnursery.co.uk/the-potting-shed-tearoom">http://www.inshriachnursery.co.uk/the-potting-shed-tearoom</a>
Thurso (Caithness )	<b>Northern Sands Hotel</b>	Dunnet village KW14 BXD	GF marked on menu - mainly seafood/steak, plus starters and dessert. <a href="http://www.northernsands.co.uk/">http://www.northernsands.co.uk/</a>
Dunblane (Perthshire)	<b>Cromlix hotel restaurant</b>	Kinbuck, By Stirling Near Dunblane Stirling FK15 9JT T: 01786 822125	Albert Roux restaurant - fine dining. This was our best meal of the trip and GF toast provided instead of bread.  <a href="http://www.cromlix.com/">http://www.cromlix.com/</a>
Dunkeld (Perthshire)	<b>Riverview Restaurant at Atholl Arms hotel</b>	Bridgehead PH8 OAQ  T: 01350 727 219	GF and vegetarian aware (but not marked on menu) "Using locally sourced ingredients, our team of professional chefs prepare a menu that captures the flavours of Scotland. In doing so we can produce a variety of dishes that include meat, fish, poultry, vegan, vegetarian and gluten free. We are very aware of peoples choices and allergies so please ask your server if in doubt of any dish." Lunch and dinner. <a href="http://www.athollarmshotel.com/dining.html">http://www.athollarmshotel.com/dining.html</a>
Dunkeld (Perthshire)	<b>Inn @ Atholl</b>	As above	As above
Dunkeld (Perthshire)	<b>Spill The Beans Cafe at MacPhails Of Dunkeld</b>	6 Cathedral Street PH8 OAW T: 01350 728111	Trip advisor review in 2012 said had GF cakes. Dog friendly. No website, but FB page.
Bankfoot	<b>Perthshire visitor centre</b>	Beside the A9	GF menu and GF products in shop. <a href="http://www.perthshirevisitorcentre.co.uk/">http://www.perthshirevisitorcentre.co.uk/</a>
Perth	<b>Willows Coffee Shop &amp; Restaurant</b>	12 - 14 St John's Place PH1 5SZ T: 01738441175	GF on menu. Salads, GF bread for sandwiches available, soup usually GF. Several GF cakes. Easy walk from Canal St multi-storey car park. 7 days breakfast, lunch & snacks, Fri/Sat dinner. <a href="http://www.willowscoffeeshop.co.uk/">http://www.willowscoffeeshop.co.uk/</a>
Perth	<b>Reid's</b>	32-34 High St PH1 5TQ T: 01738 636 310	Café, bistro, wine bar. GF menu, including pancakes for breakfast! Burger, sandwiches, salads, soup, baked camembert, mezze, desserts. Vegetarian options also marked. Café opn 8.00am-6.00pm Mon-Thurs,



Town	Restaurant	Address	Comments / website
			10.00am-5.00pm Sun Bistro open 8.00am-late Fri/Sat <a href="http://www.reidscafe.com/">http://www.reidscafe.com/</a>
Perth	VITA Bar & Grill	1 St Johns Place PH1 5SZ	One OpenTable reviewer (April 2014) had a good GF experience.
Perth	Thorntons	High Street	Not a restaurant, but a good place to stock up on chocolate! <a href="http://www.thorntons.co.uk/">http://www.thorntons.co.uk/</a>
Perth	Fit Food Bistro at Tiso Outdoor Experience	“next to main roundabout on the way North/South”	“We stock gluten-free bread and most of our breakfast and lunch fillings are gluten free” Vegetarian options also. <a href="http://www.fitfoodbistro.co.uk/menu/special-diets/">http://www.fitfoodbistro.co.uk/menu/special-diets/</a>
Perth	Frankie & Benny's	St Catherine's Leisure Park Dunkeld Road (A9) PH1 5XA T: 01738 474090	<a href="http://www.frankieandbennys.com/">http://www.frankieandbennys.com/</a>
Perth	McDonalds	Dunkeld Road (A9) (not far from Frankie & Bennys above)	
Perth (Perth and Kinross)	The Glover Arms Bar Restaurant	Huntingtower Park Crieff Road PH1 3JJ T: 01738 624 888	(adjacent to Travelodge) Cosy pub with a gluten free menu (not shown online). Mon-Sat 12pm-11pm, Sun 12.30pm-10.30pm <a href="http://www.vintageinn.co.uk/thegloverarmsperth/">http://www.vintageinn.co.uk/thegloverarmsperth/</a>
Perth	Costa	High Street (pedestrianised) PH1 5PB	Worth checking for GF wrap
Perth	Starbucks	High Street	Worth checking for GF wrap
Kinross, Perth and Kinross	Heaven Scent Coffee Shop	19 South Street Milnathort KY13 9XA T: 01577 865577	Wide range of vegetarian and GF meals - marked on menu. <a href="http://www.heavenscentcoffeeshop.co.uk">www.heavenscentcoffeeshop.co.uk</a>
Stirling, Stirlingshire	Bluebell Tearoom	1a Pitt Terrace FK8 1EZ T: 07580914740	Whole menu is available GF. GF pancakes, soup, sandwiches, tarts, cakes. Separate toaster for GF bread. Owner is a coeliac. Mon- Sat 9.00 am - 5.00 pm Sun 11.00am - 4.00pm <a href="http://www.bluebelltearoom.com/">http://www.bluebelltearoom.com/</a>



Town	Restaurant	Address	Comments / website
Stirling	<u>Kilted Kangaroo</u>	9 Upper Craigs FK8 2DG	Australian themed bar and grillhouse. Menu marked with GF and vegetarian. Burgers, nachos, mixed grill. Lunch and dinner. Entertainment every night from 9pm. <a href="http://www.kiltedkangaroo.com/">http://www.kiltedkangaroo.com/</a>
Stirling	McDonalds	54 Murray Place FK8 2BX	

### Blog Roll:

For reviews on the underlined restaurants on this list see:

[www.thecoeliacplate.com](http://www.thecoeliacplate.com)

For other locations:

Tyndrum

<http://mrpjevans.com/2012/08/gluten-free-surprises-in-scotland/>

Glenfinnan station museum

<http://mrpjevans.com/2012/08/gluten-free-surprises-in-scotland/>

Isle of Arran (Look under Feb 2014)

<http://gfandfabulous.wordpress.com/>

Arbelour and Archies town

<https://hattysglutenfreeboxoftreats.wordpress.com/>

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



•The Coeliac Plate•

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## Supermarkets/shops

This list is mainly of stores I noticed in passing, as going through supermarkets is not really a holiday past-time! I don't know if all of them will have a free from section, but it is useful to know where supermarkets are if you are self-catering.

Many of the towns are so small you don't need an address - just drive or walk around and you will see them.

Town	Shop	Address	Comments
Fort William	Tesco Metro	High St	
Fort William	Morrisons (large)	Behind Train station	
Kyle	The Co-operative		
Broadford	The Co-operative	Town centre	
Ullapool	Tesco		Has a reasonable Free from range (bread, biscuits, pasta etc).
Portree	Health food shop	Town centre	Sign out the front said GF available.
Portree	Tesco	Town centre	No free from range
Portree	Tesco	Just out of town centre	Not checked, but large store so more likely to have Free from range.
Aviemore	Costcutters		GF bread, pasta, cereal
Aviemore	Tesco	Main street	Good free from range.
Grantown	The Co-operative		GF bread, pasta, cereal, cakes
Kingussie	Murchie's	High St	Some GF items.
Dunblane (Perthshire)	M&S Simply Food	Stirling Rd* Dunblane FK15 9EY *Main road into Dunblane (B8033) (southern end)	Looks like a big store, so likely to have free from section.
Stirling	The Co-operative	On main road near Wallace Monument turn off	
Stirling	Tesco	On main road near Stirling Castle	
Stirling	Stirling Health Food Store	29 Dunbarton Rd	GF foods available and can be ordered Mon-Sat 9.00am-5.30pm <a href="http://www.stirlinghealthfoodstore.co.uk/">http://www.stirlinghealthfoodstore.co.uk/</a>
Elgin	Tesco Extra	Walkable from High St (behind M&S)	
Elgin	M&S Simply Food	High Street	Good range of free from products.

Elgin	ALDI	
Elgin	LIDL	Next to Elgin Station
Elgin	ASDA 24 hr superstore	Next to Elgin Station
Perth	ASDA 24 hr superstore	A9
Perth	Sainsbury's local	199-205 High Street PH1 5PB (pedestrianised)
Perth	ALDI	
Perth	Tesco metro	122-124 South St Town Centre Perth PH2 8PA
Perth	LIDL	
Perth	Morrisons	
Perth	Tesco extra	A85 near A9 junction
Nairn	The Co-operative	King St (A96) - just out of town centre
Nairn	Sainsbury's Superstore	Forres Road (A96)