



GF Restaurant Search

UK - South Devon

August 2014

The Torbay area in South Devon is known as the English Riviera and includes Brixham, Torquay, Paignton and Babbacombe. My search revolved around this area including Totnes, Dartmouth and Salcombe and up to an hour each direction eg to Plymouth and Exeter. For more information on Plymouth, check out the following blog <http://gfreebythesea.me/>

As we were travelling with our dog, outside space was important and that information is noted where known. A number of cafes are dog friendly and allow dogs inside. The places we visited are marked with an asterisk*.

Please note that because of the seasonal nature of the area, it is worth checking places are open before visiting.

Reviews are on the blog at:

<http://thecoeliacplate.com/devon-gluten-free-torquay-brixham>

Please see the disclaimer at the end of the document.

Town	Restaurant	Address	Comments /websites
Brixham	*David's Fish & Chips	64 Bolton St TQ5 9DH T: 01803 855771	Delicious GF fish and chips - "please try to call through your order as these items are cooked in separate pans away from the normal fryers, so would advise giving 30 minutes notice" (from FB page 2014). GF chips are frozen rather than fresh to avoid cross contamination. 7 days, takeaway only. https://www.facebook.com/pages/Davids-Fish-and-Chips/382260665126440
Brixham	The Vigilance (Wetherspoon)	5 Bolton St TQ5 9DE T: 01803 850 489	GF on menu. Pub.
Brixham	Brixham Sunday market	Fore Street	Second Sunday of the month 10am-4pm. GF baked items available. http://www.brixhamchamber.co.uk/sunday-market
Brixham	Oats Healthy Living Store & Café	11 Bolton Street TQ5 9BZ	GF options in store and café. No dogs. https://www.facebook.com/oatshealthylivingstore



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Brixham	The West Country Deli	45 Fore St TQ5 8AA T: 01803 855775	Stocks “Let them eat cake” GF products http://www.the-west-country-deli.co.uk/
Brixham	Lemon Heaven	40 Middle St TQ5 8ER T: 01803 858444	Casual café. Sign in the window saying gluten free bread (including baguettes), cream teas, main meals etc. Vegan options. Some pavement tables. No website.
Brixham	Bistro 46	46 Middle Street TQ5 8EJ T: 01803 858936	World cuisine - fusion of European, Mid East & Far East dishes. GF marked on dinner menu (but not lunch menu which is mostly sandwiches etc). Some pavement tables. Summer opening Tues-Sat 6pm till late, and Sat 10.30am-3.30pm. http://www.bistro46.com/
Brixham	*Tiffany’s	70 Fore Street TQ5 8AA T: 01803 857 084	A casual café, dog friendly. GF menu and bread available (care taken re cross contamination). GF cream tea available. Recommend the GF option of the Homity Pie - delicious! Wrapped GF cakes available (Baked to Taste and others). http://www.brixham.com/eating-out/tiffany-s-coffee-shop
Brixham	The Brixham Rendezvous	35 Fore Street TQ5 8AA T: 01803220398	Website states happy to endeavour to meet dietary requirements and menu includes vegetarian and GF options (not marked on internet menus). Café during the day (eg baked potato), bistro in the evening (eg fish, salad). Takeaway available. Garden and deck at rear. 7 days 9-5pm (Sun 9.30am) Jun-Sept Thurs - Sat evenings until 10pm http://www.brixhamrendezvous.co.uk/
Brixham	The Coffee House	69 Fore St TQ5 8AG	Website states there are a variety of GF snacks and meals. Mon - Sat From 8.30 am Sun: From 10 am Closing times vary seasonally 4 outside tables. http://coffeehousebrixham.vpweb.co.uk/
Brixham	*Millie & Me	1 King St TQ5 9TF T: 01803 858488	Coffee bar & cream teas. Nothing on website or shop menus about GF, but they usually have frozen GF scones available. Wifi. Some outside seating. http://millieandme.co.uk/coffee-ba/
Brixham	Ayur - Life at Pilgrims	64B Fore Street TQ5 8EF T: 01803 414 226	Menu out the front states that they “can cater for absolutely any dietary requirement” http://www.lifeatpilgrims.co.uk/



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Brixham	Quayside Restaurant at Quayside hotel	41-49 King Street BTQ5 9TJ T: 01803 855751	AA rosette. Elegant, a la carte meals. Note on Sugarvine website states GF meals can be prepared on request. http://www.quaysidehotel.co.uk/restaurant/
Brixham	Old Market House	The Quay TQ5 8AW T: 01803 856891	Not marked on menu, but website notes there are GF and vegetarian options. Some outside seating at front. Summer Breakfast 9am-11am daily. Main menu daily from 12 Noon - 10pm (summer), until 9pm (winter). http://www.staustellbrewery.co.uk/pub/brixham/old-market-house
Brixham	Poopdeck Restaurant	14 The Quay T: 01803 858 681	Read internet reviews that GF available. No outside seating. Evenings 7 days, lunch Fri/Sat/Sun http://www.poopdeckrestaurant.com/
Berry Head, Brixham	Guardhouse Cafe	10 minute walk to headland from Berry Head car park.	Café with some GF biscuits/cake. The chef's brother is a coeliac - it is the first time I have seen knives and tongs labeled gluten free for handling GF items! Dog friendly inside and out. Check website for openings - over summer period open daily 10am-5pm (8pm Fri) unless the weather is very bad. http://guardhousecafe.com/
Churston, nr Brixton	Churston Traditional Farm Shop	Brokenberry Quarry Dartmouth Rd TQ5 0LL T: 01803 845837	Stocks some GF items. http://www.churstontraditionalfarmshop.org.uk/
Churston, nr Brixton	Weary Ploughman	Dartmouth Road Churston Ferrers Nr Brixham TQ5 0LL T: 01803 - 844702	GF crackers available with cheese, no other GF marked on menu. Free wifi 7 days lunch & dinner. Not clear if outside space. http://www.wearyploughman.co.uk/
Newton Abbot	Vanilla Pod restaurant @ The Cridford Inn	Trusham TQ13 0NR T: 01626 853694	Their menu states "most of our meals are gluten free where possible". http://www.vanillapod-cridfordinn.com/
Babbacombe	Angels Tea Room	49 Babbacombe Downs Rd TQ1 3LP T: 01803 324477	GF breads, scones, cakes and pastries. Good idea to book. Dog friendly. https://www.facebook.com/angels.tearooms
Torquay	Born to Bake (online only)	Acacia Old Mill Road TQ2 6HJ T: 07824 766666	100% GF and dairy free home bakery, with delivery. Also attends some local markets (see calendar on website for dates). http://www.gluten-free-torquay.co.uk/



Torquay	Jacksons Gluten free bakery (online only)	The Prep Room Market Forum Market Street TQ1 3AE T: 01803 297138	100% GF bakery - bread, rolls, cheddar straws, scones, cakes, swiss roll, pies. Some DF options. Delivery only - to Torquay, Paignton and Brixham and other areas of South Devon. Order by 1pm for next day delivery. No delivery Monday or Sunday. Collections from Torquay possible. (I believe some of their products are sold in the market on another stall, but I did not visit.) http://www.jacksonsglutenfree.moonfruit.com/home/4581978343
Torquay	*The Singing Kettle Tea room	3 Kistor Place Belgrave Road TQ2 5HP T: 01803 299 489	GF cream tea and cakes. GF scones are made in a heart shape so there is never any doubt! Understanding of cross contamination. Dog friendly inside & out. 7 days 10am-4pm (Sat/Sun 9.30am) http://thesingingkettletorquay.com/
Torquay	Rockfish	20 Victoria Parade TQ1 2BB T: 01803 212175	Their menu states they have GF batter, and suitable for Coeliacs. (I walked past the Dartmouth branch and their menu says they have GF batter but not yet suitable for Coeliacs, so shows some understanding). This store opened in July 2014. 7 days from 12-9.30pm http://www.therockfish.co.uk/
Torquay	Gemelli	172 Union St TQ2 5QP T: 01803 29 41 83	Italian. Came up on English riveria but nothing on menu. Website says GF Pasta avail and dairy free cream. http://www.gemellirestaurant.co.uk/
Torquay	The Orange Tree	14-16 Parkhill Road TQ1 2AL T: 01803 213936	European. Website states they “work with dietary requirements, especially coeliac”. No outside seating. Tues -Sat from 7pm. http://www.orangetreerestaurant.co.uk/
Torquay	Prezzo	1 Vaughan Parade TQ2 5EG	GF on menu. Some outside seating. www.prezorestaurants.co.uk/
Torquay	Pizza Express	16 Strand TQ1 2AA T: 01803 211 525	GF Pizza and other meals. www.pizzaexpress.com
Torquay	Le Bistro Pierre	Abbey Sands complex TQ1 5HE	GF & DF menu available in other stores - this one opens end August 2014. http://www.lebistrotpierre.co.uk/locations/torquay
Torquay	Green Life	Unit 28 The Market, Market Street TQ1 3AE T: 07732199194	Health food shop.



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Paignton	Neffy's Coffee House	70 Torbay Rd TQ4 6BP	"We stock a soya milk and a wide range of gluten free cakes pies and pasties." Some outdoor seating. 7 days, open until 8.30pm Fri/Sat. https://www.facebook.com/Neffys/info
Paignton	Squires Fish & Chips	71 Torbay Rd TQ4 6AJ T: 01803 558 379	GF batter available (small extra charge). No website.
Totnes	Fat Lemons	Ticklemore Street TQ9 5EJ (Bottom of the town) T: 01803 866 888	Vegetarian, vegan & gluten free options. Winner of the best café in Totnes in 2012. Garden courtyard. Tuesday - Saturday from 9.30am - 4.30pm Breakfast from 9.30am - 11.30am, lunch served from 12pm - 2.30pm www.fatlemons-totnes.co.uk
Totnes	The Steam Packet	The Steam Packet Inn St Peters Quay TQ9 5EW T: 01803 863 880	GF menu. Outside seating by river Dart. 7 days lunch and dinner. Open all day for food in summer holidays. Wifi. http://www.steampacketinn.co.uk/
Totnes	Food for Thought	10 The Plains TQ9 5DR T: 01803 862 071	Deli. Stocks "Let them eat cake" GF products
Totnes	La Fourchette Brasserie	26 High St TQ9 5RY T: 01803 864 499	French brasserie. GF options marked on menu. No outside area. Lunch 12-3, Dinner from 6pm. 7 days (no dinner Mon night) http://www.lafourchettebrasserie.com/
Totnes	Wild Fig	53 Fore St TQ9 5NJ T: 01803 864 829	Tapas style food with many GF options, including pie and quiche. Tues night is Vegetarian night with vegan options. "While not everything we make is gluten free, we try where we can to ensure that no gluten is used to ensure that everyone can enjoy the meal." Mon-Sat daily until late (no dinner on Mon). Sundays open seasonally. http://www.thewildfig.co.uk/
Totnes	Green Life	1-2 Birdwood Court High St TQ9 5SG	Health food shop - GF products available. Mon - Sat 9am-5.30pm
Totnes	Café Royale	67 Fore St TQ9 5NJ 01803 862604	Café & Bistro. Some salads and one main marked up as GF. No website.



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Dartmouth	*Radio Dart Café Lounge	Higher Street	Many GF & vegetarian options - meals and snacks. Café had only been open 9 weeks when I visited and where very happy to answer all my questions and seemed cross contamination aware. 8am-11pm every day, all year round. http://www.radiodart.net/#!our-vision/c1atx
Dartmouth	Alf Resco	Lower St 01803 835880	In research I think I read someone had eaten a GF baguette there - nothing mentioned on website or menus. Open 7 days 7am-2pm. http://www.cafealfresco.co.uk/
Dartmouth	Twenty Six Café & Bistro	33 Lower Street T: 01803 832 282	Menu states GF scones available.
Dartmouth	Sails Restaurant	22 South Embankment TQ6 9BB T: 01803 839281	Nothing on website regarding GF, but I noticed it somewhere on researching the area! No outside space. http://www.sailsdartmouth.co.uk/
Dartmouth	Rockfish	8 South Embankment TQ6 9BH T: 01803 832800	Their menu states they have GF batter, but are not yet set up for Coeliacs (but are trying). Check out status if you are visiting. 7 days from 12-9.30pm http://www.therockfish.co.uk/ Plymouth & Torquay menus state Coeliac friendly.
Dartmouth	Venus Beach Cafe	Blackpool sands, nr Dartmouth	Research indicated there were some GF items available in 2013. Nothing on website. 7 days from 8.3am, dinner 5-9pm Thurs-Sat in winter, extended during summer. http://www.blackpoolsands.co.uk/cafemenu.htm http://www.lovingthebeach.co.uk/
Dartmouth	Anzac Street Bistro	2 Anzac Street, TQ6 9DL T: 01803 835515	Polish cuisine and caters for GF and vegan. Part of a B&B and can cater GF breakfast. Open all year (closed Mon and by 8pm Sunday). http://www.anzacstreetbistro.co.uk/ (website not working Aug 2014)
Salcombe	The Fortescue Inn	Union St TQ8 8BZ T: 01548 842868	GF marked on menu (double check how chips are cooked) Has a beer garden. http://www.thefortsalcombe.com/



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Plymouth	JD's Grill	17 Derrys Cross PL1 2SW	GF options marked on menu. Lunch and dinner (closed Monday lunch). http://www.jds-grill.co.uk/
Plymouth	Nando's	15-21 Old Town Street PL1 1DA	Outside seating available. 7 days www.nandos.co.uk
Plymouth	Nando's	Barbican Leisure Park Barbican Approach Coxside PL4 0LG	Outside seating available. 7 days www.nandos.co.uk
Plymouth	Rockfish	Sutton Harbour 3 Rope Walk PL4 0LB T: 01752 255974 (near Aquarium)	Their menu states they have GF batter, and suitable for Coeliacs. (I walked past the Dartmouth branch and their menu says they have GF batter but not yet suitable for Coeliacs, so shows some understanding). This store opened in July 2014. http://www.therockfish.co.uk/
Plymouth	Clare's Gluten Free Catering (online only)	46 Victoria Road (ordering & collection only) St. Budeaux PL5 1RG	Owner is a coeliac, 100% GF kitchen. Gluten Free quiche, pasties, pies, cakes etc. DF can also be catered for. Delivery to Plymouth and the surrounding areas. http://www.claresglutenfreecatering.co.uk/
Plymouth	The Ladybird Bakery	theladybirdbakery2014@gmail.com	Owner is gluten intolerant. Can find them at markets around Torquay and Plymouth or order by phone. https://www.facebook.com/TheLadybirdBakery2014 Review here: http://gfreebythesea.me/2014/05/18/the-ladybird-bakery-gluten-free-goodies/
Devonport - near Plymouth	The Chip Stop	31 Waterloo Street Stoke PL1 5RP T: 01752 560630	GF batter available every day. 7 days in evenings 4.45 - 8.30pm, fri 9pm. Open for lunch Friday 11.45am-1.30pm. Check website for holidays (eg closed 25-30 Aug 2014). http://www.thechipstopplymouth.com/
Plympton - near Plymouth	Kingfisher Fish & Chips	Chaddlewood Shopping Centre Glen Road PL7 2XS T: 01752 335 567	GF fish, fish cakes, chips, onion rings etc all day on Mondays only (including bank holidays). No need to order in advance, but good idea if it is a large order http://kingfisherfishandchips.co.uk/



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Dawlish, near Exeter	Home Kitchen	2 Piermont Place EX7 9PQ T: 01626 895192	I understand this used to be a 100% GF café until fairly recently, but has been taken over by new management who are continuing to do GF, but also does non GF options. Mon-Sun 9-4pm. Dogs welcome! 2014 TripAdvisor Certificate of Excellence. English Breakfast, Burgers, sausages, pie, pasty, lasagne, jacket potatoes, sandwiches, cream teas, cakes. http://www.homekitchendawlish.co.uk/
Exeter	Côte	19-21 Cathedral Yard EX1 1HB T: 01392 433406	French brasserie. Ask for GF menu. A few outside tables. http://www.cote-restaurants.co.uk/
Exeter	ASK Italian	5 Cathedral Close EX1 1EZ	No gluten containing ingredients identified on menu. 4 tables for 2 outside. www.askitalian.co.uk/
Exeter	Wagamama	16 Bedford Street EX1 1LL	Japanese. Ask for Allergy menu. http://www.wagamama.com/
Exeter	La Tasca	26 Bedford St EX1 1GJ	Spanish tapas. GF bread available. www.latasca.co.uk
Exeter	Carluccios	Bedford St	Italian - pasta & fish/meat. Ask for GF menu. http://www.carluccios.com/uk
Exeter	Prezzo	202 High St EX4 3EB	GF on menu www.prezorestaurants.co.uk/
Exeter	Nando's	1 Princess Hay EX1 1GB T: 01392 436 080	Outside seating www.nandos.co.uk
Exeter	*Giraffe	Princess Hay EX1 1GE T: 01392 494222	Nachos, meat/fish (no fries), risotto. Breakfast omelette. GF on menu. Child friendly. Outside seating. http://www.giraffe.net/classic/
Exeter	Yo Sushi!	Princess Hay EX1 1LL	Sushi, GF soy sauces available. http://www.yosushi.com/
Exeter	Café Magdalen	31 Magdalen Rd St Leonards EX2 4TA T: 01392 250750	GF Menu - breakfast, burger, baked potato, salad Monday -Saturday: 7:30am -5pm, Sunday: 9am -1pm http://www.cafemagdalen.co.uk/

Supermarkets

You will notice large supermarkets in some of the areas - I noticed a large Sainsbury's near Paignton and an M&S just out of Torquay.

In the small towns, I regularly saw the Co-operative and the two shops in Brixham and the one in Totnes all had a good free from section.

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



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