



# GF Restaurant Search

## UK - York

September 2015 (v2.1)

York, like most UK cities, has all the major chains with gluten free offerings. There are also many independent cafes and restaurants, so it is a good opportunity to vary your options and support 'the little guys'!

All the main tourist attractions are within the city walls and everything is in walking distance - so if you fancy a particular restaurant, most will be easy to get to from wherever you are, but some are just out of town and you will need a car.

We were only there for a couple of days, but visited Café Concerto, La Cremeria, and Filmore & Union. Reviews are on the blog at: <http://thecoeliacplate.com/york-gluten-free/>. There is one 100% gluten free venue in York. For more detail see: <http://bit.ly/North100percentGF>

This list has had minor updates in May 2016.

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

Town	Restaurant	Address	Comments /websites
York YO24 1AB	<b>Ugot</b>	York train station Station Rd	Cold press juice & health food bar. GF wraps and salads. <a href="http://www.facebook.com/UGotUk">www.facebook.com/UGotUk</a>
York YO24 1AB	<b>Filmore &amp; Union</b>	Platform 8 York train station Station Rd  Tel: 01904 634599 E.yorkstation @filmoreandunion.co.uk	Coeliac UK accredited. GF & DF marked on the menu and designed for taking on the train. Breakfast, lunch, dinner & snacks. You can pre-order 48 hours before for collection. Mon - Fri 6am-8pm (Fri 8.30pm), Sat 6am-7pm, Sun 7am-7pm <a href="http://www.filmoreandunion.com/">www.filmoreandunion.com/</a>
York YO24 1AQ	<b>The Bar Convent Cafe</b>	17 Blossom Street T: 01904 464 910	Always a selection of GF sandwiches and cakes. Mon-Sat 7.45am - 4pm. Closed Bank Holidays, Easter/Christmas period. <a href="http://www.bar-convent.org.uk/cafe.htm">www.bar-convent.org.uk/cafe.htm</a>
York YO1 6JP	<b>Krakatoa</b>	39 Tanner Row T: 01904 633 066	Indonesian. GF marked on menu. Tues-Sat 5pm-10pm. <a href="http://www.krakatoayork.com/">www.krakatoayork.com/</a>



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York YO1 6GD	<b>The Grand Hotel</b>	Station Rise T: 01904 380038	Can do a gluten free afternoon tea if pre-book. <a href="http://www.thegrandyork.co.uk/">www.thegrandyork.co.uk/</a>
York YO1 7EN	<b>Café Concerto</b>	21 High Petergate T: 01904 610 478	Café by day, bistro by night. All dishes home made. GF menu for lunch & dinner. GF bread available for breakfast (not separate toaster but happy to grill). 7 days 8.30am-10.00pm (breakfast until 11am). No lunchtime bookings. Close to York Minster. <a href="http://www.cafeconcerto.biz">www.cafeconcerto.biz</a>
York YO1 7EH	<b>La Cremeria</b>	20 High Petergate T: 01904 612 647	Ice cream parlour & café. Light lunches & snacks. GF scones, crumpets, soup, toasted sandwiches/bagels, ice cream cones. Separate GF toaster. Also understands nut allergy. Open 7 days 10.30 am - 5.30 am (Sun 11-5) Close to York Minster. <a href="http://lacremeria.wix.com">lacremeria.wix.com</a>
York YO1 1RG	<b>The Go Down</b>	York House 15 Clifford St T: 01904 610 478	GF on menu, good selection (risotto only V option). GF biscuits available with cheese. 7 days 5.30-9.30pm Almost opposite the Dungeon and close to Castle Museum and Clifford's tower. <a href="http://www.thegodown.co.uk">www.thegodown.co.uk</a>
York YO1 7HZ	<b>Filmore &amp; Union</b>	62a Low Petergate T: 01904 654 123	Coeliac UK accredited. GF & DF marked on the menu. Café downstairs, lovely restaurant upstairs. Modern European & marketed as healthy eating. Dog friendly! 7 days 8am-10pm (Fri-Sat 11pm) <a href="http://www.filmoreandunion.com/">www.filmoreandunion.com/</a>
York YO1 7HY	<b>Bella Italia</b>	89 Low Petergate T: 01904 611 221	GF pasta and pizza bases available. <a href="http://www.bellaitalia.co.uk">www.bellaitalia.co.uk</a>
York YO1 7HT	<b>Côte</b>	49-51 Low Petergate T: 01904 639 994	French brasserie. Ask for GF menu. Mon-Sat 8am-11pm (Sat 9am), Sun 9am-10.30pm. <a href="http://www.cote-restaurants.co.uk/">www.cote-restaurants.co.uk/</a>
York YO1 7HY	<b>Drakes Fish &amp; Chips</b>	97 Low Petergate T: 01904 624 788	GF batter available. (At first visit I saw a sign saying GF on Mondays. After seeing concerns on social media, I popped in (end 2015) and they cook the GF battered fish with the chips as they don't have a dedicated fryer.) 7 days 11am-10.30pm. Eat in or takeaway. <a href="https://www.facebook.com/drakesofyork/">https://www.facebook.com/drakesofyork/</a>



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York YO1 7HY	<b>Georgina's Cafe</b>	71 Low Petergate T: 01904 671 977	They have a GF menu. 7 days 9am-5pm. <a href="http://www.georginascafe.com/">www.georginascafe.com/</a>
York YO1 7LS	<b>Lime House Restaurant</b>	55 Goodramgate T: 01904 632 734	“Special diets such as Gluten Free, are a welcome challenge - if you inform us in advance of your dietary requirements we can ensure you have a selection of dishes to choose from.” Tues-Sat noon-2.00pm & then from 6.30pm <a href="http://www.limehouserestaurant-york.co.uk/">www.limehouserestaurant-york.co.uk/</a>
York YO1 7EH	<b>La Cremeria Grande</b>	50 Goodramgate T: 01904 632 734	Big brother to La Cremeria in High Petergate (see above). GF menu Open 7 days 10.30 am - 5.30 am (Sun 11-5) <a href="http://lacremeria.wix.com">lacremeria.wix.com</a>
York YO1 7LF	<b>Gogi Cafe</b>	36 Goodramgate T: 01904 655 630	Vegatarian & Vegan. Information on ‘free from gluten containing ingredients’ available. Open 7 days 11.30am-4.30pm (w/end 9.30am). Dinner Fri/Sat from 6.30pm. <a href="http://www.gojicafe.co.uk/">www.gojicafe.co.uk/</a>
York YO1 7LS	<b>Wagamama</b>	77-91 Goodramgate	Japanese. Ask for Allergy menu. <a href="http://www.wagamama.com/">www.wagamama.com/</a>
York YO1 7LS	<b>The Yak &amp; Yeti (Ghurkha) restaurant</b>	63a Goodramgate T: 01904 624 677	Nepalese. GF on menu - lots of options. Closed Mon. Evenings 5-10pm, Lunch Fri/Sat/Sun 12.30-3pm. <a href="http://www.yakyatiyork.co.uk/">www.yakyatiyork.co.uk/</a>
York YO1 7LS	<b>Kafeneion</b>	39 Goodramgate T: 070 9330 3245	Have seen a recommendation, but nothing mentioned about GF on their FB page. <a href="https://www.facebook.com/Kafeneion-Cafe-Bar-112601195586196/">www.facebook.com/Kafeneion-Cafe-Bar-112601195586196/</a>
York YO1 7EHU	<b>El Piano</b>	15-17 Grape Lane T: 01904 610 676	Vegan. <b>100% gluten free</b> & “all dietary requirements catered for”. Mon-Sat 11am-11pm, Sun noon-9pm They have a list of recommended B&B's on website. (Also in Malaga & Granada) <a href="http://www.el-piano.com">www.el-piano.com</a>
York	<b>Little Italy</b>	12 Goodramgate T: 01904 623 539	They offer dishes with gluten free pasta (made fresh in the deli) in the restaurant. Closed Wednesdays. <a href="http://www.littleitalyrestaurantyork.co.uk/">www.littleitalyrestaurantyork.co.uk/</a>
York YO1 7LQ	<b>Ambience Tapas</b>	14 Goodramgate T: 01904 689784	Ask staff for allergen information. <a href="http://www.ambiente-tapas.co.uk/">www.ambiente-tapas.co.uk/</a>
York YO1 8AS	<b>Trembling Madness Drink</b>	48 Stonegate T: 01904 289848	Large selection of gluten free beers 7 days 10am-midnight (Sun 11am)



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Shop			<a href="http://www.tremblingmadness.co.uk/">www.tremblingmadness.co.uk/</a>
York YO1 8AW	<b>Molly's Tearooms</b>	The Antique Centre 41 Stonegate T: 01904 623824	GF sandwiches & toasties available. 7 days open 9am (weekdays till 4pm, Sat 5pm, Sun 3pm) <a href="http://www.theantiquescentreyork.co.uk/">www.theantiquescentreyork.co.uk/</a>
York YO1 8AJ	<b>Lucia Wine Bar &amp; Grill</b>	13 Back Swinegate T: 01904 731 599	"no gluten containing ingredients" menu & lots of choices. <a href="http://www.luciawinebar.co.uk">www.luciawinebar.co.uk</a>
York YO1 8BE	<b>Yo Sushi!</b>	15-17 Church St T: 01904 566 663	Sushi, GF soy sauces available. Large store with seating. 7 days 11.30am - 10pm (Fri/Sat 11pm) <a href="http://www.yosushi.com/">www.yosushi.com/</a>
York YO1 8QP	<b>Betty's Café Tea Rooms</b>	6-8 St. Helen's Square T: 01904 659142	This is a York institution and there is often a long queue outside*. They have a gluten intolerant menu (eg omelette, salad) & some GF cakes, but website cautions that wheat flour is used extensively in the kitchen. Talk to wait staff. 7 days 9am-9pm. *No reservations in café, but afternoon tea can be booked Fri/Sat/Sun. Closed 25&26 Dec and 1 Jan. <a href="http://www.bettys.co.uk/">http://www.bettys.co.uk/</a>
York YO1 7DT	<b>Baileys Tea Room</b>	7 Museum St T: 01904 651473	GF menu with toasties & cakes (check toaster & fillings) <a href="http://www.yelp.co.uk/biz/baileys-tearooms-york">www.yelp.co.uk/biz/baileys-tearooms-york</a>
York YO1 7DJ	<b>Pizza Express</b>	River House 17 Museum St T: 01904 672 904	GF Pizza and other meals. <a href="http://www.pizzaexpress.com">www.pizzaexpress.com</a>
York YO1 8NB	<b>Marks &amp; Spencer Café</b>	9 Pavement (3 <sup>rd</sup> floor) & also Coppergate	GF sandwich and muffin/brownie (individually wrapped). (NB M&S Cola has barley in it.)
York YO1 8RU	<b>Pret A Manger</b>	33 Parliament Street	Salad and soups. Allergen Guide available under 'Our Menu' <a href="http://www.pret.co.uk/">www.pret.co.uk/</a>
York YO1 8RN	<b>Pizza Express</b>	10 St Sampson's Square T: 01904 630930	GF Pizza and other meals. <a href="http://www.pizzaexpress.com">www.pizzaexpress.com</a>
York YO1 8QG	<b>Ask Italian</b>	The Grand Assembly Rooms Blake St T: 01904 637254	No gluten containing ingredients identified on menu <a href="http://www.askitalian.co.uk/">www.askitalian.co.uk/</a>
York YO1 8RZ	<b>Nando's</b>	12 High Ousegate	<a href="http://www.nandos.co.uk">www.nandos.co.uk</a>



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York YO1 8AA	<b>Zizzi</b>	2 Lendal T: 01904 644 000	Ask for allergy menu. GF pasta & other meals available. <a href="http://www.zizzi.co.uk">www.zizzi.co.uk</a>
York YO1 8AQ	<b>GBK - Gourmet Burger Kitchen</b>	7 Lendal T: 01904 639 537	GF menu available (bun not toasted, chips not GF). Kitchen obviously not 100% GF - advise staff when ordering. 7 days Noon - 10pm (11pm Fri/Sat) <a href="http://www.gbk.co.uk">http://www.gbk.co.uk</a>
York YO1 9TF	<b>Mumbai Lounge</b>	47 Fossgate T: 01904 654 155	Indian restaurant that has apparently has GF options (not marked on menu) <a href="http://www.mumbailoungeyork.co.uk/">www.mumbailoungeyork.co.uk/</a>
York YO1 9TA	<b>Ambience Tapas</b>	31 Fossgate T: 01904 638 252	Ask staff for allergen information. <a href="http://www.ambiente-tapas.co.uk/">http://www.ambiente-tapas.co.uk/</a>
York YO1 9QR	<b>Spurriergate centre restaurant</b>	St Michael's Church Spurrier Gate T: 01904 629 393	Home cooked food - worth asking. Eg jacket potato, soup. Closed Sunday. <a href="http://www.thespurriergatecentre.com/">www.thespurriergatecentre.com/</a>
York YO1 9NA	<b>Starbucks</b>	14 Coney Street (& also at Stonegate)	Usually one GF sandwich, but get in early!
York YO1 9RD	<b>Pizza Hut</b>	10 Pavement T: 01904 636966	GF Pizza. Eat in or takeaway. <a href="http://www.pizzahut.co.uk/">www.pizzahut.co.uk/</a>
YO1 9TL	<b>The Yorkshire Meatball Co.</b>	88-96 Walmgate on the ground floor of Hotel Indigo York T: 01904 231335	All meatballs are gluten free - there are over 100 different gluten free options in our signature dish alone! The majority of our menu is, or can be made, gluten free on request. Vegetarian options also available. 7 days noon-10pm <a href="http://theymco.com/">http://theymco.com/</a>
York YO1 9UP	<b>The Golden Fleece</b>	16 Pavement	A haunted pub! All food made to order and can cater for GF. <a href="http://www.thegoldenfleeceyork.co.uk/">www.thegoldenfleeceyork.co.uk/</a>
York YO1 9UP	<b>Pizza Hut</b>	14 Clifford St T: 01904 646361	GF Pizza. Eat in or takeaway. <a href="http://www.pizzahut.co.uk/">www.pizzahut.co.uk/</a>
York YO1 9RG	<b>Prezzo</b>	1-3 Clifford Street T: 01904 624474	GF on menu <a href="http://www.prezzorestaurants.co.uk/">www.prezzorestaurants.co.uk/</a>
York YO23 1JJ	<b>Stanley &amp; Romana</b>	30a Bishopthorpe Rd T: 01904 659 166	Home made gluten free cakes and sandwiches. Essentially a take away store, but there is some outside seating. Mon-Sat. <a href="http://www.stanleyandramona.co.uk/">www.stanleyandramona.co.uk/</a>
York YO32 9UE	<b>The Bothy at Dean's Garden Centre</b>	Stockton Lane Stockton-on-the-Forest T: 01904 400141	They have a gluten free menu and a good choice of gluten free puddings. Mon-Sun 10am-4.30pm



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			<a href="http://www.deansgardencentre.co.uk/coffee-shop/">www.deansgardencentre.co.uk/coffee-shop/</a>
York YO30 4XY	<b>Frankie and Benny's</b>	Clifton Gate Clifton Moore T: 01904 691261	American diner. GF menu. <a href="http://www.frankieandbennys.com">www.frankieandbennys.com</a>
York YO32 9GX	<b>Pizza Hut</b>	Monk Gate Shopping centre T: 01904 6755555	GF Pizza. Eat in or takeaway. <a href="http://www.pizzahut.co.uk/">www.pizzahut.co.uk/</a>
York YO32 9GX	<b>Café Des Amis</b>	Monk Gate Shopping centre	GF bread (check fillings), cakes by Almondy and biscuits by Wooden Spoon. No website.
York YO31 7UL	<b>Frankie and Benny's</b>	Fosse Island Retail Park Foss Islands Rd T: 01904 678 760	American diner. GF menu. <a href="http://www.frankieandbennys.com">www.frankieandbennys.com</a>
York YO31 7UL	<b>Waitrose</b>	Fosse Island Retail Park Foss Islands Rd T: 01904 653563	GF sandwich on Genius bread.
York YO31 7UL	<b>Morrisons</b>	Fosse Island Retail Park Foss Islands Rd	Worth checking for Free From section.
York YO19 4TA	<b>Ed's Easy Diner</b>	McArther Glen Designer Outlet St Nicholas Ave	American diner. GF menu. Coeliac UK accredited. <a href="http://www.edseasydiner.com/">www.edseasydiner.com/</a>
York YO19 4TA	<b>Pret A Manger</b>	McArther Glen Designer Outlet St Nicholas Ave	Salad and soups. Allergen Guide available under 'Our Menu' <a href="http://www.pret.co.uk/">www.pret.co.uk/</a>
York YO19 4TA	<b>Pizza Express</b>	McArther Glen Designer Outlet St Nicholas Ave T: 01904 678 683	GF Pizza and other meals. <a href="http://www.pizzaexpress.com">www.pizzaexpress.com</a>
York YO23 3PP	<b>Scott's Fish &amp; Chips</b>	Bilbrough Top Tadcaster Road T: 01904 700189	GF fish and chips available every day. 7 days from late morning until 9 (Mon-Thurs) 9.30 (Fri-Sun) <a href="http://scottsfishandchips.co.uk/">scottsfishandchips.co.uk/</a>
York	<b>Fairly Scrumptious</b>	Based in Guisborough, North Yorksire	100% GF cake producer & DF also available - stall often at York Food Fairs or make an order. <a href="http://www.fairlyscrumptious.co.uk/">www.fairlyscrumptious.co.uk/</a>
York YO26 6RA	<b>Whetherby Whaler</b>	Ings Lane York Business Park (situated just off the A64) York Business Park	Dedicated GF cooking pans for fish & chips. <a href="http://www.wetherbywhaler.co.uk/our-restaurants/york/">www.wetherbywhaler.co.uk/our-restaurants/york/</a>

*The following  
restaurants  
have closed:*

La Tasca

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



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