



Restaurant search

Greece - Santorini

June 2013

General guidance

Knowledge of gluten free/coeliac disease in general is fairly low. However much of the food in the Mediterranean diet is naturally gluten free. Use your dietary translation card at restaurants and you will find many options.

No restaurants were found that advertise as being gluten free aware, but the waiters are happy to check with the chef.

Food to eat

Grilled fish, seafood, meat (check fish is not dusted in flour before grilling)

Grilled vegetables

Salads

Giant beans

Fruit

Olives

Dolmades (stuffed vine leaves)*

Stuffed tomatoes and peppers*

*check stock is gluten free

Risotto*

Feta

Tzatziki (Greek yoghurt and cucumber dip), and other dips, such as eggplant and fava (yellow lentils cooked & blended)

Yoghurt, Honey

Potatoes/chips - often hand cut and fried in dedicated oil (but still check)

Dressings are usually served on the side (olive oil and vinegar). Bread is usually served at the table as an accompaniment.

If you're ordering a meal without bread you might also want to say no pita as your server might not equate the two. (<http://santorinidave.com/#gluten-free>)

See over for a list of foods to avoid.

Food to avoid	Reason
Moussaka	bechamel topping has flour in it
Patsitsio	pasta-based, and may have bechamel with flour on top
Vegetable stews	Often thickened with flour
Giouvetsi, youvetsi, similar spellings	a Greek lamb dish baked in the oven with orzo pasta.
Beef stifado	a rich thick beef stew with a suspiciously thick sauce. Some versions may not have flour, but it is fairly likely.
Briam (baked vegetable dish)	Usually does not have flour - check
Any fried foods	
Keftedes (meat or vegetable balls)	Contain bread and dipped in flour to fry
Spanokopita	Cheese and spinach pie

List mainly compiled from: http://gogreece.about.com/od/eatinganddrinking/ss/Gluten-Free-Travel-In-Greece_5.htm

There is also some risk from the grill as it is often used to cook meatballs and slides of bread (celiacforum.gr).

Useful phrases

Gluten free	Χωρίς Γλουτένη
coeliac disease	Kiliokaki
bread without gluten	ψωμί χωρίς γλουτένη
bread	ψωμί (psomee)
without	χωρίς (ghoreese)
gluten	γλουτένη (glouteni)
flour	αλεύρι (alevree)
flour without gluten	αλεύρι χωρίς γλουτένη

In general in Greece you will often find gluten free products in pharmacies, however I could not find any in the the pharmacies I checked in Oia and Fira.

Supermarkets

Town	Name	Address	Comments from blogs/websites
Fira	Karounos (Καρουανός)	Near bus station (behind main road)	Has a section with GF pastas, breads and biscuits.
Oia	Proton supermarket	Near bus station	Has GF spiral pasta (with normal pastas).

Accommodation

Town	Hotel	Address	Comments from blogs/websites
Oia	Ikies Traditional House	None provided	Jul 2012 journeytoadventurer.wordpress.com/tag/oia/ Maria also informed me that they special ordered gluten free products for me so that I could have some treats while I'm here. She eats a gluten free diet as well. Gluten free products are hard to find in Greece. I was blown away by the gesture. What hospitality!
Oia	Hotel Mystique 5*	None provided Oia .5 km	http://en.escapio.com/hotel/hotel-mystique#hotel-details gluten free cuisine mentioned on website

Blogs to read:

<http://thecoeliacplate.com/greek-island-santorini-2013/>

<http://www.celiactravel.com/stories/gluten-free-travels-in-greece/>

http://www.tripadvisor.ca/ShowTopic-g189433-i245-k6477024-Gluten_free_restaurants_in_Fira_and_Oia-Santorini_Cyclades.html#50068233



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