



# Restaurant Search

## Sweden - Stockholm

### July 2013

Stockholm is very gluten free (gluten-fri) aware and you are likely to find GF options in places other than on this list. (We were told by a local that all restaurants in Sweden are required by law to have ingredient listings.)

The Stockholm City Centre (Innerstaden) is made up of seven areas: Norrmalm (the business and shopping district), Gamla Stan (old town), Östermalm, Kungsholmen, Södermalm, Djurgården and Vasastan (<http://en.wikivoyage.org/wiki/Stockholm>). Stockholm postcodes begin with a 1.

Note: Chains are not fully listed, only very central stores noted, but you can look up others on their websites.

Area	Restaurant	Address	Comments / website
Gamla Stan	Under Kastanjen	Kindstugatan 1, 111 31 (in Brända Tomten square)	GF sandwiches, pastries, GF beer. Separate GF kitchen. Some things also lactose free. <a href="http://www.underkastanjen.se/">http://www.underkastanjen.se/</a> (English translation available) (Royal Palace is also in Gamla Stan) 7 days
Gamla Stan	Naturbageriet Sattva	Stora Nygatan 6, 111 27 Metro: Kungsträdgården	Bakery/cafe with many vegan and gluten free options. Mon-Sat.
Gamla Stan	Taco Bar	Västerlånggatan 66	GF options - ask staff 7 days <a href="http://www.tacobar.se/en/">http://www.tacobar.se/en/</a>
Djurgården	Junibacken (kid's) museum - Cafe	Galärvarvsvägen 8, 115 21 Just behind the Nordic Museum in Galärparken and next door to the Vasa Museum.	"We can provide milk and gluten-free pancakes, milk and äggfria pancakes and eggs, dairy & gluten free meatballs. Also on the cake buffet there are cookies without milk, eggs and gluten. Ask the staff!" <a href="http://www.junibacken.se/restaurang/meny">http://www.junibacken.se/restaurang/meny</a>
Djurgården	Nordic Museum (Nordiska museet) cafe	Djurgårdsvägen 6-16 115 21	You can ask to go into the museum just to go to the café. Staff helpful re GF and have GF hard bread and cakes. Mon-Fri 11.00-15.00 & Sat-Sun 11.30-16.00. <a href="http://www.nordiskamuseet.se/en/visit-us">http://www.nordiskamuseet.se/en/visit-us</a>

Area	Restaurant	Address	Comments / website
Norrmalm	Vassa Eggen Steak House	Birger Jarlsgatan 29 103 95	Steak house, GF bread available. <a href="http://www.vassaeggen.com/index.php/en/">http://www.vassaeggen.com/index.php/en/</a>
Norrmalm  (near School of Economics)	Lao Wei	Luntmakargatan 74 113 51  T: 08 673 78 00	Chinese. Menu is GF and vegetarian. No egg, dairy or MSG. Very popular place - book if you want to guarantee a table. <a href="http://laowai.se/index_en.html">http://laowai.se/index_en.html</a> Open 7 days (not Monday night) (often closed for 1 month+ over summer - check website)
Norrmalm	Royal Copenhagen (café within store) at MOOD shopping centre	In block surrounded by: Norrlandsgatan, Mästersamuelsgatan, Government Street and Jakobsbergsgatan.	Ask for GF bread for an open sandwich (can have smörrebröd?)
Norrmalm	La Neta	Barnhusgatan 2, 111 23 T: 08.411.5880	Mexican food (tortillas are GF) <a href="http://www.laneta.se/">http://www.laneta.se/</a> (no English on website Closed Sunday)
Norrmalm	Creperie La Petite Bretagne	Tegnérgatan 16 113 58 Metro: Rådmansgatan exit - Tegnérgatan.	Galettes (buckwheat) are GF <a href="http://www.g-c.se/">http://www.g-c.se/</a> (no English on website) Lactose free milk used. Closed Sunday. (often closed for 1 month over summer - check website)
Norrmalm	Vete-Katten	Kungsgatan 55 111 22 (Corner Kungsgatan / Klara Norra) Metro: Hötorget or T-Centralen	Café - good gluten-free selection (breads, cakes) from Helen Gluten Free in Örebro and Friends of Adam in Stockholm <a href="http://www.vetekatten.se/">http://www.vetekatten.se/</a> (no English on website) Closed on Sundays during the summer.
Norrmalm	McDonald's	Sergelgatan 4 111 57 Metro: T-Centralen	GF Buns! <a href="http://mcdonalds.se">mcdonalds.se</a> (no English on website)
Norrmalm	McDonald's	Stora Hallen, Centralplan 15 111 20 Metro: T-Centralen	GF Buns! <a href="http://mcdonalds.se">mcdonalds.se</a> (no English on website)
Norrmalm	McDonald's	Vasagatan 24 111 20 Metro: T-Centralen	GF Buns! <a href="http://mcdonalds.se">mcdonalds.se</a> (no English on website)
Norrmalm	Burger King	Central Station Metro: T-Centralen	GF Buns! See website for locations. <a href="http://www.burgerking.se/restauranger/stockholm/">http://www.burgerking.se/ restauranger/stockholm/</a>

Area	Restaurant	Address	Comments / website
Norrmalm	Taco Bar	Söderhallarna Medborgarplatsen 3 (lower level, near cinema)	GF options - ask staff 7 days <a href="http://www.tacobar.se/en/">http://www.tacobar.se/en/</a>
Norrmalm	Taco Bar	Mäster Sämuelsgatan 44	GF options - ask staff 7 days <a href="http://www.tacobar.se/en/">http://www.tacobar.se/en/</a>
Norrmalm	Taco Bar	Kungsgatan 3	GF options - ask staff 7 days <a href="http://www.tacobar.se/en/">http://www.tacobar.se/en/</a>
Norrmalm	Taco Bar	Kungshallen Food Court Kungsgatan 44	GF options - ask staff 7 days <a href="http://www.tacobar.se/en/">http://www.tacobar.se/en/</a>
	Taco Bar	Chain - check website for other locations	GF options - ask staff <a href="http://www.tacobar.se/en/">http://www.tacobar.se/en/</a>
Norrmalm	Wayne's coffee	Sveavägen 19 111 57	GF biscuits & bread rolls in some locations <a href="http://www.waynescoffee.com/">http://www.waynescoffee.com/</a> (in English in select 'International' in top RH corner)
Norrmalm	Wayne's coffee	Sergels Torg 2 111 57	GF biscuits & bread rolls in some locations <a href="http://www.waynescoffee.com/">http://www.waynescoffee.com/</a> (in English in select 'International' in top RH corner)
Norrmalm	Wayne's coffee	Klarabergsviadukten 49, 111 64 Metro: T-Centralen	GF biscuits & bread rolls in some locations <a href="http://www.waynescoffee.com/">http://www.waynescoffee.com/</a> (in English in select 'International' in top RH corner)
Norrmalm		Klarabergsgatan 56 111 21 Metro: T-Centralen	GF Pizza available <a href="http://www.pizzahut.se/restauranger/">http://www.pizzahut.se/restauranger/</a> (no English on website)
Norrmalm	Espresso House	Centralplan 15, 111 20 Metro: T-Centralen	Stocks 'Friends of Adam' bread. <a href="http://www.espressohouse.se/kontakt/">http://www.espressohouse.se/kontakt/</a>
Norrmalm Hötorgshallen	Pizza Hut	Slöjdgatan Hötorget 111 57	GF Pizza available <a href="http://www.pizzahut.se/restauranger/">http://www.pizzahut.se/restauranger/</a> (no English on website)
All around Stockholm	Espresso House	Chain - all around Stockholm	Stocks 'Friends of Adam' bread. See website for locations. <a href="http://www.espressohouse.se/hitta-oss/sverige/stockholm">http://www.espressohouse.se/ hitta-oss/sverige/stockholm</a>
All around Stockholm	Burger King	Chain - all around Stockholm	GF Buns! See website for locations. <a href="http://www.burgerking.se/restauranger/stockholm/">http://www.burgerking.se/ restauranger/stockholm/</a>
Södermalm (Katarina- Sofia)	La Neta	Östgötagatan 12B 116 25 7 days T: 08.640.4020	Mexican food (tortillas are GF) <a href="http://www.laneta.se/">http://www.laneta.se/</a> (no English on website)



•The Coeliac Plate•

Area	Restaurant	Address	Comments / website
Södermalm (Katarina-Sofia)	Creperie Fyra Knop	Svartengaten 4 116 20 T: 08.640.7727 Metro: Slussen	Galettes (buckwheat) are GF <a href="http://www.creperiefyraknop.se/">http://www.creperiefyraknop.se/</a> (no English on website)
Södermalm	Á la Crêpe	Katarinabangata 42 116 39	Galettes (buckwheat) are GF <a href="http://www.crepes.nu/">http://www.crepes.nu/</a> (no English on website)
Södermalm	Café Macchiato	Hornsgatan 63 118 49	Galettes (buckwheat) are GF Salads and jacket potatoes (request no bread) <a href="http://cafemacchiato.se/meny/">http://cafemacchiato.se/meny/</a>
Södermalm	Vurma	Bergsunds Beach 31 117 39 Metro: Hornstull	Café - salads, GF sandwiches <a href="http://www.vurma.se/">http://www.vurma.se/</a>
Södermalm	Pizzeria Mosebacke	Mosebacke Torg 9 116 46	GF pizza available
Södermalm (Katarina-Sofia)	Urban Deli	Nytorget 4 116 40	Good lunch options - sandwiches and ask staff re specials <a href="http://www.urbandeli.org/hem/">http://www.urbandeli.org/hem/</a>
Södermalm	Pizza Hut	Götgatan 54-56 118 26	GF Pizza available <a href="http://www.pizzahut.se/restauranger/">http://www.pizzahut.se/restauranger/</a> (no English on website)
Södermalm	Friends of Adam bakery	Hornstulls Strand 13, 117 39 Metro: Hornstull	100% gluten free bread and crackers. <a href="http://www.friendsofadam.se/">http://www.friendsofadam.se/</a> (no English on website) Closed Sunday.
Södermalm	Kafé Copacabana	Hornstulls Strand 3, 117 39 (close to Friends of Adam bakery)	GF sandwiches used Friends of Adam bread <a href="http://kafecopacabana.com/meny/">http://kafecopacabana.com/meny/</a> (no English on website)
Södermalm (Katarina-Sofia)	RV Hermans	Fjällgatan 23B, 116 28 T: 08-6439480	Vegetarian buffet restaurant with GF options. "If there are people with allergic problems we keep a close account on all the ingredients used. Ask the personnel." <a href="http://gastrogate.com/restaurang/hermans/">http://gastrogate.com/restaurang/hermans/</a>
Södermalm (Katarina-Sofia)	Chutney	Katarina Bangata 19, 116 39	Vegetarian (stews/curries), usually 2 GF options. <a href="http://www.chutney.se/">www.chutney.se/</a> (no English on website)
Ostermalm	Ristorante Capri	Nybrogatan 15 114 39 T: 08.662.3132 Metro: Östermalmstorg	<a href="http://www.ristorantecapri.se/">http://www.ristorantecapri.se/</a> (no English on website) 7 days, bookings recommended



•The Coeliac Plate•

Area	Restaurant	Address	Comments / website
Ostermalm	Kouzina	Valhallavägen 131 115 31 T: 08-664 42 28	Greek restaurant. Will make any menu item gluten free <a href="http://www.kouzina.se/">http://www.kouzina.se/</a> (often closed for lunch for 1 month over summer - check website)
Ostermalm border	Resturang Cypern	Valhallavägen 50 (E20) 114 22	Mediterranean style food. GF marked on menu. <a href="http://resturangcypern.com/">http://resturangcypern.com/</a> (no English on website) Open 7 days
Hornsgatan	Celine Italiensk Bistro	Hornsgatan 92 118 21	Website not working - not clear if still operating.
Vasastan	Abyssinia	Karlbergsvägen 46B 113 37 T: 08- 33 08 40	Ethiopian restaurant. Serves injera made only with gluten-free teff flour. <a href="http://www.abyssinia.se/">www.abyssinia.se/</a>
Vaxholm	Hembygdsgårds Cafe	Trädgårdsgatan 19 185 32 T: 08 541 31 980	GF 'open' sandwich can be made. Usually several GF cake options.
Arlanda Airport	McDonald's	Sky City between terminals 4 & 5 Before security	GF Buns! <a href="http://mcdonalds.se">mcdonalds.se</a> (no English on website) <a href="http://www.swedavia.com/arlanda/at-the-airport/food-and-drink/restaurants/">http://www.swedavia.com/arlanda/at-the-airport/food-and-drink/restaurants/</a>
Arlanda Airport	Wayne's coffee express	Terminal 5 After security	GF biscuits & bread rolls in some locations <a href="http://www.waynescoffee.com/">http://www.waynescoffee.com/</a> (in English in select 'International' in top RH corner) <a href="http://www.swedavia.com/arlanda/at-the-airport/food-and-drink/restaurants/">http://www.swedavia.com/arlanda/at-the-airport/food-and-drink/restaurants/</a>

For reviews of some of these restaurants, please see the blogs listed on the following page. If you find any errors or would like to add a listing, please email [info@thecoeliacplate.com](mailto:info@thecoeliacplate.com).



•The Coeliac Plate•

While every effort is made to check the information is valid at the time of publishing, The Coeliac Plate makes no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the website or the information, products, services, contained on the website for any purpose.

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.

In no event shall The Coeliac Plate be liable for any direct, indirect or consequential damages resulting from the use of this website.

Please see full terms and conditions at: <http://thecoeliacplate.com/terms-of-use/>



## Blog Roll

<http://thecoeliacplate.com/stockholm-2103/>

<http://itsgottobeglutenfree.wordpress.com/2012/12/17/stockholm-under-kastanjen/>

<http://coeliactravelseurope.blogspot.co.uk/2011/01/stockholm-sweden.html>

<http://www.glutenfreemrds.com/category/gluten-free-travel-international/gluten-free-sweden>

<http://www.glutenfreemrds.com/2012/01/swedens-gluten-free-bakery-friends-of-adam.html>

<http://yourlivingcity.com/lifestyle/glutenfritt-gluten-free-stockholm/>

<http://delectablyglutenfree.blogspot.co.uk/2011/04/gluten-free-in-stockholm-sweden.html>

[http://www.tripadvisor.com/ShowTopic-g189852-i233-k3675323-Gluten\\_free\\_diet\\_where\\_to\\_eat-Stockholm.html](http://www.tripadvisor.com/ShowTopic-g189852-i233-k3675323-Gluten_free_diet_where_to_eat-Stockholm.html)

## Supermarkets & Health food stores

Gluten free products can be located fairly easily in Stockholm. Look for ICA, Coop and Hemköpp stores. ICA stores are in the centre of Stockholm.

## Gluten Free hotels

See this listing:

<http://www.glutenfreehotelsguide.com/city.php?id=28>

Elite Stockholm Arcadia Hotel - GF bread available