



# 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>

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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•

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## 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