



UK Restaurant & Café chains offering gluten free

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The UK has a lot of 'chain' restaurants and cafes - you will find them all around central London and also in all the major towns in the UK. As many of them are now offering gluten free options, this list is a useful start for finding gluten free options while travelling.

Those restaurants with an *(asterisk), have worked with Coeliac UK catering department to obtain *Coeliac UK accreditation*¹, therefore staff have been trained in issues such as cross contamination. You may see **NCGI** on some menus - this means 'no gluten containing ingredients'.

Many of the restaurants have also been reviewed, and this is noted in the 'how identified' column. If you want to go straight to all UK restaurant reviews, see: <http://thecoeliacplate.com/category/gfukresreview/>

Most restaurants have a disclaimer that they cannot guarantee 100% GF due to the cross contamination risks.

If you are aware of a restaurant missing from the list, please contact me via the form on the website: www.thecoeliacplate.com

For specific city listings of gluten free restaurants (including central London), please see: <http://thecoeliacplate.com/restaurant-lists/>

Please see the disclaimer at the end of the document.

Name	What is offered	How identified	Website
Zizzi	Italian – pasta & fish/meat	Ask for Allergy menu <i>See review on blog.</i>	www.zizzi.co.uk
*Carluccio's	Italian – pasta & fish/meat	Ask for GF menu	www.carluccios.com/
*ASK Italian	Italian - risotto, pasta, fish, pizza	NG – No gluten containing ingredients identified on menu	www.askitalian.co.uk/

¹ <https://www.coeliac.org.uk/food-industry-professionals/caterers-and-restaurateurs/accrediting-your-business/accreditation-who-were-working-with/>



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Name	What is offered	How identified	Website
Bella Italia	Italian – GF pasta, salads, seafood pie	Ask for GF menu	www.bellaitalia.co.uk/
*Prezzo	Italian - pizza, risotto	GF on menu	www.prezzorestaurants.co.uk/
Strada	Italian – risotto, meat, fish	Ask for allergen menu	www.strada.co.uk
Loch Fyne	Seafood & Grill (Around the UK, with 2 central London locations.)	Ask for non-gluten menu	www.lochfyneseafoodandgrill.co.uk/
Jamie's Italian	Italian – meat, salads	Ask for allergen menu (see disclaimer on website)	www.jamieoliver.com/italian
*Filmore & Union	Healthy eating/whole foods. (Based in the North.)	GF marked on menu. Dairy free and vegetarian/vegan also marked up. <i>See review on blog.</i>	www.filmoreandunion.com/
*Pizza Express	Pizza (most toppings GF) & brownie for dessert. GF beer.	GF marked on menu. Pizza served on slate plate and unsliced. <i>See review on blog.</i>	www.pizzaexpress.com/
*Pizza Hut	Pizza – in restaurant or takeaway GF accredited.	GF options shown when ordering online	www.pizzahut.co.uk/
*Dominos	Pizza – take away/home delivery	GF options shown when ordering online. Pizza delivered unsliced.	www.dominos.co.uk/
Rossopomodoro	Pizza & tiramisu. Good cross contamination controls. (central London only)	Ask staff. <i>See review on blog.</i>	www.rossopomodoro.co.uk/
Hawksmoor	Steakhouse (central London only)	Ask staff <i>See review on blog.</i>	thehawksmoor.com/
Giraffe	Main meals – steak, chicken, salads, nachos	Ask for allergy menu <i>See review on blog.</i>	www.giraffe.net
The Real Greek	Greek	GF marked on menu	www.therealgreek.com
*La Tasca	Spanish Tapas bar, GF beer	GF marked on menu <i>See review on blog.</i>	www.latasca.com
Wagamama	Asian	Ask for allergy menu	www.wagamama.com/
Busaba Eat Thai	Thai (communal tables)	Ask for allergy menu	busaba.com/



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Name	What is offered	How identified	Website
Thai Square	Thai (London, Windsor, St Albans)	GF marked on menu	thaisq.com/
*Pho	Vietnamese	Allergen menu <i>See review on blog.</i>	www.phocafe.co.uk/
Itsu - takeaway and eat in	Sushi – without soy sauce	Ask staff	itsu.com/ (see PDF under Nutrition/Allergies)
Yo Sushi - takeaway and eat in	Sushi – ask for GF soy sauce	Ask staff	www.yosushi.com/
Le Bistro Pierre	French (not in London)	Ask for GF menu	www.lebistrotpierre.co.uk/
Brasserie Blanc	French brasserie	Ask for GF menu <i>See review on blog.</i>	www.brasserieblanc.com/
*Côte	French bistro	Ask staff, some branches have a GF menu.	www.cote-restaurants.co.uk
Leon - takeaway and eat in	Casual, healthy 'fast' food (eg falafel, chicken or veggie curry, biscuits, chips) (London only)	GF marked on board <i>See review on blog.</i>	www.leonrestaurants.co.uk/
Abokado - food shop, takeaway and eat in	Sushi, curry, salads. (London only. M-F only except Euston Station)	Clearly labelled	abokado.com
POD - food shop, takeaway and eat in	Salads, wraps, snacks. (Central London only. M-F only.)	Check packaging	www.podfood.co.uk/
EAT. - food shop, takeaway and eat in	Salads, soup, chocolate pot, biscuit, fudge (London & big cities like Birmingham, Liverpool, Manchester, Cambridge, Oxford)	Shelves and packets are labelled with ingredients (but not labelled GF). Allergy information is not online.	www.eat.co.uk/index.php
Planet Organic - health food shop	Lunch options, often vegetarian. Some stores have eat in options.		www.planetorganic.com/



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Pret A Manger - food shop, takeaway and eat in	Salads & soups	Check Allergen Guide	www.pret.co.uk/ Allergen Guide available under 'Our Menu'
Crussh - food shop, takeaway and eat in	Smoothies, soups, stews (Central London and suburbs only – many city of London stores M-F only)	Marked on menu	www.crussh.com/
Caffè Nero - coffee shop	Chocolate brownie. GF roll – chicken salad and pesto filling (not all stores)	Check packaging <i>See 'gluten free sandwiches' review on blog.</i>	www.caffenero.com/
Starbucks - coffee shop	GF roll - tuna Niçoise filling, GF wrap – “veggie good houmous (not all stores)	Check packaging <i>See 'gluten free sandwiches' review on blog.</i>	www.starbucks.co.uk
Costa Coffee - coffee shop	GF wrap – chicken, tomato & rocket	Check packaging <i>See 'gluten free sandwiches' review on blog.</i>	www.costa.co.uk/
M&S Food	Some stores have GF sandwiches. Plenty of marked up take home GF food.	Check packaging <i>See review on blog.</i>	www.marksandspencer.com/
Muffin Break	Sweet or savoury muffin (not central London)	Clearly labelled	www.muffinbreak.co.uk
Hummus Bros	Hummus, salad, GF bread & tortilla chips	GF & Vegetarian options marked on menu	www.hbros.co.uk/
Las Iguanas	Latin	Ask for GF menu	www.iguanas.co.uk/ (GF menu can be located under each individual location)
Wahaca	Mexican street food	Ask for GF menu and ask for supervisor to be notified.	www.wahaca.co.uk
Wahacito	Take away version of Wahaca	As above	As above
Chiquito	Mexican/American Tacos, Corn Tortillas, Mexican Salad (London & big cities like Birmingham, Sheffield)	Ask for gluten intolerance menu. NB: apparently there are some variations between branches - check each time.	www.chiquito.co.uk/
Chiptole	Mexican. Everything but flour tortillas are GF.	GF options on website. Ask staff to change gloves.	www.chipotle.com/ (See disclaimer on their website)



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	(London only)		
Tortilla	Mexican. Everything but flour tortillas are GF. (London & big cities like Brighton, Leeds)	Ask staff. Website has a note for coeliacs.	tortilla.co.uk/
*Ed's Easy diner	American diner style	GF menu	www.edseasydiner.com/
*Frankie & Benny's	American diner style	GF menu	www.frankieandbennys.com
TGI Fridays	American – grill and burgers/salad	Allergy menu available	www.tgifridays.co.uk/
*Hard Rock Café	American diner style	GF menu (London, Manchester, Glasgow, Edinburgh)	www.hardrock.com/
Nando's	Portuguese chicken & chips	Ask for allergy folder	www.nandos.co.uk/
Honest Burgers	Burgers with GF bun (Central & Greater London only)	GF marked on menu <i>See review on blog.</i>	www.honestburgers.co.uk/
GBK – Gourmet Burger Kitchen	Burger with GF bun (untoasted). Chips not GF.	GF menu	www.gbk.co.uk/
Byron	Burger (no bun). Fries not GF. (London & big cities like York, Oxford, Cambridge, Liverpool, Manchester)	Ask staff or look online	www.byronhamburgers.com (go to menu/allergy)
*Handmade Burger Co	Wrapped GF bun provided. Beef/lamb can be made without Worcestershire sauce. (Not central London - big cities like Leeds, Manchester, Birmingham, Edinburgh)	Ask staff or look online	www.handmadeburger.co.uk (go to our food/allergy)
*Fishnchickn	Gluten free fish & chips in certain stores on a Monday & Tuesday. (11 & more coming of 35 shops across the South East. Not in central London)	Check with the store you want to visit. Difficult to find online.	www.fishnchickn.co.uk/
Toby Carvery	Roasts, GF gravy (not central London)	GF menu	www.tobycarvery.co.uk/



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Name	What is offered	How identified	Website
McDonalds	<p>French Fries & Hash Browns which are cooked in dedicated fryers; Fruit Bags; Carrot Sticks and Garden Side Salad (with Balsamic Dressing); some McFlurry desserts (Crunchie, Dairy Milk); all our standard Milkshakes (Chocolate, Strawberry, Banana and Vanilla) are NCGI.</p> <p>The Chocolate Sprinkles used on the Cappuccino <u>do contain gluten</u></p> <p>Note: You can order burgers without the bun (eg Big Mac, Qtr pounder with cheese).</p>	<p>Safest to check online before ordering, or ask staff as ingredients and cooking methods can change.</p>	<p>www.mcdonalds.co.uk/content/ukhome/meal_builder.html</p> <p>(You have to individually select each item to get the ingredients – very time consuming!)</p>
Burger King	<p>Fries are gluten free by ingredient, but cannot find if onion rings are fried with them (the US site states that they are). Hash browns are not gluten free. Strawberry sundae is GF, but chocolate isn't. Vanilla shake is the only GF one.</p>	<p>Safest to check online before ordering, or ask staff as ingredients and cooking methods can change.</p>	<p>burgerking.co.uk/uploads/bk_nutritional_2014_1.pdf</p>
The National Trust – cafes and farm shops at various properties	<p>Frequently hot meals and biscuits available in the cafes, with some supplies also often in the Farm Shops.</p>	<p>Check individual property on website. Often GF marked on menu, or ask staff.</p>	<p>www.nationaltrust.org.uk/</p>

The Coeliac Plate hopes that you find this listing useful for your travels around the UK.



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