



# GF Restaurant Search

## Amsterdam

July 2014

I found Amsterdam quite gluten free friendly, with some fantastic finds, such as PIQNIQ, Pancakes Amsterdam, Caffe Piazza and the café in the Rijksmuseum.

In the listing below, I have marked the places I ate with an asterisk (\*) and reviews are on my blog at:

<http://thecoeliacplate.com/amsterdam-gluten-free/>

A translation guide is helpful, but everyone I came across spoke excellent English and understood the gluten free concept. Below are a couple of useful phrases:

*Gluten free* - glutenvrij

*Without gluten* - zonder gluten

*Contains gluten* - bevat gluten

If you can speak Dutch, you will find the Dutch Coeliac Society website useful:

<http://www.glutenvrij.nl/page/Bibliotheek>

A listing of useful blogs/websites is at the end of the document.

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

Town	Restaurant	Address	Comments /websites
1011JT Nieuw Markt	<b>*Cafe Piazza</b>	Kloveniersburgwal 5 (020) 423 01 64  (near medieval building "De Waag")	Italian. GF pasta available. "As one of the few restaurants in Amsterdam we have delicious dishes prepared according to a gluten free diet. Come to us and let us surprise you!" (Jan 2014) Website in English. <a href="http://cafepiazza.nl">http://cafepiazza.nl</a>
Centrum 1011 DK	<b>Café at Amsterdam Central library (bibliotheek)</b>	7 <sup>th</sup> floor Oosterdoksstraat 143  (5-10 min walk from Centraal station)	A lot of the food looked natural and fresh - worth asking. Great to go for a fresh juice and a look at the view of Amsterdam. The library is open 10am-10pm 7 days, but not sure about the café. <a href="http://www.oba.nl/">www.oba.nl/</a>



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Jordaan 1012 VR	<b>*Haesje Claes</b> (restaurant)  In top 5 of GF Amsterdam	Spuistraat 273-275 (between the Spui and Dam square, across from Amsterdam Museum) Tram 1, 2, 5.  020 6249998	Dutch style food. Gluten-free menu available in English, with GF bread and beer. Kitchen open 7 days from noon until 10pm. <a href="http://www.haesjeclaes.nl/?language=en_EN">http://www.haesjeclaes.nl/?language=en_EN</a> (note - menu downloads not working June 2014)
Jordaan 1012 JL	<b>*Cau</b> (pronounced “cow”)	Damstraat 5 (just off Dam Square) 020 623 9632	Argentinian chain (also in the UK). Small plates. Steak is a good option, but there are vegetarian options. <a href="http://www.caucaucau.com/">http://www.caucaucau.com/</a>
Old city centre 1012 KD	<b>*Brasserie Harkema</b>	Nes 67 020 428 2222	French with many GF options (not on menu). Contemporary design. 7 days noon - 4.00pm; 5.30-11.00pm <a href="http://www.brasserieharkema.nl/?lang=en">http://www.brasserieharkema.nl/?lang=en</a>
1013 KD	<b>The Mad Bakers</b>	Haarlemmerdijk 97  020 810 0386	Some GF and vegan available - talk to staff. Owner’s daughter has Coeliac Disease so options will be increasing. Tues - Sat 10:00 - 5:30 (closed Sun/Mon) <a href="http://www.themadbakers.nl">http://www.themadbakers.nl</a>
Amsterdam central (Western Canal ring) 1015 CA	<b>Seasons Restaurant</b>	Herenstraat 16  020 3303800	GF marked on dinner menu. 2 starters (eg beef carpaccio) 1 main (chicken curry), crème brulee for dessert. (Same things seem to be on lunch menu, but not marked up). 2 courses Euro28 TripAdvisor 2014 certificate of excellence. Closed on Tues & June 29. Mon/Wed/Thurs 17:00-22:30 Fri/Sat/Sun 11:30-15:00, 16:00-22:30 (Sun 21.30) <a href="http://www.seasonsrestaurant.nl/en">http://www.seasonsrestaurant.nl/en</a>
Jordaan 1015 KC	<b>*Piqniq</b>	Lindengracht 59 hs  (10-15 mins walk from Centraal station and also can walk to Anne Frank’s House)	Good for a light lunch (GF soup, mini sandwiches, salads, cakes). The Happy Coeliac review says the GF bread is toasted separately. 7 days 9.00am-5.30pm (except Christmas, Jan & Feb - check website) Breakfast/lunch/coffee & juice. Trip Advisor Certificate of Excellence 2014. Home page in English but not menu. (In store, the menu is in English.) <a href="http://www.lunchcafepiqniq.nl/main/">http://www.lunchcafepiqniq.nl/main/</a>
Jordaan	<b>Food Sense</b>	Could not find website or address.	Organic, gluten free, vegan. Ice cream and sweets.



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Amsterdam central (Western Canal ring) 1015 BS	<b>Restaurant Lieve</b>	Herengracht 88 (one of the main canals)  10 min walk from Amsterdam Centraal Trams - <i>Nieuwezijds Kolk</i> stop - 1, 2, 5, 13, 17  020 6249635	Belgian restaurant with a gluten-free menu. Dinner only. Three dining options: Moms Kitchentable - traditional 3 courses menu Belgian Baroque - multiple dishes to share Mrs Bubbles - elaborate and flamboyant - 4 courses 7 days 5.30 - 10pm (Fri/Sat 10.30pm) <a href="http://www.restaurantlieve.nl/en/over-lieve/">http://www.restaurantlieve.nl/en/over-lieve/</a>
Jordaan 1015 RZ	<b>Burgers Patio</b>	2e Tuindwarsstraat 12 020 623 6854  5 minutes walk from the Westermarkt (near Anne Frank House)	French Italian cuisine (not burgers - it is named after the Butcher shop it is housed in). Ask about GF (eg fish & veggies). Always a vegetarian option. Patio for outside summer space. 7 days 6pm-11pm (except Christmas period) <a href="http://www.burgerspatio.com/">http://www.burgerspatio.com/</a>
Jordaan 1016 SX	<b>Restaurant Moeders (Mothers)</b>	Rozengracht 251 020 6267957	Dutch style food, informal, homey atmosphere. English menu which states there are a number of gluten free/lactose free dishes. Open 7 days - dinner only on weekdays. Mon-Fri 5pm-midnight, Sat/Sun midday-midnight (kitchen open until 10.30pm) Reservations possible. <a href="http://www.moeders.com/">http://www.moeders.com/</a>
1016 GH Jordaan (Central Canal ring)	<b>*Pancakes! Amsterdam</b>	Berenstraat 38 (in between Prinsengracht and Keizergracht) in the '9 streets' shopping area	GF pancakes available (may take a bit more time to prepare) and steps taken to avoid cross contamination. No bookings, be prepared to wait for a table. 7 days 10am-7pm. <a href="http://www.pancakesamsterdam.com/">http://www.pancakesamsterdam.com/</a>
1016 GH Jordaan (Central Canal ring)	<b>Toos &amp; Roos</b>	Berenstraat 36 (next door to Pancakes Amsterdam) & Herengracht 309	Had a sign out the front saying GF bread available. Breakfast and lunch, casual café. <a href="http://www.toosenroos.nl">http://www.toosenroos.nl</a>
Leidseplein 1017 RE	<b>Restaurant Pantry</b>	Leidsekruisstraat 21 020 620 0922	Dutch cuisine. Staff happy to advise. Best to get there before 7pm for them to take extra care over your meal. <a href="http://www.thepantry.nl/">http://www.thepantry.nl/</a>
1017 DA (Rembrandtplein)	<b>Wagamama</b> (chain restaurant)	amstelstraat 8 020 320 0310	Japanese restaurant & noodle bar. Gluten-free options. (As in the UK, it looks like the Itame is safe.) <a href="http://www.wagamama.nl/">http://www.wagamama.nl/</a>



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1017 MB (leidse plein)	<b>Wagamama</b> (chain restaurant)	max euweplein 10 020 528 7778	Japanese restaurant & noodle bar. Gluten-free menu. <a href="http://www.wagamama.nl/">http://www.wagamama.nl/</a>
1019 PS	<b>Oliver Gastrobar</b>	Sumatrakade 613 oliver@olivergastrobar.nl 020 570 2014	Allergy friendly (GF, lactose free, nut free menu). Homemade gluten free bread. Salad, sandwiches, desserts. Website only in Dutch. Wed- Sun, lunch & dinner <a href="http://www.thegastro.bar/">http://www.thegastro.bar/</a>  (Note: Please double check GF understanding if you visit here - pearl barley was on the menu I looked at via Google translate, and GF Amsterdam had noticed spelt risotto which they took off after she contacted them.)
1053 SR	<b>Spaghetteria</b>	Jan Hanzenstraat 32 <a href="mailto:Info@spaghetteria-pastabar.nl">Info@spaghetteria-pastabar.nl</a> .	GF pasta available. No bookings and can be busy on weekends. Culy.nl says it is the best GF pasta in the city. <a href="http://www.spaghetteria-pastabar.nl">www.spaghetteria-pastabar.nl</a>
1071 XX just outside central canal ring	<b>*Rijks- museum café</b>	Museumstraat 1 020 6747 000  Not far from Van Gogh Museum.	GF bread, muffins and some meals (eg meat salads) available. Open 365 days a year from 9am-6pm. No museum ticket required. Lovely spot in the atrium. <a href="https://www.rijksmuseum.nl/en/general-information/facilities">https://www.rijksmuseum.nl/en/general-information/facilities</a>
1071 AL	<b>The Seafood Bar</b>	Van Baerlestraat 5 020 6708355 (around the corner from Museum Square, Vondelpark and two blocks away from Rijksmuseum)	Casual dining. Understanding of GF. Reservations can be made but not all tables are reserved so you can spontaneously arrive! Open 7 days from noon until 10pm <a href="http://www.theseafoodbar.nl/home/en">http://www.theseafoodbar.nl/home/en</a>
De Pijp 1072 LH	<b>Omelegg</b>	Ferdinand Bolstraat 143 020 370 1134	Omelettes can be prepared GF on request. All day breakfast. 1 salad looks GF. Free wifi. <a href="http://www.omelegg.com/">http://www.omelegg.com/</a>
De Pijp 1072 NZ	<b>Cotton Cake</b>	1e van der Helststraat 76 020 789 5838	A shop with a café in it. Most dishes can be served vegetarian or gluten free* and marked on menu - eg quinoa salad, frittata, soup, cakes. All cakes are home made and baked with organic rice-buckwheat flour and/or almond flour. * Menu seems to indicate spelt bread as GF but they do have GF bread. Note: oats are in some GF dishes. Open 7 days, food served until 4.30pm. Mon-Sat 10am-6.30pm (Sat 5.30pm), Sun 11.30am-5.30pm Website in English & menu online. <a href="http://cottoncake.nl/">http://cottoncake.nl/</a>

De Pijp 1073 BL	<b>Bazar</b>	Albert Cuypstraat 182  Tram line 16 or 24.  Near Albert Cuypmarkt.	Middle Eastern. Housed in an old church. Open 7 days - check website for times.  <a href="http://bazaramsterdam.nl/">http://bazaramsterdam.nl/</a>
De Pijp 1074 AH	<b>Spaghetteria</b>	Van Woustraat 123 HS <a href="mailto:Info@spaghetteria-pastabar.nl">Info@spaghetteria-pastabar.nl</a> . (tram 4 from city and stop at Ceintuubaan/van woustraat)	GF pasta available. No bookings and can be busy on weekends. <a href="http://www.spaghetteria-pastabar.nl">www.spaghetteria-pastabar.nl</a>
De Pijp (border) 1074 BS Oud-Zuid	<b>Restaurant Klokspijs</b>	Hemonystraat 38 (in the square Stadhouderskade Amsteldijk - near the Albert Cuyp Market) Amstel canal	Great review by GF Amsterdam. 3 course dinner for under 30 euros. GF Bread, GF menu, GF bread/crackers & cake available. A standard menu is available online in English. Tuesday-Saturday 6.00-10.00pm <a href="http://www.klokspijs.nl/">http://www.klokspijs.nl/</a>
1077 XV (zuidplein)	<b>Wagamama</b> (chain restaurant)	zuidplein 12 020 620 3032	Japanese restaurant & noodle bar. Gluten-free menu. <a href="http://www.wagamama.nl/">http://www.wagamama.nl/</a>
1078 HL South of De Pijp	<b>La Vina</b>	Maastraat 72 hs 020 6620448  Walking distance of RAI.	Spanish & Mediterranean cuisine. On website it states "some of our dishes are gluten free...ask staff". On the river. Website should be in English but coming up in Dutch. Mon-Sat dinner only from 5pm. <a href="http://www.lavinaexperience.com/">http://www.lavinaexperience.com/</a>
De Pijp 1079 KG	<b>Restaurant Libero</b>	Vrijheidslaan 77 020 6610637	Italian - GF pasta available (but can't see any mention on website). Closed Monday & Tuesday. Wed-Sun 5pm-midnight. <a href="http://www.restaurantlibero.nl/">http://www.restaurantlibero.nl/</a> - can read in English using Google Translate.
Amsterdam East 1091 GW	<b>Beter en leuk</b> (Better and nice)	1e Oosterparkstraat 91 Amsterdam 020 7670029	GF & V marked on menu. Website in Dutch but looks like soup, salad, cake. Possibly have GF bread for sandwiches. Maandag 12:00 - 17:00 Dinsdag – Zaterdag 10:00 - 17:00 Zondag 11.00 - 16:00 <a href="http://beterenleuk.nl/#welkom">http://beterenleuk.nl/#welkom</a>
Various locations	<b>Bagels en beans</b>	Several locations in city	Website is in Dutch, but there is a menu in English. GF bagel available (+0.75), but fillings not marked up for GF. Vegetarian options. Fresh juices. <a href="http://www.bagelsbeans.nl/">http://www.bagelsbeans.nl/</a>



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Various locations	Sumo	Korte Leidsedwardsstraat 51 & Vijzelstraat 26	Sushi & Grill - all you can eat. Sushi, curry, noodles. Menu has 'contains gluten' on it.  Mon-Wed 12.00-22.00 Thurs- Sat 12.00-22.30 <a href="http://restaurantsumo.com/">http://restaurantsumo.com/</a>
Various locations	McDonalds		Have allergy information on the back of their placemats. Many salads ok. Trialling GF buns - good review by Happy Coeliac (see link in Blog roll).

Continue to pages 7 and 8 for supermarkets/online stores and the Blog roll.

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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## Supermarkets

Town	Name	Address	Comments from blogs/websites
Various locations	<b>STACH Food</b>		A delicatessen chain with some gluten free options (size of stores differ, so stock will differ). You could find GF bread, muffins and cookies, and also takeaway meals - salads or risotto, stew, curry. Ask staff or check labels. Some stores have limited seating. Open 7 days until 10pm. <a href="http://www.stach-food.nl/">http://www.stach-food.nl/</a> (not in English)
	<b>De Tuinen</b>	Online food shop	Good selection of gluten-free options, including Glutafin and Mrs Crimble's. In Dutch only. <a href="http://www.detuinen.nl/">http://www.detuinen.nl/</a>
Centrum 1017 SC	<b>BioMarkt</b>	Weteringschans 133-137	Health food store with GF foods.
Centrum 1017 VH	<b>Marqt</b>	Utrechtsestraat 17 3 locations in	Grocery store a bit like Whole Foods Market. Good selection of GF items and can pick up items for a picnic in local park. Café worth checking for GF. No cash, card payments only. <a href="http://www.marqt.com/">http://www.marqt.com/</a>
Jordaan 1016 NE	<b>Bakkerij Visser / 't Stoepje</b> (Bakery)	Rozengracht 80 020 6244284	All in Dutch - can't see anything obvious about gluten free, but have read they do a small batch of GF bread in the mornings. Check re cross contamination. Shop Mon-Sat. <a href="http://www.bakkerij-visser.nl/">http://www.bakkerij-visser.nl/</a>  Online bakery - all in Dutch and there is an allergen statement - check re cross contamination. <a href="http://www.stoepje.nl">http://www.stoepje.nl</a>
1015 DE	<b>Vegabond</b>	Leliegracht 16 020 8468927	Vegan store. GF items familiar in the UK, such as Amy's kitchen and Nak'd bars Open from tuesday to saturday between 11:00 and 19:00. Sundays between 12:00 and 19:00. Mondays closed. <a href="http://vegabond.nl/">http://vegabond.nl/</a>



## Blog Roll

<http://thecoeliacplate.com/amsterdam-gluten-free/>

### Dutch gluten free blogs (in English)

*Gluten Free Amsterdam* - a mine of information, and where I found many of the recommendations above. <http://www.glutenfreeamsterdam.com>

*The Happy Coeliac* - re McDonalds and PIQNIC in particular:  
<http://thehappycoeliac.com/>

### Amsterdam restaurant links (in English):

List on USA Today '10 Best' by Jessica Lipowski

<http://www.10best.com/destinations/netherlands/amsterdam/restaurants/restaurants-with-gluten-free-menus/>

### Restaurant & blog links (in Dutch):

<http://iens.nl/restaurant/amsterdam/allergie-gluten>

<http://www.eet.nu/amsterdam/glutenvrij>

<http://www.happyglutenfree.nl/happy-gluten-free-restaurants>

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