



100% Gluten Free

UK - East Anglia

July 2016 v.2b

This listing is part of a series of 100% gluten free cafes, restaurants and bakeries in the UK that have their *own retail outlet*. This might be a restaurant or a stall at a market.

This listing covers Norfolk, Suffolk, Cambridgeshire, Bedfordshire, Hertfordshire and Essex, but at this stage Norfolk is dominating the scene.

For other regions, including London, please see <http://thecoeliacplate.com/uk-100-gluten-free/>. For individual reviews please see www.thecoeliacplate.com under Reviews: '100% GF Reviews'.

Please see the disclaimer at the end of the document.

Suburb/Area	Restaurant	Address	Comments / website
Norwich, Norfolk	The Gluten Free Café	Timberhill Norwich Norfolk NR1 3JZ	Serving light lunches (eg sausage rolls, sandwiches, quiche, soup & roll) and plenty of cake options for tea & a cake or scone. Also a shop with supplies upstairs. Tues - Sat 10am - 5.30pm (4.00pm in winter), Sun - 11am - 4pm (Closed Mon) norfolkglutenfree.co.uk/
Norwich (Costessey), Norfolk NR8 5BG	Café Jungle	Ringland Lane Costessey Norwich Norfolk NR8 5BG	100% gluten-free cafe located in a tropical glasshouse at the Urban Jungle Plant Nursery. Comfortable sofas, tables and chairs are totally embraced by exuberant leafy plants. Enjoy a coffee and cake, a platter to share, a wholesome lunch or a fabulous indulgent afternoon tea (please book in advance for afternoon tea). Vegetarian options available. 10am-4pm every day including Bank Holidays (closed January).
Norwich Norfolk NR2 1NA	Kind Food	Norwich Market Row F Stalls 124-125 1 Market Pl Norwich NR2 1ND (located off	A family business with a dedicated gluten free and dairy free kitchen making chocolate, fudge and cakes. See below for other markets & check the website for other event dates such as Food Festivals and Christmas markets.



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Suburb/Area	Restaurant	Address	Comments / website
		Gentleman's Walk in the city centre)	Delivery to local area or via Royal mail possible. www.facebook.com/kindfoodnorfolk Tues-Sat, 10am to 5pm www.norwich.gov.uk/NorwichMarket/Pages/default.aspx
Diss South Norfolk IP22 4LB	Gluten Free Food Store <i>Added: 07/16</i>	7 Cobbs Yard Diss Norfolk IP22 4LB	Opening Friday 29th July 2016. An entirely gluten free food shop with a focus on independent and local producers. http://www.glutenfreefoodstore.co.uk/
North Walsham North Norfolk NR28 9BT	Kind Food	North Walsham Farmers' Market Market Place Town Centre NR28 9BT	See Norwich entry above for details of GF & DF goods & website. Last Sunday of the month (except when at events) Twitter: @NWalshammarkets
Holt North Norfolk NR25 6HP	Just add grapes	16 Bull Street Holt Norfolk NR25 6HP Tel: 07896 246 596 Also have a location in Berkshire.	Gluten free kitchen producing pies, flans and tarts (sweet and savoury). Mon-Thurs 9.30am - 5.00pm Fri-Sat 9.00am - 6.00pm (Closed Sun) Click & collect with 24 hours notice and delivery also available. www.justaddgrapes.co.uk/ See market details below - good idea to check Twitter to see what is on offer.
Fakenham North Norfolk	Just add grapes	Fakenham Farmers' Market Market Square	See entry under Holt for produce information. Fourth Saturday of the month (except Dec), 8.30am-noon. Check Facebook/Twitter for attendance. www.fakenhamfarmersmarket.co.uk/market_dates.html
Sandringham (Near King's Lynn) North Norfolk PE35 6EH	Just add grapes	Sandringham Farmers' Market The Visitor Centre Sandringham Estate PE35 6EH	See entry under Holt for produce information. Third Sunday of the month, 10am-3pm Check Facebook/Twitter for attendance. www.sandringhamestate.co.uk/news-events/events-calendar/farmers-market/
Norwich, Norfolk	Norfolk Gluten Freedom (events)	Check website for locations.	Events to showcase gluten free goods for both consumers and trade buyers. Check the website for events dates. norfolkglutenfreedom.co.uk/



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Woodbridge Suffolk	Glorious Fodder <i>Added: 07/16</i>	Woodbridge Farmers' Market Woodbridge Community Hall Station Road Woodbridge Suffolk IP12 4AU	Dedicated gluten free home based kitchen producing sweet & savoury products (eg cakes, pudding, tarts, pies, gnocchi, scotch eggs, sausage & vegetarian rolls. Some dairy free items. Also online shop for delivery or collection. www.gloriousfodder.co.uk/ 2 nd & 4 th Saturday 9am-12.30pm Check Facebook/Twitter @gloriousfodder for attendance. www.woodbridgefarmersmarket.co.uk/
Snape Maltings Suffolk	Glorious Fodder <i>Added: 07/16</i>	Snape Maltings Farmers' Market Snape Maltings, Near Aldeburgh Suffolk IP17 1SR	Sweet & savoury products - see detail under Woodbridge. www.gloriousfodder.co.uk/ 1 st Saturday 9.30am-1pm Check Facebook/Twitter @gloriousfodder for attendance. http://www.snapemaltings.co.uk/
Bawdsey Suffolk	Glorious Fodder <i>Added: 07/16</i>	Bawdsey Market Village Hall The Street Bawdsey IP12 1PP	Sweet & savoury products - see detail under Woodbridge. www.gloriousfodder.co.uk/ 3 rd Saturday 2-4pm (May - Oct & Christmas) Check Facebook/Twitter @gloriousfodder for attendance. www.bawdsey.onesuffolk.net/business/Market
Lavenham Suffolk CO10 9QX		Lavenham Farmers' Market Lavenham Village Hall Lavenham Suffolk CO10 9QX	Sweet & savoury products - see detail under Woodbridge. www.gloriousfodder.co.uk/ 4 th Sunday 10am-1.30pm Check Facebook/Twitter @gloriousfodder for attendance. www.suffolkmarketevents.co.uk/
Cambridgeshire	-	-	THERE ARE CURRENTLY NO LISTINGS FOR CAMBRIDGESHIRE
Hertfordshire	-	-	THERE ARE CURRENTLY NO LISTINGS FOR HERTFORDSHIRE
Bedfordshire	-	-	THERE ARE CURRENTLY NO LISTINGS FOR BEDFORDSHIRE



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Suburb/Area	Restaurant	Address	Comments / website
Essex	-		THERE ARE CURRENTLY NO LISTINGS FOR ESSEX



If you have any comments or find an error, please email info@thecoeliacplate.com



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