



100% Gluten Free Australia - Melbourne, VIC

Sept 2018 v2

You will find Australia very gluten free aware, with GF often marked on menus. Melbourne is also home to quite a number of 100% gluten free cafes and bakeries. This list only includes businesses with a physical outlet (ie not purely online ordering).

At the end of the document is a list of 'nearly gluten free' venues - usually these businesses all gluten free except for serving oats/muesli as a breakfast option, so still worth a look!

Note: Some cafes are specialist gluten free cafes and thoroughly check the supply chain for e.g. 'may contain' statements and others just happen to be naturally gluten free, so it is still important to make your own enquiries.

Please see the disclaimer at the end of the document.

Some of these venues are reviewed here: <http://thecoeliacplate.com/melbourne-100percent-gluten-free/>

For a listing of other gluten free friendly venues, please see: <http://thecoeliacplate.com/gluten-free-melbourne-top-10-inside-10km/>

Suburb/Area	Restaurant	Address	Comments / website
City centre 3000	Seedling FB: @seedlingcafe au	275 Flinders Lane T:0450 190 365 349 Little Collins Street T:0450 190 365	Healthy food café & takeaway. Specialising in nutrient dense, paleo, "clean food". Vegetarian & dairy free options. <i>Please ask to see their FAQ about ingredients used.</i> Mon-Fri 7am - 4pm (except public holidays). Four small tables available in Flinders Lane, more seating available in Little Collins St. www.seedlingcafe.com.au/
City centre 3000	Raw Trader FB & T: @rawtrader14	10 Sutherland Street Chadstone Shopping Centre (Near Target)	"Specialises in organic, raw, vegan, vegetarian, paleo, gluten free, dairy free & sugar free, healthy desserts & treats." Mon-Fri 7:30am - 5:00pm, Sat 12:00pm - 5:00pm Closed long weekend public holidays. Monday to Wednesday - 8:30am to 5:30pm Thursday to Saturday - 8:30am to 9:00pm Sunday - 10:00am to 7:00pm https://www.rawtrader.com.au
& Chadstone 3148			
	Updated: 07/17		
	Added: 03/18		



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City centre 3000	Bodega Underground FB: @bodegaunderground Added: 09/18	55 Little Bourke Street T: 03 9650 9979	Mexican food and the menu states all food is 100% gluten free. 7 days 4pm - 3am https://www.bodegaunderground.com.au
City centre 3000	Spud Bar FB: @spudbarHQ Reviewed: 04/18	Bourke Place 600 Bourke Street 398 Little Bourke St T: 03 9602 3841 567 Collins Street T: 03 9629 3770	Bourke Place: Mon - Fri 11am-4pm Little Bourke: Mon - Fri 11.30am-6.30pm (Fri 5.30pm), Sat - Sun 12.00pm-4.00pm Collins St: Mon - Thurs 11:30am - 4pm, Fri 11:30am - 3pm
City centre 3000	Spud Bar FB: @spudbarHQ Reviewed: 04/18	Emporium Shopping Centre Level 3 287 Lonsdale St T: 03 8609 8205 QV Shopping Centre Level 1 Corner Swanston St & Lonsdale St T: 03 9662 3224	Jacket potatoes & salads. & salads. Emporium: Sat - Wed 10am-7pm, Thu - Fri 10am-9pm QV: Mon - Thurs 11am - 6pm, Fri 11am - 8pm, Sat - Sun 11:30am - 4pm www.spudbar.com.au/
City centre 3000	Thr1ve T & F: @THR1VEME Updated: 04/18	Emporium Shopping Centre Level 3 Food Court 287 Lonsdale Street Collins Place 45 Collins Street	REMOVED AS NO LONGER GLUTEN FREE (have gluten containing wraps, bread and oats) http://thr1ve.me/
City centre 3000	Supercharger Added: 11/16 Updated: 07/18	Emporium Shopping Centre Food Court	**CLOSED**
St Kilda Rd 3004	Spud Bar FB: @spudbarHQ Updated: 07/18	11 Commercial Road (cnr St Kilda Road)	Jacket potatoes & salads. 7 days 11am - 9pm (Sat/Sun midday) www.spudbar.com.au/
St Kilda 3182	Spud Bar FB: @spudbarHQ	43 Blessington Street	Jacket potatoes & salads. 7 days 11.30am - 8.30pm

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			www.spudbar.com.au/
	Updated: 07/18		
St Kilda 3182	Hemp Kitchen FB: @hempkitchen .au Added: 09/18	1/173-177 Barkly Street T: 0431 759 811	They use hemp oil, seeds, flour and protein in most dishes which is naturally gluten free and ensure everything else is also gluten free. Follow on social media for the focus for the night - eg pasta, pizza, steak. Mon-Fri 7am - 3pm, 5pm - 9.30pm (Fri 10pm) Sat 8am-10pm, Sun 8am-9.30pm https://www.hempkitchen.com.au
Fitzroy 3065	Saba Ethiopian FB: @SabasEthiopian Restaurant Added: 11/16 Reviewed: 09/18	328 Brunswick Street T: 03 8589 0442	Everything on menu is marked gluten free and flat bread is made out of Teff flour. Plenty of vegetarian and vegan options. Website states it is a coeliac safe kitchen. Lunch Fri-Sun midday-3pm Dinner Tues-Sun 5.30pm-10.30pm http://www.sabasethiopianrestaurant.com/
Fitzroy 3065	Spud Bar FB: @spudbarHQ Updated: 07/18	368 Brunswick St	Jacket potatoes & salads. Mon - Fri 11.30am - 9.30pm www.spudbar.com.au/
Kensington 3031	La Tortilleria FB: @latortilleriaau T: @LaTortilleriaAU Added: 11/16 Reviewed: 09/18	72 Stubbs St T: 03 9376 55 77	The menu states all food items are gluten free. Mon-Thurs 5:30pm - 9pm, Frid 11:30am - 3pm & 5:30pm - 9:30pm, Sat & Sun 12pm - 3pm & 5:30pm - 9:30pm http://latortilleria.com.au/
South Melbourne 3205	Spud Bar FB: @spudbarHQ Updated: 07/18	246 Clarendon St	Jacket potatoes & salads. Mon - Sun 11.30am - 8.30pm www.spudbar.com.au/
Brunswick 3056	Café Henkel FB: @cafehenkel Added: 05/17 Reviewed: 09/18	102 Henkel Street T: 0418 532 908	A completely gluten free café - go for a big breakfast, waffles or a burger or just coffee and cake. Coeliac Australia accredited. Monday - Friday 7am-3pm, Saturday-Sunday 8am-3pm. https://www.facebook.com/pg/cafehenkel/
			See review:

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http://thecoeliacplate.com/cafe-henkel-100-pc-gluten-free-brunswick/			
INNER EAST			
Richmond 3121	Spud Bar FB: @spudbarHQ Updated: 07/18	226 Swan Street	Jacket potatoes & salads. Mon - Fri 11am - 9pm, Sat 11.30am - 9.00pm, Sun 12-8pm www.spudbar.com.au/
Richmond 3121	Pana Chocolate FB: @panachocolate	491 Church Street	Hand made chocolates and cakes. Everything gluten free and vegan. NB Usually closes for an extended Christmas break and reopens in February. www.panachocolate.com/
Richmond (Burnley) 3121	Chingon T & FB: @ChingonTacos Added: 11/16 Reviewed: 09/18	413 Swan Street T: 03 9429 5695	Mexican - have seen on Twitter that their menu is 100% gluten free. Home made 100% corn tortillas. Restaurant also has an outdoor terrace. <i>Cash only</i> . Sun-Thurs 5.30-9pm, Fri-Sat 5.30-10pm http://www.chingon.com.au/
Richmond 3121			Also see 'nearly gluten free' section at the end of the document.
Prahran 3181	MOM (Market on Malvern) FB: @marketonmalvern Added: 05/17 Reviewed: 07/18	388 Malvern Road T: 03 9529 7701	Next to Beingwell Healthcare, this café understands dietary needs. Everything is gluten free with options such as low fodmap, paleo, vegan, gaps diet, yeast, dairy, nut free. Mon-Fri 7.30am-4pm, Sat-Sun 8am-4pm. https://www.beingwellhc.com.au/mom-cafe/ See review: http://thecoeliacplate.com/mom-gluten-free-prahran/
South Yarra 3141	Spud Bar FB: @spudbarHQ Reviewed: 07/18	590 Chapel St	Jacket potatoes & salads. Mon - Sun 11.00am - 9.00pm www.spudbar.com.au/
Hawthorn 3123	Spud Bar FB: @spudbarHQ Reviewed: 07/18	717 Glenferrie Rd	Jacket potatoes & salads. Mon - Fri 11.00am - 9.30pm Sat - Sun 11.30am - 9.00pm www.spudbar.com.au/
Camberwell 3124	WellZones GF FB: @wellzonesgf	393 Camberwell Road	A coeliac son is the driver behind this family gluten free bakery and café.



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	<p>Added 04/18 Updated 07/18</p>		<p>Delicious sandwiches, lunch specials and cakes. Tue-Sat 8am-6pm. Closed public holidays. https://www.wellzones.com.au/</p> <p>See review: http://thecoeliacplate.com/wellzonesgf-camberwell-gluten-free/</p>
Kew 3101	<p>Gluten Free 4U</p> <p>FB: @glutenfree4u</p>	<p>1345 Burke Road T: 03 9817 6981</p>	<p>Bakery - no seating. See Moorabbin entry below. Opening hours may differ. glutenfree4u.com.au/</p>
Doncaster 3108	<p>Spud Bar</p> <p>FB: @spudbarHQ Updated 07/18</p>	<p>Westfield Doncaster Shopping Centre 619 Doncaster Rd</p>	<p>Jacket potatoes & salads. Sat - Wed 10am - 5pm Thur - Fri 10am - 9pm www.spudbar.com.au/</p>
NORTHERN SUBURBS			
Thornbury 3071	<p>Black Ruby Bakery</p> <p>FB: @blackrubymbakeries</p>	<p>841 High Street T: 03 9484 9608</p>	<p>Gluten free bakery. Fantastic bread in GF bakery if you can make the trip to Thornbury. Bread for sale Tuesday-Saturday www.facebook.com/blackrubymbakeries</p>
Ivanhoe 3079	<p>Caffe Strada</p> <p>FB: @Caffe Strada</p> <p>Updated: 03/18</p>	<p>197 Upper Heidelberg Road T: 03 9497 4875</p>	<p>Gluten free café with breakfast, lunch and snack options. Mon-Fri 7.30am-4.30pm, Sat-Sun 8am-4.30pm www.caffestrada.com.au/</p> <p>See review: http://thecoeliacplate.com/caffe-strada-gluten-free-melbourne/</p>
Ivanhoe 3079	<p>Delhicious</p> <p>FB: Delhicious</p> <p>Added 05/17 Reviewed 07/18</p>	<p>91 Upper Heidelberg Road T: 03 9499 1053</p>	<p>Modern Indian cuisine, including GF naan bread & pizza! Coeliac Australia accredited. Open Monday- Saturday for Breakfast, Lunch & Dinner. Breakfast & Lunch 8am-3pm, Dinner 5pm-10pm http://delhiciouscuisine.com.au/</p> <p>See review: http://thecoeliacplate.com/delhicious-100-pc-gluten-free-indian-in-ivanhoe/</p>



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Coburg North 3058	Silly Yaks FB: @au.sillyyaks Updated: 07/18	2 Mercier Street T: 03 9350 2255	Gluten free bakery factory outlet, also fructose friendly. Take a cool bag as many products are frozen. Open Mon-Fri 9am-3pm and one Sunday a month. sillyyaks.com.au/
Avondale Heights 3034	Particle Cafe Added: 11/16 Updated: 07/17	1/47 Military Rd	Vegan café that is also gluten free. Breakfast, lunch, cakes. Jul 2017 update - they are no longer using oats so are now 100% gluten free http://particleco.com/
Niddrie	Healthylicious Café Added: end 2017 Updated: 07/18	332 Keilor Rd, Niddrie VIC 3042	Presumed closed A cafe with gluten free and dairy free options, as well as vegan choices. This cafe is promoted as being 100% gluten free, however they do use products with a 'may contain' gluten statement, so coeliacs need to enquire as to the safest options. Eat in or takeaway. www.facebook.com/pg/Healthyliciouscafe
East Keilor 3033	Heaven's Bakehouse FB: @heavensbakehouse	8 Williams Avenue T: 03 9331 5955	A gluten free bakery making bread (loaves and baguettes), cakes, pies, pizza bases etc. Open weekdays only (factory outlet, no café). www.heavensbakehouse.com.au/
Bundoora 3083	Gluten Freegan FB & T: N/A Added: 05/17 Reviewed: 07/18	Kingsbury Drive Community Market Carpark 2 at the LaTrobe University	Cakes and some savouries (eg lasagne). Advertises as gluten free & vegan. Market is every Sunday. https://www.instagram.com/gluten_freegan/
EASTERN SUBURBS			See above for INNER EAST.
Chirside Park 3058	Just Yummy Gluten Free Bakery FB @justyummygluten free Updated: 06/17	13 Meadowgate Drive (10 mins from Ringwood) T: 03 9727 0034	100% Gluten and nut free bakery. Also makes products egg free, yeast free, dairy free, fructose free! Wed-Fri 10am-4pm, Sat 10am-3pm www.justyummyglutenfree.com/



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Warrandyte South 3134	Yarralicious FB: @YarraliciousCafe (note one R!) Updated: 07/18	486 Ringwood-Warrandyte Rd T: 03 9844 4480	Café with light meals and a huge variety of cakes. Also sells GF bread and local condiments. Wed - Fri 7am-6pm, Sat 8am-5pm, Sun 9am-4pm (Mon - Tues closed) www.yarralicious.com.au See review: http://thecoeliacplate.com/yarralicious-gluten-free-cafe/
Boronia	Gluten Free 4U FB: @glutenfree4u Added: 05/17	243 Dorset Road	Bakery with bread and many sweet and savoury options. Tues-Fri 9am-5pm, Sat 9am-3.30pm. Closed public holidays. glutenfree4u.com.au/
Various areas, eg Yarra Glen	Jo Jo's Gluten Free Goodies FB: Jo Jo's Gluten Free Goodies Added: 06/17 Reviewed: 09/18	Markets at various locations	100% gluten free kitchen producing delicious savoury items (pies, sausage rolls, quiche), bread and slices and cakes. See more detail under Mornington entry. https://www.facebook.com/Jo-Jos-Gluten-Free-Goodies-1446967141999887/ See review: http://thecoeliacplate.com/jo-jos-gluten-free-goodies/
St Andrews (foothills of Yarra Ranges)	Gluten Freegan FB & T: N/A Added: 11/16 Reviewed: 09/18	St Andrews Community Market cnr Kangaroo Ground - St Andrews Rd and Proctor St	Cakes and some savouries (eg lasagne) at Saturday market. Advertises as gluten free & vegan. https://www.instagram.com/gluten_freegan/
WESTERN SUBURBS			
Werribee 3030	Spud Bar FB: @spudbarHQ Reviewed: 04/18	Werribee Plaza Cnr. Derrimut & Heaths Rd T: 03 9974 6524	Jacket potatoes & salads. Mon - Wed 10:30am - 5:00pm, Thu - Fri 10:30am - 9:00pm, Sat - Sun 11am - 4:30pm www.spudbar.com.au/
BAYSIDE & SOUTH EAST			
Hampton East 3188	Allergy Train Added: 07/18	922 Nepean Highway T: 03 8317 8565	A shop and cafe catering to multiple allergies/food intolerances. All food produced never uses any gluten, dairy,

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		(Opposite Moorabbin train station and parking at rear.)	eggs or nuts. Allergy friendly products available but note that <i>not all packaged products are gluten free</i> . Mon-Fri 8am -5pm, Sat 10am-3pm https://allergytrain.com.au
Brighton 3186	Fox in the Box FB: @eatingoutGF Reviewed: 04/18	169 Martin St (note: near Gardenvale station, not Brighton Beach)	Gluten free café, dairy and lactose free and FODMAP friendly. Take home meals available. Opens from 10.30am for lunch and from 5.45pm for dinner Thurs-Sat. Closed Sun & Mon. www.foxinthebox.com.au/
Elsternwick 3185	4me gluten free FB: @4me gluten free Added: 03/18	439A Kooyong Rd	All products produced by 4me gluten free are gluten free, nut free, trans fat free and dairy free. https://www.facebook.com/4me gluten free/
Moorabbin 3189	Gluten Free 4U FB: @glutenfree4u Reviewed: 09/18	5/1-3 Bignell Road T: 03 9555 5175	Bakery with many sweet treats as well as savoury items. Some DF and fructose friendly. Not in an area tourists are likely to visit, but you can order delivery (min \$80 but can freeze things) or visit stockists or retail stores around Melbourne - ring for latest details. Must tries: vanilla slice, lamington, neenish tart. Great quiches and pies too. Open Tues-Fri 8am-4.30pm, Sat 8.30am-2pm. Closed Public Holidays glutenfree4u.com.au/ See review: http://thecoeliacplate.com/gluten-free-4u-melbourne/
Frankston 3199	Gluten Free 4U FB: @glutenfree4u Added: 05/17	4/49 Beach Street T: 03 8762 8100	See details above. Tues-Fri 8.30am-4:30pm, Sat 8.30am - 3.00pm Closed Public Holidays glutenfree4u.com.au/
Cheltenham 3192	Pure Gluten Free Bakery & Treat No Wheat café	13 Follett Rd T: 03 8522 2834	Bakery with sweet & savoury options and a café in front of the manufacturing plant serving breakfast and lunch. They have hard to find items such as bagels and



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	FB: @pureglutenfree06 Added: 06/16 Reviewed: 03/18		baguettes. Many products also dairy free. All made on site. Small amount of seating (indoor & out). Mon-Fri 6.30am-4pm, Sat 6.30am-2.30pm https://pureglutenfreebakery.wordpress.com
Mentone 3194	Simply Gluten Free Bakery & Café FB: @SimplyGlutenFree Added: 10/16 Updated: 07/18	123 Lower Dandenong Rd T: 03 9583 6256	All products are wheat and gluten free and nut free. Dairy free, fructose friendly & vegan products available. Products also available at Aumann's, Warrandyte. Mon-Fri 8.30am - 5.00pm, Sat 8.30am - 2.00pm https://www.facebook.com/simplyglutenfree/
Mornington area 3931	Jo Jo's Gluten Free Goodies FB: Jo Jo's Gluten Free Goodies Added: 06/17 Reviewed: 09/18	Markets at various locations (see Facebook)	100% gluten free kitchen producing delicious savoury items (pies, sausage rolls, quiche), bread and slices and cakes. Find them at markets around outer Melbourne - e.g. Mornington, Red Hill, Frankston, Yarra Glen, Warragul (see link for events on Facebook). Also available for catering. https://www.facebook.com/Jo-Jos-Gluten-Free-Goodies-1446967141999887/ See review: http://thecoeliacplate.com/jo-jos-gluten-free-goodies/
Mornington 3931	Gluten Free Foods FB: @gffoods	Shop 5 55 Barkly Street	A family owned and operated supermarket dedicated to sourcing new and exciting gluten free food and have new stock arriving weekly. They pride themselves on integrating vegan and fructose friendly products into the store. http://www.glutenfreefoods.com.au/
Beaumaris	Seaview Quality Meats Added: 06/18	333 Balcombe Road T: 03 9589 2128	With family members needing to eat gluten free, this butcher decided to go completely gluten free so there is no cross contamination risk. (No website)
Lyndhurst 3975	Brian's Gourmet Meats	Marriott Waters Shopping Centre, Cnr Thompsons Rd & Marriott	A butcher with a huge range of meats, including crumbed schnitzels, kiev's, pastry products, sausages, dips & sauces. A great option for a Christmas turkey! They also



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	FB: @BriansGourmetMeats Updated: 03/18	Boulevard Vic 3975 T: 03 9036 2732	stock GF breads, buns & bagels from Pure Gluten Free Bakery (wholesaler). Accredited by Coeliac Australia. 7 days 8am-6pm www.facebook.com/BriansGourmetMeats/

Nearly 100% Gluten Free!

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City 3000	Fettle Added: 02/18 Reviewed: 09/18	Rear of 500 Bourke St	Healthy food bowls. The entire menu is naturally gluten free except for oats in the muesli. Mon-Fri 8-4pm http://fettle.co
Richmond (Burnley) 3121	Serotonin FB: @serotonin dealer Added: 05/16 Reviewed: 09/18	52 Madden Grove T: 03 9428 8256 (Near Burnley station)	A vegetarian healthy eating café that is also gluten free, excluding muesli and some buns for burgers . Check prep methods for GF bread. Eat in & takeaway. Breakfast, lunch. (Dinner seasonally.) www.facebook.com/serotonindealer/
Richmond 3121	Patch Added: 09/18	1/32 Bendigo Street T: 03 9029 0328	A clean eating / paleo café where everything is gluten free apart from the sourdough bread . Mon-Fri 7am-4pm, Sat-Sun 8am-4pm https://www.facebook.com/patchrichmond/
Camberwell 3124	Foddies FB: @foddies Added: 09/18	393 Camberwell Road	Foddies specialise in low FODMAP and gluten free dishes. The food is all gluten free apart from the bread options and they do have cross contamination procedures in place. I eat there with confidence! Mon-Fri 7.30am-3.30pm, Sat-Sun 8am-3.30pm https://foddies.com
Moonee Ponds 3039	Foddies Donut Shop FB: @foddies Added: 09/17	28 Hall St	All the donuts are gluten free, but not prepared in a 100% GF kitchen (as above). Tues - Sun 9am-4pm https://foddies.com



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



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