



100% Gluten Free

UK - East Anglia

July 2018 v 3.1

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 <i>Updated: 02/18</i>	Timberhill Norwich Norfolk NR1 3JZ	This business closed in February 2018.
Norwich (Costessey), Norfolk NR8 5BG	Café Jungle	Ringland Lane Costessey Norwich Norfolk NR8 5BG Also see Suffolk location.	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). www.cafejungle.co.uk/
Norwich Norfolk NR2 1NA	Kind Food	Norwich Market Row F Stalls 124-125 1 Market Pl Norwich NR2 1ND (located off Gentleman's Walk in the city centre)	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. Delivery to local area or via Royal mail possible.

Suburb/Area	Restaurant	Address	Comments / website
			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> <i>Updated 07/18</i>		CLOSED end July 2018. 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
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/
Beccles Suffolk NR34 8TT	Café Jungle <i>Added: 09/17</i>	London Road Weston Beccles Suffolk NR34 8TT T: 01502 559103	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). www.cafejungle.co.uk/
Suffolk	Glorious Fodder <i>Added: 07/16</i> <i>Updated: 02/18</i>	Various markets	Presumed closed - website not working and no tweets or Facebook posts since mid 2017.
Cambridgeshire	-	-	THERE ARE CURRENTLY NO LISTINGS FOR CAMBRIDGESHIRE
Hertfordshire	-	-	THERE ARE CURRENTLY NO LISTINGS FOR HERTFORDSHIRE



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Suburb/Area	Restaurant	Address	Comments / website
Bedfordshire	-	-	THERE ARE CURRENTLY NO LISTINGS FOR BEDFORDSHIRE
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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