



100% Gluten Free

UK - London

Nov 2018 v3.0

This is a list format of the blog post “London 100% gluten free” - listing 100% gluten free bakeries, cafés and restaurants in central and greater London. The blog post includes more details and photos.

www.thecoeliacplate.com/london-100-gluten-free

For 100% gluten free street food & markets, see the separate listing:

www.thecoeliacplate.com/london-glutenfree-streetfood-and-markets

The criteria for inclusion is that the food is 100% gluten free and has its own outlet that can be visited. (NB not all drinks are always gluten free.)

For up-to-date news, check the business Twitter and Facebook accounts (handles can be found underneath the venue name).

Please see the disclaimer at the end of the document.

Town	Name	Address	Comments /websites
CENTRAL LONDON			
Fitzrovia, Central London W1T 1SB	Beyond Bread Bakery T: @beyond_bread FB: @GlutenFreeBeyondBreadBakery Updated: 11/18	2 Charlotte Place Tel: 020 7636 7055	A bakery/café that is getting widespread acclaim - go for lunch or a snack. Missing a Danish or crunchy baguettes? You will find them here. Mon-Fri 8.30am-5pm, Sat/Sun 10am-5pm www.beyondbread.co.uk/ See a review on: http://thecoeliacplate.com/beyond-bread-gluten-free-london
Soho, Central London W1D 4UQ	Leggero T: @La_Polenteria FB: LEGGERO London Updated: 11/18	64 Old Compton Street Tel: 020 7434 3617 <i>Also see street food listing</i>	Accredited by Coeliac UK. Italian style hearty main meals, a range of salads and delicious desserts. Vegetarian and vegan options. Delivery available via Deliveroo. 7 days noon-10pm (Sat 10.30pm) http://www.leggero-london.com See a review on: http://thecoeliacplate.com/la-polenteria-gluten-free-london/

Town	Name	Address	Comments /websites
Soho, Central London W1F 8ZN	Yorica! T: @YoricaMoments Added: 04/16	130 Wardour Street Tel: 020 7434 4370	Serving ice creams, shakes and fro-yo that are all free from dairy, egg, nuts and gluten. No animal products, so suitable for vegans. Mon-Wed 12 noon-10pm, Thu-Sat noon-midnight, Sun 11am-10pm www.yorica.com/
Soho Central London W1J 0DF	GROM FB: GromOfficial Added: 11/18	16-18 Piccadilly, London W1J 0DF	Italian ice creams and sorbets. 7 days 11am until late. Delivery available via Deliveroo. https://www.grom.it/en/gelateria-London.html
Soho Central London W1D 6PB	Vantra Lougevity T: @vantralondon Added: 06/18	5 Wardour St, Tel: 020 7287 5222	A vegan buffet style restaurant where the food is healthy and nutritious. Also has a live music area. Tues-Sat 12pm-11pm Sun-Mon & Bank Holidays 1-8pm https://www.vantra.co.uk/
Covent Garden, Central London WC2H 9DP	Wild Food T: @WildFoodCafe Added: 09/17 Updated: 11/18	1st Floor 14 Neal's Yard, Covent Garden,	A plant-based eatery using as many raw foods as possible. Gluten free beer available. 7 days from 11.30am, closing times vary but open for dinner most nights. http://www.wildfoodcafe.com/
Covent Garden, Central London WC2B 4BZ	Indigo at One Aldwych FB & T: @onealdwych Updated: 11/18	Indigo at Hotel One Aldwych, 1 Aldwych, Covent Garden Tel: 020 7300 0400	The menu is entirely gluten & dairy free but note that the kitchen is not 100% gluten free as it is used for other hotel cooking. Coeliac UK Accredited. Open 7 days for breakfast, lunch and dinner and is great for pre-theatre. https://www.onealdwych.com <i>See a review on:</i> http://thecoeliacplate.com/indigo-covent-garden/
Marylebone Central London W1A 1AB	Beyond Bread Bakery T: @beyond_bread FB: @GlutenFreeBeyondBreadBakery Added: 08/17 Last updated: 06/18	Selfridges Food Hall 400 Oxford Street	A concession of the main bakery in Fitzrovia with plenty to choose from - meals and snacks. Mon-Sat 9.30am-9.00pm, Sun 11.30am-6.30pm www.beyondbread.co.uk/

Town	Name	Address	Comments /websites
Marylebone Central London W1A 1AB	Hemsley & Hemsley Café T: @HemsleyHemsley Added: 07/16	Selfridges 400 Oxford Street	The dynamic sister duo have opened a cafe inside Selfridges. It is healthy food free from gluten, refined grains, sugar & hydrogenated vegetable oils. Mon-Sat 9.30am-9pm, Sun 12pm-6pm http://www.hemsleyandhemsley.com/
Clerkenwell/ Islington EC1R 4TJ	Niche T: @Nichefooddrink FB: @nichefoodanddrink Reviewed: 03/17	197-199 Rosebery Avenue Tel: 020 7837 5048	You have a lot of choice - pop in for a bakery item or a drink, a light meal or a main meal. Think salads, sausage & mash, burgers, pie, quiche, fish, steaks and much more! There are many dairy free and vegan dishes and an allergen chart is available online. Mon-Sat 11am-late, Sun 11am-3.30pm* (*Sunday night dinner only if there is a show on at Sadler Wells) www.nichefoodanddrink.com See a review on: http://thecoeliacplate.com/niche-glutenfreelondon/
Clerkenwell London EC1M 4DT	Aprés Food Co. FB & T:@ApresFoodCo Added: 04/17	72 St John Street Tel: 020 7686 8888	Aprés offer delicious meals that satisfy whilst being nutritionally great for you. All homemade, organic where possible, limited cow's dairy and completely gluten and refined sugar free. Mon - Fri: 7:30am - 6pm Sat: 10am - 2pm https://www.apresfood.com
Shoreditch, London EC1V 9DR	Redemption Bar FB: @Redemption Added: 11/18	320 Old Street Tel: 020 7613 0720	A completely alcohol free bar, serving up amazing mocktails and healthy drinks along with vegan, sugar-free and gluten and wheat free food. Their motto is 'spoil yourself without spoiling yourself'. Mon-Fri 12pm - 10:30pm, Sat 10am - 10:30pm, Sun 10am - 9.30pm https://www.redemptionbar.co.uk
Shoreditch, London EC2A 4RH	Essence Cuisine FB: @essencecuisineandexpress Added: 11/18	94 Leonard Street	Plant based restaurant offering nutritious vegan food, often raw from breakfast to dinner. They also do event catering. Mon 8am-5pm, Tues-Fri 8am-9pm, Sat 9am-5pm, Sun closed. https://www.essence-cuisine.com
<i>Various locations</i>			See Street Food listing (link at top of page).

Town	Name	Address	Comments /websites
EAST LONDON			
Shoreditch, London EC2A 4RH	Essence Cuisine		See entry above
Walthamstow E17 9DZ	Juliet GF Bakery & Cafe	787 Lea Bridge Road, E17 9DZ T: 020 8520 6332 T @julietgbakery FB: @julietglutenfreebakery Added: 03/17	Gluten free and vegan bakery and café (a sister bakery to Romeo's in Islington). 7 days 9am-5pm. https://www.facebook.com/pg/Julietglutenfreebakery/
<i>Various locations</i>			See Street Food listing (link at top of page).
WEST LONDON			
Soho, Central London W1F 8ZN	Yorica!	130 Wardour Street Tel: 020 7434 4370 T: @YoricaMoments	See entry under Central London www.yorica.com/
Notting Hill W10 5SA	Pearl & Groove	341 Portobello Road Notting Hill W10 5SA T: 020 3601 3316 T & FB @pearlandgroove	A gluten free, flourless bakery and cake shop. Some products are also sugar free or dairy free. Now they have their own store the kitchen is gluten free and they are planning to organise testing of their products to prove it! Mon-Fri 9.30am - 6pm, Saturday 10am - 6pm, Sunday 11am - 5pm Deliveries also available in London. http://www.pearlandgroove.com/ Added: 10/16 Reviewed: 11/18
Notting Hill W2 5BH	Redemption Bar	6 Chepstow Road Tel: 020 7313 9041 FB: @Redemption	A completely alcohol free bar, serving up amazing mocktails and healthy drinks along with vegan, sugar-free and gluten and wheat free food. Their motto is 'spoil yourself without spoiling yourself'. Mon-Fri 12pm - 10:30pm, Sat 10am - 10:30pm, Sun 10am - 5pm https://www.redemptionbar.co.uk Added: 11/18
<i>Various locations</i>			See Street Food listing

Town	Name	Address	Comments /websites
SOUTH WEST LONDON			
Victoria/Westminster SW1E 6SQ	M RAW at M Victoria FB: @mrestaurants.london T: @mrestaurant_s_	Cardinal Place Zig Zag Building 70 Victoria St Westminster SW1E 6SQ T: 020 3327 7776	A fine dining experience, the "RAW" part of the restaurant is 100% gluten free and has a separate kitchen to the grill area to prevent cross contamination. Mon-Sat early until late. http://mrestaurants.co.uk/victoria/m-raw/
Clapham SW4 7UR	Mommi bar and grill T: & FB: @wearemommi	44-48 Clapham High Street Tel: 020 3814 1818	Japanese-Latin Raw Bar + Grill with a market-style menu. Coeliac UK Accredited. Kids activities Sunday lunch. Mon-Fri dinner until late, weekends brunch until late. www.wearemommi.com
Wandsworth SW11 3JS	Manna Dew Reviewed:10/16 Updated: 08/18		Manna's restaurant is closed and they are moving to supplying health food stores. mannadew.co.uk/
Brixton SW9 8PS	Station 26 FB: @Station26Glutenfree	<i>Brixton Market</i> Unit 26 Brixton Village [location was previously WAGfree]	The menu is available online and includes light meals (eg bruschetta, salad) and main meals such as burgers, chicken schnitzel, tuna and quinoa. There is some seating inside, as well as outside in a covered walkway. It is a cash only shop. Closed Mon/Tue. https://www.facebook.com/station26Glutenfree/
Fulham SW6 1NZ	Ardiciocca FB: @ardicioccar estaurant	461 - 465 North End Road Fulham SW6 1NZ T:020 3848 6830	This traditional Italian trattoria and pizzeria is all naturally gluten-free. Open 7 days for lunch and dinner. https://www.ardiciocca.com/
Richmond TW10 6UB	Coori FB: @CooriUK T: @coori_freefrom	84 Hill Rise	A café where you eat pizza and other specials, as well as buy their pantry staples. BYO Alcohol. Tues-Fri 9am-7pm, Sat 9am-10pm, Sun 10am-6pm. https://www.coori.co.uk

Town	Name	Address	Comments /websites
Kingston-upon-Thames Surrey KT1 3RT	The Willow T: @your_willow F: @yourwillow Added: 10/16 Updated: 10/17	16 The Triangle Norbiton Kingston-upon-Thames T: 020 3034 2424	A 'Food as Medicine' style restaurant serving 100% gluten free lunch and dinner dishes - even the award-winning draught beers are gluten free! Locally sourced real food that uses cooking methods that maintain nutritional integrity. Head chef is a coeliac. Coeliac UK accredited. Mon-Fri 8am-11pm (closed Tues), Sat 9am-11pm, Sun 9am-10.30pm http://yourwillow.co.uk/
Kingston-upon-Thames, Surrey KT11JQ	Glutopia FB: @glutenguru T: @Gluten_guru Added: 05/16 Updated: 07/18	41 Market Place Kingston-upon-Thames T: 020 8974 5444	A 100% Gluten Free artisan bakery, offering an array of freshly baked cakes, brownies, loaves, sandwiches & salads, savoury food, juices and fantastic coffee and all created fresh everyday on site. Eat in or take away. Delivery by Deliveroo. Mon noon-7pm, Tue-Fri 10am-7pm, Sat 9.30am-8pm Sun 10.30am- 6.30pm www.glutopiabakery.com/
<i>Various locations</i>			See Street Food listing (link at top of page).
SOUTH EAST LONDON			
Dulwich SE22 8EF	FC Wellbeing FB: @fcwellbeingcafe Added: 11/18	28A Grove Vale Dulwich	A cafe and yoga store. GF & healthy eating offering superfood salads, pies, tarts, cakes and smoothies. Mon-Fri 7.30am-5pm, Sat-Sun 8am-5pm. https://www.facebook.com/fcwellbeingcafe/
<i>Various locations</i>			See Street Food listing (link at top of page).
NORTH LONDON			
Islington/Clerkenwell EC1R 4TJ	Niche		Please see listing under Central London
Islington N1 2UQ	Beyond Bread Bakery T: @beyond_bread FB: @GlutenFreeBeyondBreadBakery	267 Upper Street Tel: 020 7183 3213	A sister bakery/café to the Fitzrovia store. Outside courtyard for sunny days. GF beer available. Mon-Fri 8am-5pm, Sat-Sun 9am-5pm www.beyondbread.co.uk/

Town	Name	Address	Comments /websites
			<p>See a review of their other store on: www.thecoeliacplate.com/beyond-bread-gluten-free-london/</p>
	<p>Added: 07/16 Updated: 06/18</p>		
Islington N1 1RG	<p>Romeo's Sugar Free Bakery</p> <p>T: @romeosfbakery FB: @romeosugarfreebakery</p> <p>Updated: 06/18</p>	<p>178 Upper Street</p> <p>Tel: 020 7398 047 525</p>	<p>Café & bakery. All food is gluten free and sugar free. Dairy free and egg free options available. Delivery by Deliveroo. Daily from 9/9.30am until late. http://romeosfbakery.com</p>
Highbury East N7 8JE	<p>Cookies & Scream</p> <p>T: @cookiescream</p> <p>Updated: 06/18</p>	<p>130 Holloway Rd, Highbury East</p> <p>Tel: 07778 691519</p>	<p>Vegan bakery that has a permanent shop at the market. Every product is dairy, egg, wheat and gluten free. Some bar style seating looking into the bakery. 7 days 10am-8pm (9pm Fri & Sat). www.cookiesandscream.com/</p>
Muswell Hill N10 3DU	<p>Pure Nest Cafe</p> <p>FB & T: @purenestcafe</p> <p>Added: 11/18</p>	<p>176-178 Fortis Green Road Muswell Hill</p> <p>Tel: 020 3774 4269</p>	<p>Completely gluten free and dairy free café providing breakfast and light lunches, run by a naturopath. "We provide healthier treats for people with food allergies and those aware of how specific foods affect their bodies." Delivery by Uber Eats. Tues-Sun - 9am to 4.30pm Closed Mon. https://www.purenestcafe.com/</p>
Various locations		See Street Food listing	www.thecoeliacplate.com/london-glutenfree-streetfood-and-markets

CONTINUE OVERLEAF FOR NEARLY 100% GLUTEN FREE

NEARLY ALL GLUTEN FREE!

Town	Name	Address	Comments /websites
CENTRAL LONDON			
Covent Garden, Central London WC2B 5AJ	Farmstand FB & T: @WeAreFarmstand	42 Drury Lane	All food is gluten & dairy free and no added sugar, except for rye bread that is available. Breakfast/lunch/dinner. Casual, takeaway and a small amount of seating. <i>NB Not all drinks are GF, but GF beer is available.</i> Mon-Fri 7:30am-9pm, Sat 9am-9pm, Sun 10am-7pm http://www.farmstand.co.uk/
	Added: 06/16 Updated: 11/18		

If you find any errors or would like to add a listing, please email:
info@thecoeliacplate.com.



While every effort is made to check the information is valid at the time of publishing, The Coeliac Plate makes no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the website or the information, products, services, contained on the website for any purpose.

Management, chefs and products change and it is your responsibility at all times to explain your dietary requirements to the restaurant and review product labels and assess the risk. In providing information and links on this website, The Coeliac Plate does not assume or undertake any responsibility, including legal responsibility, to those who read it and choose to take it into account when making any decisions, or to those affected by their decisions. Any reliance you place on information on this website is therefore strictly at your own risk.

In no event shall The Coeliac Plate be liable for any direct, indirect or consequential damages resulting from the use of this website.

Please see full terms and conditions at: thecoeliacplate.com/terms-of-use/