



# 100% Gluten Free Australia - Melbourne, VIC

Jan 2019 v2.1

Melbourne is home to quite a number of cafes and bakeries where the food is 100% gluten free. At the end of the document is a list of 'nearly gluten free' venues - usually these businesses are all gluten free except for one or two items, so still worth a look!

This list only includes businesses with a physical outlet (ie not purely online ordering).

**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. Drinks may not all be gluten free.

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

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|                     |   |  | Thursday to Saturday - 8:30am to 9:00pm<br>Sunday - 10:00am to 7:00pm<br><a href="https://www.rawtrader.com.au">https://www.rawtrader.com.au</a>  |
| City centre<br>3000 | <b>Bodega Underground</b><br><br>FB: @bodegaunderground<br><br>Added: 09/18 | 55 Little Bourke Street<br><br>T: 03 9650 9979   | Mexican food and the menu states all food is 100% gluten free.<br>7 days 4pm - 3am<br><br><a href="https://www.bodegaunderground.com.au">https://www.bodegaunderground.com.au</a>   |
| City centre<br>3000 | <b>Spud Bar</b><br><br>FB: @spudbarHQ<br><br>Reviewed: 04/18                | Bourke Place<br>600 Bourke Street<br><br>398 Little Bourke St<br>T: 03 9602 3841<br><br>567 Collins Street<br>T: 03 9629 3770  | Jacket potatoes & salads. & salads.<br>Bourke Place: Mon - Fri 11am-4pm<br>Little Bourke: Mon - Fri 11.30am-6.30pm (Fri 5.30pm), Sat - Sun 12.00pm-4.00pm<br>Collins St: Mon - Thurs 11:30am - 4pm, Fri 11:30am - 3pm   |
| City centre<br>3000 | <b>Spud Bar</b><br><br>FB: @spudbarHQ<br><br>Reviewed: 04/18                | Emporium Shopping Centre Level 3<br>287 Lonsdale St<br>T: 03 8609 8205<br><br>QV Shopping Centre Level 1<br>Corner Swanston St & Lonsdale St<br>T: 03 9662 3224<br><br><i>Delivery via Uber Eats</i> | Emporium: Sat - Wed 10am-7pm, Thu - Fri 10am-9pm<br><br>QV: Mon - Thurs 11am - 6pm, Fri 11am - 8pm, Sat - Sun 11:30am - 4pm<br><br><a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a><br><br>See review:<br><a href="http://thecoeliacplate.com/spudbar-gluten-free-baked-potatoes/">http://thecoeliacplate.com/spudbar-gluten-free-baked-potatoes/</a> |
| St Kilda Rd<br>3004 | <b>Spud Bar</b><br><br>FB: @spudbarHQ<br><br>Updated: 07/18                 | 11 Commercial Road<br>(cnr St Kilda Road)<br><br><i>Delivery via Uber Eats</i>   | Jacket potatoes & salads.<br>7 days 11am - 9pm (Sat/Sun midday)<br><a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>   |
| St Kilda<br>3182    | <b>Spud Bar</b><br><br>FB: @spudbarHQ<br><br>Updated: 07/18                 | 43 Blessington Street<br><br><i>Delivery via Uber Eats</i>   | Jacket potatoes & salads.<br>7 days 11.30am - 8.30pm<br><a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>  |

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| St Kilda<br>3182           | <b>Hemp Kitchen</b><br><br>FB: @hempkitchen<br>.au<br><br>Added: 09/18<br>Updated: 12/18                              | 1/173-177 Barkly<br>Street<br><br>T: 0431 759 811<br><br><i>Delivery via<br/>Deliveroo</i> | They use hemp oil, seeds, flour and protein in most dishes which is naturally gluten free and ensure everything else is also gluten free. Coeliac Australia accredited.<br>Also have weeknight specials - eg pasta, pizza, steak.<br>Mon-Fri 7am - 3pm, 5pm - 9.30pm (Fri 10pm) Sat 8am-10pm, Sun 8am-9.30pm<br><a href="https://www.hempkitchen.com.au">https://www.hempkitchen.com.au</a><br><br>See review:<br><a href="http://thecoeliacplate.com/hemp-kitchen-st-kilda">http://thecoeliacplate.com/hemp-kitchen-st-kilda</a> |
| Fitzroy<br>3065            | <b>Saba's Ethiopian</b><br><br>FB: @SabasEthiopian<br>Restaurant<br><br>Added: 11/16<br>Reviewed: 09/18               | 328 Brunswick<br>Street<br>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<br>Dinner Tues-Sun 5.30pm-10.30pm<br><a href="http://www.sabasethiopianrestaurant.com/">http://www.sabasethiopianrestaurant.com/</a>   |
| Fitzroy<br>3065            | <b>Spud Bar</b><br><br>FB: @spudbarHQ<br><br>Updated: 07/18   | 368 Brunswick St<br><br><i>Delivery via Uber<br/>Eats</i>                                  | Jacket potatoes & salads.<br>Mon - Fri 11.30am - 9.30pm<br><a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>   |
| Kensington<br>3031         | <b>La Tortilleria</b><br><br>FB:<br>@latortilleriaau<br>T:<br>@LaTortilleriaAU<br><br>Added: 11/16<br>Reviewed: 09/18 | 72 Stubbs St<br>T: 03 9376 55 77<br><br><i>Delivery via Uber<br/>Eats</i>                  | The menu states all food items are gluten free.<br><br>Mon-Thurs 5:30pm-9pm,<br>Fri 11:30am-3pm & 5:30pm-9:30pm,<br>Sat & Sun 12pm-3pm & 5:30pm-9:30pm<br><a href="http://latortilleria.com.au/">http://latortilleria.com.au/</a>   |
| South<br>Melbourne<br>3205 | <b>Spud Bar</b><br><br>FB: @spudbarHQ<br><br>Updated: 07/18   | 246 Clarendon St<br><br><i>Delivery via Uber<br/>Eats</i>                                  | Jacket potatoes & salads.<br>Mon - Sun 11.30am - 8.30pm<br><a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>   |
| <b>INNER EAST</b>          |   |  |   |
| Richmond<br>3121           | <b>Spud Bar</b><br><br>FB: @spudbarHQ<br><br>Updated: 07/18   | 226 Swan Street<br><br><i>Delivery via Uber<br/>Eats &amp; Deliveroo</i>                   | Jacket potatoes & salads.<br>Mon - Fri 11am - 9pm, Sat 11.30am - 9.00pm, Sun 12-8pm<br><a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>   |
| Richmond<br>3121           | <b>Pana Chocolate</b>   | 491 Church Street  | Hand made chocolates and cakes. Everything gluten free and vegan.   |

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|                         | FB: @panachocolate  |  | NB Usually closes for an extended Christmas break and reopens in February.<br><a href="http://www.panachocolate.com/">www.panachocolate.com/</a>  |
| Richmond (Burnley) 3121 | <b>Chingon</b><br>Reviewed: 09/18   | 413 Swan Street<br>T: <del>03 9429 5695</del>                            | Closed (even though website is still working)<br><a href="http://www.chingon.com.au/">http://www.chingon.com.au/</a>  |
| Richmond 3121           |   |  | Also see 'nearly gluten free' section at the end of the document.   |
| Prahran 3181            | <b>MOM (Market on Malvern)</b><br>FB: @marketonmalvern<br>Added: 05/17<br>Reviewed: 07/18 | 388 Malvern Road<br>T: 03 9529 7701<br><br><i>Delivery via Deliveroo</i> | 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.<br>Mon-Fri 7.30am-4pm, Sat-Sun 8am-4pm.<br><a href="https://www.beingwellhc.com.au/mom-cafe/">https://www.beingwellhc.com.au/mom-cafe/</a><br><br>See review:<br><a href="http://thecoeliacplate.com/mom-gluten-free-prahran/">http://thecoeliacplate.com/mom-gluten-free-prahran/</a> |
| South Yarra 3141        | <b>Spud Bar</b><br>FB: @spudbarHQ<br>Reviewed: 07/18                                      | 590 Chapel St<br><br><i>Delivery via Uber Eats</i>                       | Jacket potatoes & salads.<br>Mon - Sun 11.00am - 9.00pm<br><a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>   |
| Hawthorn 3123           | <b>Spud Bar</b><br>FB: @spudbarHQ<br>Reviewed: 07/18                                      | 717 Glenferrie Rd<br><br><i>Delivery via Uber Eats</i>                   | Jacket potatoes & salads.<br>Mon - Fri 11.00am - 9.30pm<br>Sat - Sun 11.30am - 9.00pm<br><a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>   |
| Camberwell 3124         | <b>WellZones GF</b><br>FB: @wellzonesgf<br>Added 04/18<br>Updated 07/18                   | 393 Camberwell Road<br><br><i>Delivery via Uber Eats</i>                 | A coeliac son is the driver behind this family gluten free bakery and café. Delicious sandwiches, lunch specials and cakes.<br>Tue-Sat 8am-6pm. Closed public holidays.<br><a href="https://www.wellzones.com.au/">https://www.wellzones.com.au/</a><br><br>See review:<br><a href="http://thecoeliacplate.com/wellzonesgf-camberwell-gluten-free/">http://thecoeliacplate.com/wellzonesgf-camberwell-gluten-free/</a>  |
| Kew 3101                | <b>Gluten Free 4U</b><br>FB: @glutenfree4u  | 1345 Burke Road<br>T: 03 9817 6981                                       | Bakery - no seating. See Moorabbin entry below for more detail. Opening hours may differ.<br><a href="http://glutenfree4u.com.au/">glutenfree4u.com.au/</a>   |



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| Doncaster<br>3108       | <b>Spud Bar</b><br><br>FB: @spudbarHQ<br><br>Updated 07/18                       | Westfield<br>Doncaster<br>Shopping Centre<br>619 Doncaster Rd<br><br><i>Delivery via Uber Eats</i> | Jacket potatoes & salads.<br>Sat - Wed 10am - 5pm<br>Thur - Fri 10am - 9pm<br><a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a>  |
| <b>NORTHERN SUBURBS</b> |  |  |   |
| Brunswick<br>3056       | <b>Café Henkel</b><br><br>FB: @cafehenkel<br><br>Added: 05/17<br>Reviewed: 09/18 | 102 Henkel Street<br><br>T: 0418 532 908<br><br><i>Delivery via Uber Eats</i>                      | A completely gluten free café - go for a big breakfast, waffles or a burger or just coffee and cake. Coeliac Australia accredited.<br>Monday - Friday 7am-3pm, Saturday-Sunday 8am-3pm.<br><a href="https://www.facebook.com/pg/cafehenkel/">https://www.facebook.com/pg/cafehenkel/</a><br><br>See review:<br><a href="http://thecoeliacplate.com/cafe-henkel-100-pc-gluten-free-brunswick/">http://thecoeliacplate.com/cafe-henkel-100-pc-gluten-free-brunswick/</a>  |
| Thornbury<br>3071       | <b>Black Ruby Bakery</b><br><br>FB: @blackrubybakeries<br><br>Reviewed 12/18     | 841 High Street<br>T: 03 9484 9608   | Fantastic GF bakery - loaves, rolls, and pastries.<br>Tuesday - Friday 9.30am-5pm, Saturday 10am-4pm<br><a href="http://www.facebook.com/blackrubybakeries">www.facebook.com/blackrubybakeries</a>  |
| Ivanhoe<br>3079         | <b>Caffe Strada</b><br><br>FB: @Caffe Strada<br><br>Updated: 03/18               | 197 Upper<br>Heidelberg Road<br>T: 03 9497 4875  | Gluten free café with breakfast, lunch and snack options.<br>Mon-Fri 7.30am-4.30pm, Sat-Sun 8am-4.30pm<br><a href="http://www.caffestrada.com.au/">www.caffestrada.com.au/</a><br><br>See review:<br><a href="http://thecoeliacplate.com/caffe-strada-gluten-free-melbourne/">http://thecoeliacplate.com/caffe-strada-gluten-free-melbourne/</a>  |
| Ivanhoe<br>3079         | <b>Delhicious</b><br><br>FB: Delhicious<br><br>Added 05/17<br>Reviewed 07/18     | 91 Upper<br>Heidelberg Road<br><br>T: 03 9499 1053   | Modern Indian cuisine, including GF naan bread & pizza! Coeliac Australia accredited.<br>Open Monday- Saturday for Breakfast, Lunch & Dinner. Breakfast & Lunch 8am-3pm, Dinner 5pm-10pm<br><a href="http://delhiciouscuisine.com.au/">http://delhiciouscuisine.com.au/</a><br><br>See review:<br><a href="http://thecoeliacplate.com/delhicious-100-pc-gluten-free-indian-in-ivanhoe/">http://thecoeliacplate.com/delhicious-100-pc-gluten-free-indian-in-ivanhoe/</a> |



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| Coburg North<br>3058      | <b>Silly Yaks</b><br><br>FB: @au.sillyyaks<br><br>Updated: 07/18   | 2 Mercier Street<br>T: 03 9350 2255   | Gluten free bakery factory outlet, also fructose friendly. Take a cool bag as many products are frozen.<br>Open Mon-Fri 9am-3pm and one Sunday a month.<br><a href="http://sillyyaks.com.au/">sillyyaks.com.au/</a>  |
| Avondale<br>Heights 3034  | <b>Particle Cafe</b><br><br>FB:<br>@particlecafe<br><br>Added: 11/16<br>Updated: 07/17                   | 1/47 Military Rd  | Vegan café that is also gluten free.<br>Breakfast, lunch, cakes.<br><a href="https://www.facebook.com/particlecafe/">https://www.facebook.com/particlecafe/</a><br><a href="http://particleco.com/">http://particleco.com/</a>   |
| East Keilor<br>3033       | <b>Heaven's<br/>Bakehouse</b><br><br>FB:<br>@heavensbakehouse  | 8 Williams Avenue<br>T: 03 9331 5955  | A gluten free bakery making bread (loaves and baguettes), cakes, pies, pizza bases etc.<br>Open weekdays only (factory outlet, no café).<br><a href="http://www.heavensbakehouse.com.au/">www.heavensbakehouse.com.au/</a>   |
| Preston<br>3072           | <b>Eat Cannoli</b><br><br>FB:<br>@eatcannoli<br><br>Added: 01/18   | 132 Wood Street,<br>Preston   | A little cafe with savoury piadinas (flat toasties) for lunch and a variety of cannoli for dessert or with a drink. Eat in or takeaway. Also attending various events.<br>Wed - Sun 7.30am - 3pm<br><a href="http://www.facebook.com/pg/eatcannoli">www.facebook.com/pg/eatcannoli</a> |
| Bundoora<br>3083          | <b>Gluten<br/>Freegan</b><br><br>FB & T: N/A<br><br>Added: 05/17<br>Reviewed: 07/18                      | Kingsbury Drive<br>Community Market<br>Carpark 2 at the<br>LaTrobe University | Cakes and some savouries (eg lasagne).<br>Advertises as gluten free & vegan.<br>Market is every Sunday.<br><a href="https://www.instagram.com/gluten_free_gan/">https://www.instagram.com/gluten_free_gan/</a>   |
| <b>EASTERN SUBURBS</b>    |  |   |  |
| Chirnside<br>Park<br>3058 | <b>Just Yummy<br/>Gluten Free<br/>Bakery</b><br><br>FB<br>@justyummygluten<br>free<br><br>Updated: 06/17 | 13 Meadowgate<br>Drive<br>(10 mins from<br>Ringwood)<br>T: 03 9727 0034       | See above for INNER EAST.<br><b>100% Gluten and nut free bakery.</b> Also makes products egg free, yeast free, dairy free, fructose free!<br>Wed-Fri 10am-4pm, Sat 10am-3pm<br><a href="http://www.justyummyglutenfree.com/">www.justyummyglutenfree.com/</a>                          |
| Warrandyte<br>South 3134  | <b>Yarralicious</b>  | 486 Ringwood-<br>Warrandyte Rd<br>T: 03 9844 4480                             | Café with light meals and a huge variety of cakes. Also sells GF bread and local condiments.   |



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|  | FB<br>@YaraliciousCafe<br>(note one R!)<br><br>Updated: 07/18  |  | Wed - Fri 7am-6pm, Sat 8am-5pm, Sun 9am-4pm (Mon - Tues closed)<br><a href="http://www.yarralicious.com.au">www.yarralicious.com.au</a><br><br>See review:<br><a href="http://thecoeliacplate.com/yarralicious-gluten-free-cafe/">http://thecoeliacplate.com/yarralicious-gluten-free-cafe/</a>   |
| Boronia                                | <b>Gluten Free 4U</b><br><br>FB: @glutenfree4u<br><br>Added: 05/17   | 243 Dorset Road  | Bakery with bread and many sweet and savoury options.<br>Tues-Fri 9am-5pm, Sat 9am-3.30pm.<br>Closed public holidays.<br><a href="http://glutenfree4u.com.au/">glutenfree4u.com.au/</a>   |
| Various areas, eg Yarra Glen           | <b>Jo Jo's Gluten Free Goodies</b><br><br>FB: Jo Jo's Gluten Free Goodies<br><br>Added: 06/17<br>Reviewed: 09/18 | Markets at various locations   | 100% gluten free kitchen producing delicious savoury items (pies, sausage rolls, quiche), bread and slices and cakes.<br><br>See more detail under Mornington entry.<br><a href="https://www.facebook.com/Jo-Jos-Gluten-Free-Goodies-1446967141999887/">https://www.facebook.com/Jo-Jos-Gluten-Free-Goodies-1446967141999887/</a><br><br>See review:<br><a href="http://thecoeliacplate.com/jo-jos-gluten-free-goodies/">http://thecoeliacplate.com/jo-jos-gluten-free-goodies/</a> |
| St Andrews (foothills of Yarra Ranges) | <b>Gluten Freegan</b><br><br>FB & T: N/A<br><br>Added: 11/16<br>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.<br><a href="https://www.instagram.com/gluten_freegan/">https://www.instagram.com/gluten_freegan/</a>   |

## WESTERN SUBURBS

|               |  |   |  |
|---------------|--|---|--|
| Werribee 3030 | <b>Spud Bar</b><br><br>FB: @spudbarHQ<br><br>Reviewed: 04/18 | Werribee Plaza<br>Cnr. Derrimut & Heaths Rd<br>T: 03 9974 6524<br><br><i>Delivery via Uber Eats</i> | Jacket potatoes & salads.<br>Mon - Wed 10:30am - 5:00pm, Thu - Fri 10:30am - 9:00pm, Sat - Sun 11am - 4:30pm<br><a href="http://www.spudbar.com.au/">www.spudbar.com.au/</a> |
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| Suburb/Area                     | Restaurant  | Address  | Comments / website  |
|---------------------------------|---|--|---|
| <b>BAYSIDE &amp; SOUTH EAST</b> |   |  |   |
| Hampton East<br>3188            | <b>Hopper HQ<br/>(previously<br/>Allergy Train)</b><br><br>Added: 07/18<br>Updated 11/18    | 922 Nepean<br>Highway<br>T: 03 8317 8565<br><br>(Opposite<br>Moorabbin train<br>station and parking<br>at rear.) | A shop and cafe catering to multiple allergies/food intolerances. All food produced never uses any gluten, dairy, eggs or nuts.<br>Allergy friendly products available but note that <i>not all packaged products are gluten free</i> .<br>Mon-Fri 8am -5pm, Sat 10am-3pm<br><a href="https://allergytrain.com.au">https://allergytrain.com.au</a>  |
| Brighton<br>3186                | <b>Fox in the Box</b><br><br>FB: @eatingoutGF<br><br>Reviewed: 04/18                        | 169 Martin St<br>(note: near<br>Gardenvale<br>station, not<br>Brighton Beach)                                    | Gluten free café, dairy and lactose free and FODMAP friendly. Take home meals available.<br>Opens from 10.30am for lunch and from 5.45pm for dinner Thurs-Sat. Closed Sun & Mon.<br><a href="http://www.foxinthebox.com.au/">www.foxinthebox.com.au/</a>  |
| Elsternwick<br>3185             | <b>4me gluten<br/>free</b><br><br>FB: @4me glutenfree<br><br>Added: 03/18<br>Updated: 01/19 | 439A Kooyong Rd  | All products produced by 4me gluten free are gluten free, nut free, trans fat free and dairy free.<br>Open Monday and Friday 10am-4pm<br><a href="https://www.facebook.com/4me glutenfree/">https://www.facebook.com/4me glutenfree/</a>  |
| Moorabbin<br>3189               | <b>Gluten Free<br/>4U</b><br><br>FB: @glutenfree4u<br><br>Reviewed: 09/18                   | 5/1-3 Bignell Road<br>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.<br>Open Tues-Fri 8am-4.30pm, Sat 8.30am-2pm. Closed Public Holidays<br><a href="http://glutenfree4u.com.au/">glutenfree4u.com.au/</a><br><br>See review:<br><a href="http://thecoeliacplate.com/gluten-free-4u-melbourne/">http://thecoeliacplate.com/gluten-free-4u-melbourne/</a> |
| Berwick<br>3806                 | <b>Mr Black<br/>Juicery</b><br><br>FB: @mrblackjuicery<br><br>Added: 01/19                  | 1 Blackburne<br>Square<br>T: 03 9707 5143  | Much more than a juicery, this café has plenty of healthy brunch and lunch options as well as slices. The menu states all food is 100% gluten free.<br>Mon-Fri 6am-3.30pm, Sat-Sun 8am-3pm<br><a href="https://www.facebook.com/mrblackjuicery/">https://www.facebook.com/mrblackjuicery/</a>   |





•The Coeliac Plate•

| Suburb/Area        | Restaurant  | Address   | Comments / website  |
|--------------------|---|---|---|
| Frankston<br>3199  | <b>Gluten Free<br/>4U</b><br><br>FB: @glutenfree4u<br><br>Added: 05/17  | 4/49 Beach Street<br>T: 03 8762 8100  | See details above.<br>Tues-Fri 8.30am-4:30pm, Sat 8.30am -<br>3.00pm<br>Closed Public Holidays<br><a href="http://glutenfree4u.com.au/">glutenfree4u.com.au/</a>  |
| Cheltenham<br>3192 | <b>Pure Gluten<br/>Free Bakery &amp;<br/>Treat No<br/>Wheat café</b><br><br>FB: @pureglutenfree<br>bakery<br><br>Added: 06/16<br>Updated: 10/18 | 13 Follett Rd<br>T: 03 8522 2834  | Bakery with sweet & savoury options and a<br>café in front of the manufacturing plant<br>serving breakfast and lunch. They have<br>hard to find items such as bagels and<br>baguettes. Many products also dairy free.<br>All made on site.<br>Small amount of seating (indoor & out).<br>Mon-Fri 6.30am-4pm, Sat 6.30am-2.30pm<br><a href="http://www.pureglutenfreebakery.com.au">http://www.pureglutenfreebakery.com.au</a> |
| Mentone<br>3194    | <b>Simply Gluten<br/>Free Bakery &amp;<br/>Café</b><br><br>FB: @SimplyGluten<br>Free<br><br>Added: 10/16<br>Updated: 07/18                      | 123 Lower<br>Dandenong Rd<br>T: 03 9583 6256  | All products are wheat and gluten free and<br>nut free. Dairy free, fructose friendly &<br>vegan products available.<br>Products also available at Aumann's,<br>Warrandyte.<br>Mon-Fri 8.30am - 5.00pm, Sat 8.30am -<br>2.00pm<br><a href="https://www.facebook.com/simplyglutenfree/">https://www.facebook.com/simplyglutenf<br/>reee/</a>   |
| Beaumaris          | <b>Seaview<br/>Quality Meats</b><br><br>Added: 06/18  | 333 Balcombe<br>Road<br><br>T: 03 9589 2128   | With family members needing to eat<br>gluten free, this butcher decided to go<br>completely gluten free so there is no cross<br>contamination risk.<br>(No website)   |
| Lyndhurst<br>3975  | <b>Brian's<br/>Gourmet<br/>Meats</b><br><br>FB:<br>@BriansGourmetM<br>eats<br><br>Updated: 03/18  | Marriott Waters<br>Shopping Centre,<br>Cnr Thompsons Rd<br>& Marriott<br>Boulevard Vic<br>3975 T: 03 9036<br>2732 | A butcher with a huge range of meats,<br>including crumbed schnitzels, kiev's, pastry<br>products, sausages, dips & sauces. A great<br>option for a Christmas turkey! They also<br>stock GF breads, buns & bagels from Pure<br>Gluten Free Bakery (wholesaler).<br>Accredited by Coeliac Australia.<br>7 days 8am-6pm<br><a href="http://www.facebook.com/BriansGourmetMeats/">www.facebook.com/BriansGourmetMeats/</a>       |

## MORNINGTON PENINSULA

Please see the separate listing for the Mornington Peninsula on  
<http://thecoeliacplate.com/restaurant-lists/> or the blog post here:  
<http://thecoeliacplate.com/mornington-peninsula-100-percent-gluten-free/>

Covering Mornington, Dromana, Mooroduc, Red Hill, Portsea and more!

## Nearly 100% Gluten Free!

| Suburb/Area             | Restaurant   | Address   | Comments / website  |
|-------------------------|--|---|---|
| City 3000               | <b>Fettle</b><br>Added: 02/18<br>Reviewed: 09/18                                       | Rear of 500 Bourke St   | Healthy food bowls. The entire menu is naturally gluten free <b>except for oats</b> in the muesli.<br>Mon-Fri 8-4pm<br><a href="http://fettle.co">http://fettle.co</a>  |
| Richmond (Burnley) 3121 | <b>Serotonin</b><br>FB: @serotonin dealer<br>Added: 05/16<br>Reviewed: 09/18           | 52 Madden Grove<br>T: 03 9428 8256<br>(Near Burnley station)<br><br><i>Delivery via Uber Eats</i> | A vegetarian healthy eating café that is also gluten free, <b>excluding muesli and some buns for burgers</b> . Check prep methods for GF bread. Eat in & takeaway. Breakfast, lunch. (Dinner seasonally.)<br>Surcharge on Sundays and public holidays.<br><a href="http://www.facebook.com/serotonindealer/">www.facebook.com/serotonindealer/</a>  |
| Richmond 3121           | <b>Patch</b><br>Added: 09/18   | 1/32 Bendigo Street<br>T: 03 9029 0328<br><br><i>Delivery via Uber Eats</i>                       | A clean eating / paleo café where everything is gluten free <b>apart from the sourdough bread</b> .<br>Mon-Fri 7am-4pm, Sat-Sun 8am-4pm<br><a href="https://www.facebook.com/patchrichmond/">https://www.facebook.com/patchrichmond/</a>  |
| Camberwell 3124         | <b>Foddies</b><br>FB: @foddies<br>Added: 09/18   | 393 Camberwell Road   | Foddies specialise in low FODMAP and gluten free dishes and are quite famous for their donuts! The food is all gluten free <b>apart from the bread options</b> and they do have cross contamination procedures in place. I eat there with confidence!<br>Mon-Fri 7.30am-3.30pm, Sat-Sun 8am-3.30pm<br><a href="https://foddies.com">https://foddies.com</a><br><br>See review:<br><a href="http://thecoeliacplate.com/foddies-cafe-melbourne/">http://thecoeliacplate.com/foddies-cafe-melbourne/</a> |
| Moonee Ponds 3039       | <del><b>Foddies Donut Shop</b></del><br>FB: @foddies<br>Added: 09/17<br>Updated: 12/18 | 28 Hall St  | <del>All the donuts are gluten free, but not prepared in a 100% GF kitchen.</del><br>Unfortunately this location has closed. Please see the Camberwell café above.<br><a href="https://foddies.com">https://foddies.com</a>   |

If you have any comments or find an error, please email [info@thecoeliacplate.com](mailto:info@thecoeliacplate.com)



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