



# 100% Gluten Free

## UK - South West England

### August 2019 v1.9

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 stall at a market.

This listing covers Devon, Cornwall, Dorset, Somerset, Avon and Gloucestershire.

Each area is accompanied by a more detailed blog post. Please see <http://thecoeliacplate.com/uk-100-gluten-free/>.

*Please see the disclaimer at the end of the document.*

| Suburb/Area                  | Restaurant  | Address  | Comments / website   |
|------------------------------|---|--|--|
| Torquay,<br>Devon<br>TQ1 3AE | <b>Jackson's Gluten Free Bakery</b><br><br>T: N/A<br>FB: Jacksonsgf<br><br><i>Updated: 08/19</i>                | Indoor market<br>Market Street<br>Torquay<br>Devon<br>TQ1 3AE<br><br>Tel: 01803<br>297138                                | Bread, pies, sausage rolls, cakes, doughnuts and pastries. Dairy free also available.<br>Tuesday to Saturday 9.30 - 4pm<br>Local deliveries available if order online.<br><br><a href="https://www.jacksonsglutenfree.com/">https://www.jacksonsglutenfree.com/</a>  |
| Paignton,<br>Devon           | <b>Tilleys Bakery Shop</b><br><br>FB:<br>@tilleysglutenfree<br><br><i>Added: 02/17</i><br><i>Updated: 07/19</i> |  | Closed 2019.   |
| Devon                        | <b>Let Them Eat</b><br><br>T: @LTECCornwall<br>FB: @letthematcakecornwall<br><br><i>Last reviewed: 03/18</i>    | Various locations.<br><br>Order via<br>lisa@let-them-eat.net or<br>07508 360 035<br>Address provided for pick up orders. | Completely gluten, wheat and dairy free bakery with most cakes also sugar free as well as savouries (such as pasties). Great taste without compromise. 100% natural goodness.<br>Check social media for events/food festivals attending or can order in advance and collect from bakery. Also delivers to Cornwall & Devon. Check Twitter for other events/food festivals.<br><a href="http://www.let-them-eat.net">www.let-them-eat.net</a> |



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| Plymouth,<br>Devon<br>PL1 1QA               | <b>Ladybird Bakery</b><br><br>T: @LadybirdBaking<br>FB: @TheLadyBirdBakery<br>Plymouth<br><br><i>Last updated: 08/19</i>                                | 9 Frankfort Gate<br>Plymouth<br>Devon<br>PL1 1QA<br><br>Tel: 07738 109<br>780                                       | The only totally gluten free bakery & café in Plymouth selling pies, pastries, quiches, cakes, cupcakes and birthday cakes too. Owner is gluten intolerant. Mon-Sat 9.30am-4pm (Tues 2.30pm). Closed Sunday.<br><b>June 2019 - bakery is for sale and may close so check before visiting. Still open in August.</b><br><a href="http://www.facebook.com/TheLadybirdBakeryPlymouth">www.facebook.com/TheLadybirdBakeryPlymouth</a>                              |
| Plymouth                                    | <b>Harbourside Fish &amp; Chips (The Barbican)</b><br><br>FB: @HarboursideFishChips<br><br><i>Added: 08/19</i>  | 12 The Barbican<br>Plymouth<br>PL1 2LS<br><br>Tel: 01752<br>975238<br><br>thebarbican@harboursidefishandchips.co.uk | The GF fish & chip shop is two doors down from their original (non GF) restaurant and is Coeliac UK accredited. Takeaway & a couple of outside tables. If you want to eat in, the GF takeaway can be served in the restaurant. 7 days a week (except in winter) 12pm - 9pm<br><br><a href="https://harboursidefishandchips.co.uk/the-barbican/">https://harboursidefishandchips.co.uk/the-barbican/</a>  |
| Plymouth                                    | <b>Bonne Santé</b><br><br>FB: @BonneSantePlymouth<br><br><i>Added: 08/19</i>  | The Custom House<br>The Parade<br>The Barbican<br>Plymouth<br>PL1 2JP   | The cafe/restaurant has a 100% gluten free menu. Not clear if kitchen is 100% gluten free as catering menu does not look entirely GF.<br><br><a href="https://www.bonnesanteplymouth.co.uk/">https://www.bonnesanteplymouth.co.uk/</a>   |
| Bodmin,<br>Launceston,<br>Truro<br>Cornwall | <b>Tasty Pastry Gluten Free</b><br><br>T: glutenfree_pam<br>FB: @glutenfreetastypastory<br><br><i>Added: 12/16</i><br><i>Last reviewed: 08/19</i>       |   | A small specialist bakery, producing hand-made pastries free of wheat, gluten and dairy products. Choose from pasties, pies and cakes. See Facebook for special events attending and also at weekend farmers' markets in Launceston, Bodmin and Truro.<br><br><a href="https://www.facebook.com/glutenfreetastypastry/">https://www.facebook.com/glutenfreetastypastry/</a><br><a href="https://glutenfreecornwall.co.uk">https://glutenfreecornwall.co.uk</a> |
| Wadebridge,<br>Cornwall<br>PL34 ODA         | <b>The Little Gluten Free Pasty Pie</b><br><br>T: N/A<br>FB: The Little Gluten Free Pasty Pie<br><br><i>Added: 08/16</i><br><i>Last reviewed: 08/19</i> | Unit 7b, Palmers Way<br>Trenant<br>Industrial Estate<br>Wadebridge<br>Cornwall<br>PL27 6HB                          | GF & WF pasty pies - ie a pasty filling in a pie! Also sausage rolls, cake and scones. Mainly an online order business, but you can pick up orders from their industrial unit or call and see what is in the freezer.<br><br><a href="http://www.glutenfreepastypie.co.uk/">http://www.glutenfreepastypie.co.uk/</a>   |



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|                                  |   | Tel: 01208<br>815600  |  |
| Portreath, Lanner, Pool Cornwall | <b>Made Marion Gluten free (the GF arm of Portreath Bakery)</b><br><br>T: mademariongf<br>FB: MadeMarionGF<br><br><i>Added: 08/19</i> | Available at the Portreath Bakery in the Redruth area:<br><br>Portreath village (near the beach)<br><br>Lanner<br><br>Pool (drive thru) | Pasties, sausage rolls, breads (including foccaccia) and cakes.<br>Order online or buy at the Portreath Bakery (all GF products are wrapped to protect the product from cross contamination).<br>Licensed by Coeliac UK<br><a href="https://www.mademarionglutenfree.com/">https://www.mademarionglutenfree.com/</a><br><a href="http://www.portreathbakery.co.uk/">http://www.portreathbakery.co.uk/</a>                    |
| Poole Dorset                     | <b>Biscuit - The French Gluten Free Café</b><br><br>FB @BiscuitTheGFC<br><br><i>Added: 02/18</i><br><i>Last reviewed: 08/19</i>       | 453 Poole Road<br>Branksome<br>Poole<br>BH12 1DH  | Free-from food with a French “touch.”<br>Light lunches (quiche, soup, toasties and French croques) and coffee and cake, all freshly made on the premises and 100% free of gluten. Vegetarian friendly and working on vegan options. Lactose free and low sugar options. *Dog friendly*<br>Mon -Fri 8am to 5pm<br>Sat 9am to 3pm, Sun Closed<br><a href="https://www.biscuitthegfc.co.uk">https://www.biscuitthegfc.co.uk</a> |
| Dorset                           | <b>Mum &amp; Dad’s Kitchen</b><br><br>FB: @MumandDadsKitchen<br>T: @mymumscakes<br><br><i>Under review: 08/19</i>                     | Various locations   | Gluten free cakes & award winning pies produced in a registered gluten free kitchen. Order online or check for events attending.<br><a href="http://www.mumanddadskitchen.co.uk">http://www.mumanddadskitchen.co.uk</a><br><br>[also on South East listing]  |
| Holwell Dorset DT9 5LJ           | <b>The Bee Shack Shop (Honeybuns)</b><br><br>T & FB: @HoneybunsBakery<br><br><i>Last reviewed: 08/19</i>                              | Naish Farm<br>Stony Lane<br>Holwell<br>Dorset<br>DT9 5LJ<br><br>Tel: 01963 23597  | Pop up shop open 1st Saturday of the month Jan - Dec 9.30am - 12pm.<br>Cash/cheque only.<br><a href="http://www.honeybuns.co.uk/">www.honeybuns.co.uk/</a><br>Also frequently at Glastonbury Festival (June)<br><br>On the site of Honeybuns bakery (that is not open to the public).  |
| Somerset & Dorset                | <b>Liberty Loves</b><br><br>FB: @LibertyLoves<br>T: @LibertyLovesUK<br><br><i>Added 02/17</i><br><i>Last updated: 08/19</i>           | Various locations<br><br>Somerset collection address provided on order.   | All raw tarts & protein bars are Dairy Free, Sugar Free and Gluten Free. Most are also vegan. Note, may contain oats. Has a separate nut free kitchen.<br>At Farmers markets & events (see event page on website)<br><a href="http://www.liberty-loves.co-uk">www.liberty-loves.co-uk</a>  |
| Frome, Somerset BA11 5BW         | <b>Café Nouveau</b>   | Tytherington<br>Frome<br>Somerset   | 100% GF and DF. Cafe Nouveau serves breakfast, morning coffee, light lunches and snacks. Takeaway meals available.   |



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|  | Next to the Lighthouse guest house<br><br>T: @Cafe_Nouveau<br>FB: @cafenouveaufrome<br><br><i>Updated: 08/19</i>    | BA11 5BW<br><br>Tel: 01373 465807  | Children's menu available and allergies catered for.<br>Mon-Fri 7am - 6pm, Sat-Sun 8am - 4.30pm<br>Free From Eating Out Awards winner.<br><a href="http://www.facebook.com/cafenouveaufrome">www.facebook.com/cafenouveaufrome</a>  |
| Various locations, Somerset & other counties | <b>Gluten-Free Gourmet</b><br><br>T: N/A<br>FB: @glutenfreecakessomerset<br><br><i>Last reviewed: 08/19</i>         | See Facebook for event details   | Market stalls at events and food truck at major food festivals around the country. Sweet & savoury options available eg burgers, quiche Cornish style pasty, & cakes such as coffee & walnut cake, lemon drizzle, brownies.<br><a href="http://www.glutenfreesomerset.co.uk/">www.glutenfreesomerset.co.uk/</a>   |
| Glastonbury Somerset<br>BA6 9QL              | <b>Pie &amp; Tart</b><br><br>FB: @pieandtartUK<br><br><i>Added: 08/19</i>   | Unit 22<br>The Gauntlet<br>St John's Square<br>Glastonbury<br>Somerset<br>BA6 9QL<br><br>Tel: 07964 035 959                              | Cafe specialising in gluten free, dairy free and vegan food. Menu varies but includes things like pastries (pies, sausage rolls), salad, scotch eggs.<br>Eat in (indoor and outdoor seating) or takeaway.<br>Thurs-Sat 8.30am-4pm, Sun 10.30am-4pm<br><a href="https://www.facebook.com/pieandtartUK/">https://www.facebook.com/pieandtartUK/</a>   |
| Martock Somerset<br>TA12 6FF                 | <b>Chirpy Cottage Cafe</b><br><br>FB & T: @ChirpyCottage<br><br><i>Added: 07/15</i><br><i>Last reviewed: 08/19</i>  | Unit 4<br>The Old Railway<br>North Street<br>Martock<br>Somerset<br>TA12 6FF<br><br>(at the top of North Street, opposite Texaco garage) | Wheat free/GF bakery, also doing dairy free, specialising in pastry products. The café offers meals such as lasagne, curry, quiche, toasted sandwiches, jacket potatoes, pies, pasties and tarts to eat in or take away.<br>Tues-Fri 9am-4pm, Sat 9am-2pm (these times are approximate - just look for the OPEN sign!)<br>See website for events attending.<br><a href="http://www.chirpycottage.co.uk/">www.chirpycottage.co.uk/</a> |
| Iminster Somerset<br>TA19 0DH                | <b>The Green House</b><br><br>FB: @TheGreenHousellminster<br><br><i>Added: 02/17</i><br><i>Last reviewed: 08/19</i> | 17 Silver Street<br>Iminster<br>Somerset<br>TA19 0DH<br><br>Tel: 01460 55898   | A recycled and upcycled local business with a café attached that is fairtrade and 100% gluten free. Serving light meals, gluten and dairy free cakes and pastries as well as a huge variety of drinks.<br>Note that only the café is GF - there are non GF products sold on site.<br>Mon - Sat 9am-5pm<br><a href="https://www.facebook.com/pg/TheGreenHousellminster/">https://www.facebook.com/pg/TheGreenHousellminster/</a>       |
| Bath Somerset                                | <b>The Wheat Free Kitchen</b><br><br>T & FB: @thewheatfreekitchen   | See social media for events  | Gluten and wheat free sweet and savoury bakes primarily supplying local shops but does sometimes attend markets or events.  |



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|   |   |   | <a href="https://www.facebook.com/thewheatfreekitchen/">https://www.facebook.com/thewheatfreekitchen/</a>   |
|   | Added: 11/18<br>Last reviewed: 08/19  |   |   |
| Gloucester,<br>Gloucestershire<br>GL1 2NZ | <b>Bangkok Canteen</b><br>T & FB: @BKKCanteenUK<br><br>Added: 08/19   | 72 Westgate St<br>Gloucester<br>GL1 2NZ | Great Thai food with dairy free and vegan options. GF beer available.<br>Tues-Thurs 6pm-9.30pm, Fri-Sat 6pm-10pm (check times over Christmas period)<br>Coeliac UK accredited.<br><a href="https://www.bangkokcanteen.co.uk/">https://www.bangkokcanteen.co.uk/</a> |
| Gloucester,<br>Gloucestershire<br>GL1 5SF | <b>Yippe Gluten Free</b><br>T: @yippeeglutenfree<br>FB: @yippeeglutenfree<br><br>Added: 07/15<br>Last reviewed: 08/19 | Various locations                       | A home based gluten free bakery, run by a coeliac. Primarily online ordering but does attend fairs throughout the year.<br><br><a href="http://www.yippeeglutenfree.co.uk/">www.yippeeglutenfree.co.uk/</a>   |

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



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