



100% Gluten Free Australia - Victoria

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

Large areas (such as Melbourne and Mornington Peninsula) have separate listings to keep the lists a manageable size.

For the linked blog post on Victoria, please see: <http://thecoeliacplate.com/100percent-glutenfree-victoria>

Please see the disclaimer at the end of the document.

Suburb/Area	Restaurant	Address	Comments / website
MELBOURNE			

See separate listing on the Restaurant Lists page or
<http://thecoeliacplate.com/melbourne-100percent-gluten-free/>

YARRA VALLEY & DANDENONGS			
YARRA GLEN Victoria 3775	Yarra Glen Racecourse Market	Armstrong Grove Yarra Glen	Look out for stalls such as Crackle Corn, Jo Jo's Gluten free goodies (pies & cakes) and Yum Az fried chicken. Market is held first Sunday of the month September to June (except January). Check social media for attendance. https://www.facebook.com/Jo-Jos-Gluten-Free-Goodies-1446967141999887/ https://www.instagram.com/cracklecorn/

Also see the 'nearly 100% gluten free' section at the end of the document.

MORNINGTON PENINSULA			
<i>See separate listing on the Restaurant Lists page or</i> http://thecoeliacplate.com/mornington-peninsula-100-percent-gluten-free/			



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GEELONG AND BELLARINE PENINSULA			
<p><i>See separate listing on the Restaurant Lists page or</i> http://thecoeliacplate.com/bellarine-peninsula-and-geelong-100-gluten-free/</p>			
GREAT OCEAN ROAD			
BIRREGURRA Victoria 3242 (north of Colac)	Otway Artisan Gluten Free F: @OtwayArtisan	77 Main Street, Birregurra	A bakery and cafe offering light lunches, coffee and cake or takeaway bread. https://www.facebook.com/Otway-Artisan-1425293944376279/ See review: http://thecoeliacplate.com/otway-artisan-gluten-free-bakery-vic/
THE GOLDFIELDS			
BENDIGO Victoria 3550	New Freedom Bakery F: @NewFreedomBakery	26 Short Street, Bendigo T: 03 54416248	Bakery & Café - freshly made fantastic bread, hot pies/pasties and cakes. Tue-Fri 8.30am-4pm, Sat 9am-1pm http://www.newfreedombakery.com.au/ See review: http://thecoeliacplate.com/new-freedom-bakery-bendigo/
DAYLESFORD & MACEDON RANGES			
MACEDON RANGES Victoria	OMG Decadent Donuts F: @omgdecadentdonutsmr	Various markets, locations such as Woodend (3442) Gisborne (3437) Riddells Creek (3431) Kyneton (3444) Mt Macedon (3441)	Gluten free and vegan donuts dusted with real fruits, nuts and spices. Check Facebook for events attending. https://www.facebook.com/omgdecadentdonutsmr/ https://omgdecadentdonuts.com/
THE GRAMPIANS			
HORSHAM Victoria 3400	Nourish'd Eatery FB: @nourishd.eatery	34 Roberts Avenue	Nourish'd Eatery is an eco cafe offering a healthy, organic, seasonal & local menu. Mon-Fri 8am-3pm, Sat 8am-11.30am www.nourishdeatery.com.au
CONCONGELLA Victoria 3384 (On the outskirts of	Scrumlicious F: scrumlicious gluten free foods	Located halfway between Ballarat and Horsham in the Wimmera area. Nancy:	Run by a coeliac who specialises in making great tasting pies and quiche in a dedicated home GF kitchen. Order in advance to pick up. Pizza nights held in school



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Stawell)		0409 59 7878	holidays. Check Facebook for events they are attending (eg Horsham Spring Garden Festival, Harvest Halls Gap) http://scrumlicious.com.au/
GIPPSLAND			
TRAFALGAR Victoria 3824	Evie's Café F: @eviescafetrafalgar	14 Contingent Street Trafalgar	100% gluten free café that also caters for vegetarian, dairy free, low FODMAP and more! Takeaway available. Every day (except Tues) 8am - 5pm* *If you are making a special trip, please ring first as sometimes they close early. www.facebook.com/eviescafetrafalgar See review: http://thecoeliacplate.com/evies-cafe-trafalgar/
THE MURRAY			
SHEPPARTON Victoria 3631	Palmira's gluten free/Totally Gluten Free Products F: TOTALLYGLUTENFREEPRODUCTS T: nongluten	35 Swainston Road Shepparton East T: 0407 873 803	Gluten free bread & pre-mixes pizza bases, arancini, dim sims, pies, pasta All products are gluten-free & most are also suitable for other sensitive diets e.g. dairy, lactose, soy, egg, etc. Call to pick up frozen goods the same day or to order in advance http://totallyglutenfreeproducts.com/
STRATHALLAN Victoria 3622	Riverine Gluten Free Store F: riverineglutenfree	116 Strathallan Road Strathallan Vic 3622 Ph: 0428 629391	Total GF supermarket, including dairy & allergy free. Bread brands stocked include Schar, Gluten Free 4U & Gluten Freedom (NZ) Tues 10am-6pm, Wed 10am-3pm, every third Sunday & any other day by appointment. BUSINESS IS FOR SALE. http://www.riverineglutenfree.com.au
ALBURY New South Wales	Truly Free Café and Bakehouse	Shop 4 919 Mate Street The Pink Shop on	They make fresh hot lunches, breads, cakes, sandwiches and rolls every day. Takeaway meals



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2640 Just over the Wodonga border!		the corner! (02) 6025 8613	also available (eg pizza, chicken and rice, stir fry). Ordering bread/rolls in advance is possible. Mon-Fri 8.30am-5pm https://www.facebook.com/Truly-Free-Cafe-and-Bakehouse-154737325556664/

HIGH COUNTRY

No entries at this stage

Nearly 100% Gluten Free!

Suburb/Area	Restaurant	Address	Comments / website
YARRA VALLEY & DANDENONGS			
ST ANDREWS (foothills of Yarra Ranges) Victoria 3761	Gluten Freegan F & T: N/A	St Andrews Community Market cnr Kangaroo Ground - St Andrews Rd and Proctor St	Gluten free* & vegan cakes and some savouries (eg lasagne). Frequently at market which is every Saturday. *Website says the kitchen is not 100% GF but uses dedicated gluten free utensils and containers & care taken to avoid cross contamination. https://www.instagram.com/gluten_freegan/

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



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