



100% Gluten Free Australia - Melbourne, VIC

Mar 2020 v2.5

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
CITY CENTRE AND SURROUNDING SUBURBS			
City centre 3000	Seedling FB: @seedlingcafe au Reviewed: 02/20	275 Flinders Lane T:0450 190 365 349 Little Collins Street T:0450 190 365	Healthy food café & takeaway. Specialising in nutrient dense, paleo, "clean food". Vegetarian & dairy free options. <i>Please ask to see their FAQ about ingredients used.</i> Mon-Fri 7am - 4pm (except public holidays). Four small tables available in Flinders Lane, more seating available in Little Collins St. www.seedlingcafe.com.au/
City centre 3000	Bodega Underground FB: @bodegaunderground Added: 09/18 Updated: 08/19	55 Little Bourke Street T: 03 9650 9979	Mexican food and the menu states all food is 100% gluten free. 7 days until 3am: open from lunchtime Wed-Sun, from 4pm Mon-Tue https://www.bodegaunderground.com.au



Suburb/Area	Restaurant	Address	Comments / website
City centre 3000	Spud Bar FB: @spudbarHQ Updated: 08/19	Bourke Place 600 Bourke Street 398 Little Bourke St T: 03 9602 3841 567 Collins Street T: 03 9629 3770	Jacket potatoes & salads. & salads. Bourke Place: Mon - Fri 11am-4pm Little Bourke: Mon - Fri 11am-6.30pm Collins St: Mon - Fri 11am - 4pm
City centre 3000	Spud Bar FB: @spudbarHQ Updated: 08/19	Emporium Shopping Centre Level 3 287 Lonsdale St T: 03 8609 8205 QV Shopping Centre Level 1 Corner Swanston St & Lonsdale St T: 03 9662 3224 <i>Delivery via Uber Eats</i>	Emporium: Mon - Wed 10am-7pm, Thu - Fri 10am-9pm, Sat-Sun 10am-6pm QV: Mon - Fri 11am - 6pm, Sat 12pm - 3pm www.spudbar.com.au/ See review: http://thecoeliacplate.com/spudbar- gluten-free-baked-potatoes/
City centre 3000			Also see 'nearly gluten free' section at the end of the document.
St Kilda Rd 3004	Spud Bar FB: @spudbarHQ Updated: 08/19	11 Commercial Road (cnr St Kilda Road) <i>Delivery via Uber Eats</i>	Jacket potatoes & salads. 7 days 11am - 9pm (Sat/Sun midday) www.spudbar.com.au/
St Kilda 3182	Spud Bar FB: @spudbarHQ Updated: 08/19	43 Blessington Street <i>Delivery via Uber Eats</i>	Jacket potatoes & salads. 7 days 11.30am - 9.30pm www.spudbar.com.au/
St Kilda 3182	Hemp Kitchen FB: @hempkitchen. au Added: 09/18 Updated: 08/19	1/173-177 Barkly Street T: 0431 759 811 <i>Delivery via 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. Also have weeknight specials - eg pasta, pizza, steak. Check website/Facebook for hours -

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			generally open weeknights & day/night on weekends. https://www.hempkitchen.com.au See review: http://thecoeliacplate.com/hemp-kitchen-st-kilda
Fitzroy 3065	Saba's Ethiopian FB: @SabasEthiopian Restaurant Added: 11/16 Reviewed: 05/19	328 Brunswick Street 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 Dinner Tues-Sun 5.30pm-10.30pm http://www.sabasethiopianrestaurant.com/
Fitzroy 3065	Shimbashi Soba FB: @ Shimbashi JapaneseSobaSake Bar Added: 01/20	131 Smith Street T: 03 9973 9486	Offering authentic Japanese cuisine with home made soba (buckwheat) noodles. Everything on the food menu is marked gluten free and vegan options are available. Tues-Sun midday until late (NB: they close between lunch and dinner on weekdays) www.shimbashisobamelbourne.net
Kensington 3031	La Tortilleria FB: @latortilleriaau T: @LaTortilleriaAU Added: 11/16 Updated: 06/19	72 Stubbs St T: 03 9376 55 77 <i>Delivery via Uber Eats</i>	The menu states all food items are gluten free. Mon-Thurs 5:30pm-9pm, Fri 11:30am-3pm & 5:30pm-9:30pm, Sat & Sun 12pm-3pm & 5:30pm-9:30pm http://latortilleria.com.au/ See review: http://thecoeliacplate.com/la-tortilleria-mexican-kensington/
South Melbourne 3205	Spud Bar FB: @spudbarHQ Updated: 08/19	246 Clarendon St <i>Delivery via Uber Eats</i>	Jacket potatoes & salads. Mon - Sun 11.30am - 9pm www.spudbar.com.au/
INNER EAST			
Richmond 3121	Spud Bar FB: @spudbarHQ Updated: 08/19	226 Swan Street <i>Delivery via Uber Eats & Deliveroo</i>	Jacket potatoes & salads. Mon - Fri 11am - 9.30pm, Sat 11.30am - 9.00pm, Sun 12-8pm www.spudbar.com.au/

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Richmond 3121			Also see 'nearly gluten free' section at the end of the document.
South Yarra 3141	Spud Bar FB: @spudbarHQ Reviewed: 08/19	590 Chapel St <i>Delivery via Uber Eats</i>	Jacket potatoes & salads. Mon - Sun 11.00am - 9.00pm www.spudbar.com.au/
Hawthorn 3123	Spud Bar FB: @spudbarHQ Reviewed: 08/19	717 Glenferrie Rd <i>Delivery via Uber Eats</i>	Jacket potatoes & salads. Mon - Fri 11.00am - 9.30pm Sat - Sun 11.30am - 9.00pm www.spudbar.com.au/
Camberwell 3124	WellZones GF FB: @wellzonesgf Added 04/18 Updated 03/20	393 Camberwell Road <i>Delivery via Uber Eats</i>	Currently closed - did not open after summer break A coeliac son is the driver behind this family gluten free bakery and café. Delicious sandwiches, lunch specials and cakes. Tues-Fri 7.30am-5pm, Sat 7.30am-4pm Closed Mon-Sun & public holidays.
Camberwell 3124			Also see 'nearly gluten free' section at the end of the document.
Ashburton	Spud Bar FB: @spudbarHQ Added: 08/19	176 High Street <i>Delivery via Uber Eats</i>	Jacket potatoes & salads. Mon - Sun 11.00am - 9.00pm www.spudbar.com.au/
Kew 3101	Gluten Free 4U FB: @glutenfree4u	1345 Burke Road T: 03 9817 6981	Bakery - no seating. See Moorabbin entry below for more detail. Opening hours may differ. glutenfree4u.com.au/
Chadstone 3148	Raw Trader FB & T: @rawtrader14 Updated: 05/19	Chadstone Shopping Centre (Near Target)	"Specialises in organic, raw, vegan, vegetarian, paleo, gluten free, dairy free & sugar free, healthy desserts & treats." Mon-Wed 8:30am to 5:30pm Thurs-Sat 8:30am to 9:00pm Sun 10:00am to 7:00pm https://www.rawtrader.com.au
Doncaster 3108	Spud Bar FB: @spudbarHQ Updated: 08/19	Westfield Doncaster Shopping Centre 619 Doncaster Rd <i>Delivery via Uber Eats</i>	Jacket potatoes & salads. Sun - Wed 10am - 5pm Thur - Fri 10am - 9pm www.spudbar.com.au/

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NORTHERN SUBURBS			
Brunswick 3056	Café Henkel FB: @cafehenkel Added: 05/17 Reviewed: 09/18	102 Henkel Street T: 0418 532 908 <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. Monday - Friday 7am-3pm, Saturday-Sunday 8am-3pm. https://www.facebook.com/pg/cafehenkel/ See review: http://thecoeliacplate.com/cafe-henkel-100-pc-gluten-free-brunswick/
Thornbury 3071	Black Ruby Bakery FB: @blackrubymbakeries Reviewed 12/18	SHOP FRONT HAS CLOSED but still supplying to small supermarkets around Melbourne.	Fantastic GF bakery - loaves, rolls, and pastries. www.facebook.com/blackrubymbakeries
Ivanhoe 3079	Caffe Strada FB: @Caffe Strada Updated: 08/19	197 Upper Heidelberg Road T: 03 9497 4875	Gluten free café with breakfast, lunch and snack options. 7 days 8.00am-4.30pm www.caffestrada.com.au/ See review: http://thecoeliacplate.com/caffe-strada-gluten-free-melbourne/
Ivanhoe 3079	Delhicious FB: Delhicious Added 05/17 Updated 07/19 & 01/20		They appear to have closed but have not formally announced closure. Shop is for lease.
Coburg North 3058	Silly Yaks FB: @au.sillyyaks Updated: 07/18	2 Mercier Street T: 03 9350 2255	Gluten free bakery factory outlet, also fructose friendly. Take a cool bag as many products are frozen. Open Mon-Fri 9am-3pm and one Sunday a month. sillyyaks.com.au/
Avondale Heights 3034	Particle Cafe FB: @particlecafe Added: 11/16	1/47 Military Rd	Vegan café that is also gluten free. Breakfast, lunch, cakes. https://www.facebook.com/particlecafe/ http://particleco.com/

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Updated: 07/17			
East Keilor 3033	Heaven's Bakehouse FB: @heavensbakehous e	8 Williams Avenue T: 03 9331 5955	A gluten free bakery making bread (loaves and baguettes), cakes, pies, pizza bases etc. Open weekdays only (factory outlet, no café). www.heavensbakehouse.com.au/
Preston 3072	Eat Cannoli FB: @eatcannoli Added: 01/18 Updated: 08/19	132 Wood Street, 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. Wed - Sun 7.30am - 4pm www.facebook.com/pg/eatcannoli
Preston 3072	Juanita's Kitchen FB: @juanitaskitchen Added: 02/20	219 High Street	Café menu is entirely gluten free. Wed-Sun. https://www.facebook.com/pg/juanitaskitchen/
EASTERN SUBURBS			
			See above for INNER EAST.
Ringwood	Spud Bar FB: @spudbarHQ Added 08/19	Eastland Shopping Centre 175 Maroondah Hwy <i>Delivery via Uber Eats</i>	Jacket potatoes & salads. Mon - Wed 10am - 5.30pm Thur - Fri 10am - 9pm Sat - Sun 10am - 5pm www.spudbar.com.au/
Chirnside Park 3058	Just Yummy Gluten Free Bakery FB @justyummyglutenf ree Updated: 08/19	13 Meadowgate Drive (10 mins from Ringwood) T: 03 9727 0034	100% Gluten and nut free bakery. Also makes products egg free, yeast free, dairy free, fructose free! Tue/Wed/Fri 9am-4pm, Thurs 9am-6pm, Sat 9am-1pm www.justyummyglutenfree.com/
Boronia	Gluten Free 4U FB: @glutenfree4u Added: 05/17	243 Dorset Road	Bakery with bread and many sweet and savoury options. Tues-Fri 9am-5pm, Sat 9am-3.30pm. Closed public holidays. glutenfree4u.com.au/

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Various areas, eg Yarra Glen	Jo Jo's Gluten Free Goodies FB: Jo Jo's Gluten Free Goodies Added: 06/17 Reviewed: 09/18	Markets at various locations	100% gluten free kitchen producing delicious savoury items (pies, sausage rolls, quiche), bread and slices and cakes. See more detail under Mornington entry. https://www.facebook.com/Jo-Jos-Gluten-Free-Goodies-1446967141999887/ See review: http://thecoeliacplate.com/jo-jos-gluten-free-goodies/
Seville 3139 (Yarra Valley)	Yarralicious FB @YarraliciousCafe (note one R!) Updated: 02/20	814 Warburton Highway T: 0417 890 948	The Warrandyte café closed in April 2019 but they have reopened a bakery in Seville. Buy freshly baked goodies and ready meals etc. Also at farmers markets - check their website for details. www.yarralicious.com.au
WESTERN SUBURBS			
Werribee 3030	Spud Bar FB: @spudbarHQ Reviewed: 08/19	Werribee Plaza Cnr. Derrimut & Heaths Rd T: 03 9974 6524 <i>Delivery via Uber Eats</i>	Jacket potatoes & salads. Mon - Wed 10:30am - 5:00pm, Thu - Fri 10:30am - 9:00pm, Sat - Sun 11am - 4:30pm www.spudbar.com.au/
BAYSIDE & SOUTH EAST			
Hampton East 3188	Hopper HQ (previously Allergy Train) Added: 07/18 Updated 02/20		Feb 2020 - shop front to close end Feb. Online store will continue. Allergy friendly products still available online (I believe that not all packaged products are gluten free.) https://allergytrain.com.au
Brighton 3186	Fox in the Box FB: @eatingoutGF Reviewed: 04/18 Reviewed: 03/20	169 Martin St (note: near Gardenvale station, not Brighton Beach)	Gluten free café, dairy and lactose free and FODMAP friendly. Take home meals available. Opens from 10.30am for lunch and from 5.45pm for dinner Thurs-Sat. Closed Sun & Mon. www.foxinthebox.com.au/
Elsternwick 3185	Glazed Gluten Free	2/1-3 Carre St	A patisserie baking bread, specialty cakes, desserts, pastries, sandwiches and savouries. All products are gluten free,

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	FB @Glazed-Gluten-Free-Patisserie Added 02/20		dairy free and nut free as well as vegan options. Indoor and outdoor seating. Mon - Thurs 9am-4pm, Fri 8-4pm and Sun 9am-4pm. Closed Sat. https://www.facebook.com/Glazed-Gluten-Free-Patisserie
Elsternwick 3185	4me gluten free FB: @4me gluten free Added: 03/18 Updated: 01/19	439A Kooyong Rd	All products produced by 4me gluten free are gluten free, nut free, trans fat free and dairy free. Open Monday and Friday 10am-4pm https://www.facebook.com/4me gluten free/
Highett 3190	Typhoon FB: @typhoon3190 Added: 02/20	292 Highett Rd T: 03 9532 0753	North Vietnamese street food that made their entire menu gluten free in 2019. [Not sure if ingredients are checked for 'may contain' statements] Tues & Wed 5:30pm-9:30pm. Thurs, Fri & Sat 5:30pm-10:00pm, Sun 5:30pm-9:30pm https://www.facebook.com/pg/typhoon3190/
Cheltenham	GF Pantry FB: @GFpantryAust Added: 06/19 Updated: 02/20	Unit 16 329 Bay Road (behind Storage King)	An online shop. [Note Southland shopfront closed Jan 2020] Not clear if you can still collect online orders. All products are gluten free. Mon - Fri 10am - 5pm https://www.gfpantry.com.au/
Cheltenham	Spud Bar FB: @spudbarHQ Added 08/19	Southland Shopping Centre 1239 Nepean Hwy <i>Delivery via Uber Eats</i>	Jacket potatoes & salads. Sun - Wed 10am - 5pm Thur - Fri 10am - 9pm www.spudbar.com.au/
Cheltenham 3192	Pure Gluten Free Bakery & Treat No Wheat café FB: @pureglutenfreebakery Added: 06/16 Updated: 02/20	13 Follett Rd T: 03 8522 2834	Believed to have closed Jan 2020 - not 100% confirmed Bakery with sweet & savoury options and a café in front of the manufacturing plant serving breakfast and lunch. They have hard to find items such as bagels and baguettes. Many products also dairy free. Small amount of seating (indoor & out). Mon-Fri 6.30am-4pm, Sat 6.30am-2.30pm http://www.pureglutenfreebakery.com.au

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Moorabbin 3189	Gluten Free 4U FB: @glutenfree4u Reviewed: 09/18	5/1-3 Bignell Road 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. Open Tues-Fri 8am-4.30pm, Sat 8.30am-2pm. Closed Public Holidays glutenfree4u.com.au/ See review: http://thecoeliacplate.com/gluten-free-4u-melbourne/
Berwick 3806	Mr Black Juicery FB: @mrblackjuicery Added: 01/19	1 Blackburne Square 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. Mon-Fri 6am-3.30pm, Sat-Sun 8am-3pm https://www.facebook.com/mrblackjuicery/
Frankston 3199	Gluten Free 4U FB: @glutenfree4u Added: 05/17	4/49 Beach Street T: 03 8762 8100	See details above. Tues-Fri 8.30am-4:30pm, Sat 8.30am - 3.00pm Closed Public Holidays glutenfree4u.com.au/
Frankston 3199	Spud Bar FB: @spudbarHQ Added 08/19	28 Beach St <i>Delivery via Uber Eats</i>	Jacket potatoes & salads. Mon - Wed 10am - 5.30pm Thur - Fri 10.30am - 9pm Sat - Sun 10.30am - 5pm www.spudbar.com.au/
Mentone 3194	Simply Gluten Free Bakery & Café FB: @SimplyGluten Free Added: 10/16 Updated: 07/18	123 Lower Dandenong Rd T: 03 9583 6256	All products are wheat and gluten free and nut free. Dairy free, fructose friendly & vegan products available. Products also available at Aumann's, Warrandyte. Mon-Fri 8.30am - 5.00pm, Sat 8.30am - 2.00pm https://www.facebook.com/simplyglutenfree/
Beaumaris	Seaview Quality Meats Added: 06/18	333 Balcombe Road T: 03 9589 2128	With family members needing to eat gluten free, this butcher decided to go completely gluten free so there is no cross contamination risk. (No website)



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Suburb/Area	Restaurant	Address	Comments / website
Lyndhurst 3975	Brian's Gourmet Meats FB: @BriansGourmetMeats Updated: 03/18	Marriott Waters Shopping Centre, Cnr Thompsons Rd & Marriott Boulevard Vic 3975 T: 03 9036 2732	A butcher with a huge range of meats, including crumbed schnitzels, kievs, pastry products, sausages, dips & sauces. A great option for a Christmas turkey! They also stock GF breads. Accredited by Coeliac Australia. 7 days 8am-6pm www.facebook.com/BriansGourmetMeats/

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 centre 3000	Mamasita FB: @mamasitamelb Added: 02/18 Updated: 06/19	Level 1, 11 Collins Street T: 03 9650 3821	Everything is GF except for ice cream cones. Dinner 7 days 5pm until late, lunch Fridays only www.mamasita.com.au See review: http://thecoeliacplate.com/mamasita-melbourne-gluten-free/
Richmond (Burnley) 3121	Serotonin FB: @serotonin dealer Added: 05/16 Reviewed: 09/18	52 Madden Grove T: 03 9428 8256 (Near Burnley station)	A vegetarian healthy eating café that is also gluten free, excluding muesli and some buns for burgers . Check prep methods for GF bread. Eat in & takeaway. Breakfast, lunch. (Dinner seasonally.) Surcharge on Sundays and public holidays. www.facebook.com/serotonindealer/ <i>Delivery via Uber Eats</i>
Camberwell 3124	Foddies FB: @foddies Added: 09/18 Reviewed: 08/19	393 Camberwell Road T: 03 9882 7510	Foddies specialise in low FODMAP and gluten free dishes and are quite famous for their donuts! The food is all gluten free apart from the bread options and they do have cross contamination procedures in place. Mon-Fri 7.30am-3.30pm, Sat-Sun 8am-3.30pm https://foddies.com

See review: <http://thecoeliacplate.com/foddies-cafe-melbourne/>

Highett
3190

**Hot Lips
Hacienda**

FB:
@hotlipshighett

Added: 06/19

2 Railway
Parade
T: 03 9532
1164

Everything on the menu is marked GF except for the churros, which I believe have a separate fryer.

<http://hotlipshacienda.com.au>

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



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