



100% Gluten Free Mornington Peninsula, VIC

Dec 2021 v1.4

The Mornington Peninsula includes areas such as Mt Eliza, Mornington, Red Hill, Sorrento and Portsea. Frankston is part of greater Melbourne, but is included here as well as in the Melbourne list.

You will find a brewery, cafés, ice cream and market stalls.

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

For more information see:

<http://thecoeliacplate.com/mornington-peninsula-100-percent-gluten-free/>

For Melbourne information see: <http://thecoeliacplate.com/melbourne-100percent-gluten-free/>

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.

Suburb/Area	Restaurant	Address	Comments / website
Mornington 3931	Le Feu Pot and Poh (also known as Hawker Nguyen)	10 Blake Street	This Vietnamese street hawker food cafe has an entirely gluten free menu - including spring rolls, bao buns, fried chicken, curries and salads. Dairy free / vegan options available. Dinner Wed-Sun 5-9pm, Lunch Fri-Sun 12-3pm No bookings. https://www.facebook.com/pg/Le-Feu-Gluten-Free-100591028396594/
	Added: 12/20		
Mornington 3931	Le Feu Burguette	Shop 4/209 Mornington-Tyabb Rd	A sister to the above restaurant, a takeaway offering Banh Mi and other Vietnamese meals. Tues-Sat 11am to 3pm https://www.facebook.com/Le-Feu-Burguette-112294597291600/
	FB: @ Le Burguette		
	Added: 02/21		



Suburb/Area	Restaurant	Address	Comments / website
Mornington 3931	The Good Food Bakery FB: @the-good-food-bakery Reviewed: 02/21	Shop 4/209 Mornington-Tyabb Rd	A fantastic gluten free bakery, with both onsite baked goods and products from local gluten free businesses. Sweet, savoury, bread and even meat products. Mon-Fri 7am-5pm, Sat 8am-4pm, Sun 8am-3pm https://www.facebook.com/The-Good-Food-Bakery-367615287301715/
Mornington 3931	The Cocktail Studio Updated: 12/21	150 Main Street T: 0415 288 585	Newly opened on Australia Day 2021. Described as “An exquisite gluten free Studio Café and Art Gallery, showcasing Mornington Peninsula’s acclaimed artists, produce and specialist makers.” Wed-Sun 9am - 3pm https://www.facebook.com/thecocktailstudiomornington/
Mornington 3931	Gluten Free Foods FB: @gffoods Updated: 02/21	Shop 5 55 Barkly Street	A family owned and operated supermarket dedicated to sourcing new and exciting gluten free food and have new stock arriving weekly. They pride themselves on integrating vegan and fructose friendly products into the store. Mon-Sat business hours. http://www.glutenfreefoods.com.au/
Mount Eliza 3930	Paletto Pops FB: @palettopops Updated: 12/21	Shop 3/1-3 Davies Avenue	Gluten free ice creams (gelato & sorbet). Dog friendly and Coeliac Australia accredited. https://www.facebook.com/palettopops
Dromana 3936	Yolo Gourmet (burgers) FB: @yologourmet Added: 12/21	27 Pier Street	Lovely burgers & chips. Takeaway but has a few counter seats. Mon, Wed, Thurs & Sun: 12pm-8pm Fri-Sat 12pm-9pm https://www.facebook.com/yologourmet
Dromana 3936	TWØBAYS Brewing Co FB: @twobaysbeer Updated: 02/21	Unit 1, 2 Trehwitt Court	Founded by a coeliac who was missing beer, this brewery has gluten free beers on tap and gluten free pizzas to soak up the beer! Saturday 12pm - 7pm, Sunday 12pm - 6pm Check social media for additional opening hours. www.facebook.com/twobaysbeer

Suburb/Area	Restaurant	Address	Comments / website
Frankston 3199	Gluten Free 4U FB: @glutenfree4u Added: 05/17 Updated: 12/21	4/49 Beach Street T: 03 8762 8100	Gluten free bakery with bread, savoury and sweet treats and frozen meals. Tues-Fri 8.30am-3:30pm, Sat 8.30am - 3.00pm Closed Public Holidays glutenfree4u.com.au/ See review: http://thecoeliacplate.com/gluten-free-4u-melbourne/
Mornington & surrounds 3931	Jo Jo's Gluten Free Goodies FB: Jo Jo's Gluten Free Goodies Added: 06/17 Reviewed: 12/21	Markets at various locations (see Facebook)	100% gluten free kitchen producing delicious savoury items (pies, sausage rolls, quiche), bread and slices and cakes. Find them at markets around outer Melbourne - e.g. Mornington, Red Hill, Frankston, Yarra Glen, Warragul (see link for events on Facebook). Also available for catering. https://www.facebook.com/Jo-Jos-Gluten-Free-Goodies-1446967141999887/ See review: http://thecoeliacplate.com/jo-jos-gluten-free-goodies/
Mornington & surrounds 3931	OMG Decadent Donuts FB: @omgdonuts.morningtonpeninsula Added: 2020 Updated: 12/21	Markets at various locations (see Facebook) Often at Frankston, Emu Plains, Balnarring	Gluten free and vegan donuts dusted with real fruits, nuts and spices. Check out their social media pages for where they will be. https://www.facebook.com/omgdonuts.morningtonpeninsula
Mornington & surrounds 3931	YumAz fried chicken Added: 10/2019 Reviewed: 12/2021	Markets at various locations (see Facebook)	Possibly closed - no posts since end 2020 Mobile pop-up caterer selling tasty, buttermilk fried chicken, in a handy-to-hold paper cone. Have been at Red Hill, Mornington, Portsea and Mt Martha markets. https://www.facebook.com/YumAzVic
Mornington & surrounds 3931	Arancini 4 All FB: @arancini4all	Markets at various locations (see Facebook) Delivery available.	All gluten free with vegan and FODMAP friendly options. Usually selling pre-packed frozen arancini but sometimes cook to order at the market/ Find them at markets around inner & outer Melbourne - e.g. Mornington, Portsea, Dingley Village (near



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Suburb/Area	Restaurant	Address	Comments / website
Mornington & surrounds 3931	Crackle Corn FB: @cracklecorn Added: 12/18 Updated: 12/21	Online Markets at various locations (see Facebook)	Seriously addictive popcorn in different flavours! Mainly online now but keep an eye on social media for markets. https://www.facebook.com/cracklecorn/

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



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