

JULIE SMITH AND DREW SEAMAN

good food that's good for

y o u

WELCOME TO THE GLUTEN FREE GUIDE TO LONDON

A Note from Drew: My Story

I was diagnosed with coeliac disease in May of 2015. It was a major lifestyle change, as it is for everyone who receives that diagnosis, but it felt incredibly personal for me. As the manager of multiple restaurants in Portland, Maine, and New York City, I was in the center of restaurant culture, and I would proudly declare that my main hobby in life was eating.



Prior to my diagnosis, and newly relocated to London, I routinely spent hours toiling in the kitchen at home, perfecting my focaccia recipe or whipping up a batch of freshly made pasta for dinner. I loved to indulge in fried chicken and eat tall stacks of pancakes from our favorite breakfast spot. Food has always been part of my identity.

My issues with gluten arose over a year ago when I began to have some noticeable pain in my gut. It was mild and inconsistent, so I chose to ignore it. It turns out that wasn't the smartest idea. Over the course of a few months, my gastro issues became more severe. I suffered quietly through the holiday season in the States, but after a long and uncomfortable flight back to the UK, I realized that it was time to see someone, and fast.

After many consultations and procedures involving tiny cameras, I was diagnosed with coeliac disease. I was shocked. After spending literally years in the restaurant business developing food safety procedures for our allergic customers, I was now joining their ranks.

Removing gluten from my diet was a major adjustment for me. I started enjoying restaurant visits less. I was confounded by menus that had few options for me, and I felt sheepish admitting my gluten allergy to the server. I missed the simplicity of grabbing a sandwich while out and ordering whatever I felt like from a menu without a second thought.

Over time, though, I found my outlook improving. If I called ahead to notify the kitchen of my allergy, I could find freshly baked gluten-free bread at some restaurants. I also noticed that if I looked carefully, some restaurant menus did, in fact, label their gluten-free offerings to save me the trouble of asking or wondering. I spent time on the lookout for new foods in the supermarket aisles, and I sought out local markets that offer a variety of gluten-free products.

I admit I occasionally struggle to adopt this lifestyle. There are still times that my health issues are frustrating, but it is something I have come to accept and adjust to, rather than fight and complain about (though Julie will attest that I still gripe from time to time). But none of it is as important as the fact that my health is better, and as I improve, so does the quality of gluten-free products. Now, I enjoy even greater freedom and choice in my diet,



A Note from Julie: A GF Partner in Crime

Drew's diagnosis with coeliac disease has touched all parts of our lives. As I look around our kitchen, the old standbys of baked goods and chips have been replaced. Currently, a grain-free, dairy-free loaf of bread and a bunch of bananas sit where my mid-afternoon cookies used to be.

We have plans tonight to go out for dinner – to a pop-up, temporary pizza restaurant that we know for sure has gluten-free crust options. Gone are the days of strolling around the neighborhood, ducking into any place that caught our eye.

I have enjoyed the process of learning about the benefits of a gluten-free diet, and I've certainly felt the positive effects of healthier meals, packed with vegetables and protein. A self-proclaimed research nut, I am fascinated by the implications of diet on the body, and I've used Drew's diagnosis to think about my own food choices—and make many better ones in the process.

We know that there are thousands of people in London like Drew who struggle with gluten, so we decided to write this book after his diagnosis. An intensive guide to finding places to eat and shop, and to preparing gluten-free meals at home, this guide highlights not only chain restaurants, but also independent establishments and street food stalls in all parts of the city. The research was intensive. We roamed the city, sometimes visiting multiple places per day, photographing and eating hundreds of dishes. At home, Drew baked his way through all of the alternative baking ingredients at our disposal and I served as taster, sampling the good, the bad and the ugly. It has been a true labor of love.

Using this guide

This guide is meant for people who want to explore a gluten-free lifestyle in London. Whether you have been diagnosed with coeliac disease, are gluten intolerant or just curious, this guide is designed to be a helpful, informed resource to make a gluten-free diet simpler and more enjoyable.

The foundation of the guide is rooted in the restaurant list. Covering all areas of London, it's arranged to make finding a quality restaurant with gluten-free options easy and painless. The list highlights both independent restaurants and chains/multi-unit restaurants, covering every budget and neighborhood.

In addition, there are sections for cooking and shopping, featuring helpful tips for working with different types of aluten-free flours, and stores that stock the essentials for preparing aluten-free meals at home.

As Americans living in the U.K., we've written with dual audiences in mind. In general, we've tried to stick to American English spellings and grammar, except in the case of certain colloquialisms and the spelling of "coeliac." Our thinking is that if you're shopping and ordering in the U.K., you'll need to be familiar with local language.

A words

inside?

v h a t '

- O 1 RESTAURANT LIST
 The goal of this list is to showcase the best gluten-free dining London has to offer. We've chosen our featured restaurants based not only on availability of gluten-free dishes, but also overall quality.
- O 2 CHAINS AND MULTIS

 A gluten-free guide to London
 wouldn't be complete without
 representation from restaurant
 chains or groups (which is defined
 here as three or more locations).
- O 3 READING GUIDE

 Avoiding gluten can be a challenge.

 It can sneak into dishes and
 packaged foods where you would
 never expect to find it. These tips
 will help you make the best choices
 when food shopping or dining out.
- O 4 SIMPLY THE BEST
 A list of our favorite bakeries,
 market stalls, pizzas and more.
- **05** RESOURCES





Gluten-free only



Gluten-free friendly



Prices rated by inexpensive, moderate and expensive



Ask for gluten-free options



Gluten-free items listed on the menu



Our favorite items



Location



Website



0

These restaurants serve good food, prepared with the diner in mind. Restaurants that simply remove ingredients from their standard menu are not considered quality dining. You won't find burger joints that use iceberg lettuce as a bun. These are less than rewarding dining experiences, and we want you to feast well.





NICHE

Situated next to the famed Sadler's Wells Theatre, Niche's entire menu is gluten free, so no substitutions or alterations are necessary to enjoy your meal. The bread, pies, and pastries are made in-house, and the burger bun is one of the best in London. They even offer a pre-theater value menu, with two courses for just £16. Niche opens most days at 10am, so you can always pop in for a quick lunch or cup of coffee. Don't miss the gluten-free treacle tart!



Full English breakfast, Beef and chorizo pie, Burger, Sausage and mash



197-199 Roseberry Ave Clerkenwell EC1R 4YJ



www.nichefoodanddrink.com



DELHI GRILL

Our go-to local Indian restaurant. Fun and colorful, Delhi Grill always has Bollywood movies on in the background and the walls are covered in Bollywood posters. What we love about this restaurant is that all the food comes from family recipes, so while the menu is more limited than some places, you know they stick to what they do best. All of the curries and many of the grilled starters are gluten free.



Tandoori chicken, Rogan gosht, Tilapia Hariyali, Channa



21 Chapel Market Islington N1 9EZ



www.delhigrill.com



ARTISAN BAKERY

Formerly known as Romeo's Gluten Free Bakery, this is 100% gluten free and all goods are baked on-site so there is no need to worry about cross contamination. Each day Artisan's produces tantalizing snacks like red velvet cake, brownies, croissants, Danishes, and carrot cake. In addition to the sweets, they have a small selection of breads, including focaccia and baguettes, and sandwiches and sausage rolls are on offer, too. You can take your snack to go, or relax in the small welcoming space with a latte or tea.



Red velvet cake, Fruit scone, Sausage roll



167 Upper Street Islington N1 1US



www.romeosglutenfreebakery.co.uk



COOKIES AND SCREAM

This tiny vintage bakery offers gluten-, dairy-, and egg-free baked goods. Their offerings are mostly low fat and low cholesterol, and they avoid unrefined sugar. In the hands of lesser bakers, these modifications could result in tasteless goodies, but Cookies and Scream manages to satisfy with healthy and enticing pies, shakes, cakes, and cookies. The chocolate chip cookies taste exactly like grandma used to make. Indulge! It won't hurt you.



Chocolate chip cookies, Chiquita shake, Ginger ninja ice cream sandwich



Camden Lock Place Camden Lock Market NW1 8AF



www.cookiesandscream.com



OLIVER FISH AND CHIPS

Fish and chips is a quintessential British dish, and when served by a proper London "chippy" it's light, crunchy, and fresh. It's also devilishly hard to find gluten free. Oliver Fish and Chips has solved this problem—at least on Wednesdays—by dedicating an entire fryer (no cross-contamination!), and the result is a revelation. Do not pass up the GF onion rings, either.



Battered cod/haddock, Battered onion rings



95 Haverstock Hill Chalk Farm NW3 4RL



www.oliversfishandchips.com



MAMA'S JERK STATION

As the name suggests, Mama's Jerk Station specializes in jerk chicken, Jamaica's famous spicy poultry dish. Located smack dab in the middle of the chaos of Camden Lock Market, Mama's delivers some of the juiciest, most tender chicken we've ever eaten. The regular gluten-free options are listed (including jerk chicken and fried plantains) but keep an eye out for their occasional specials. Their jerk is a medium-level heat so shouldn't overwhelm sensitive palates. They also pop up at other events around London, so check out their Twitter account for details.



Jerk chicken box, Fried plantains



54-56 Camden Lock Place Camden Lock Market NW1 8AF



www.mamasjerkstation.com



LOUISIANA CHILLI SHACK

This stall in Camden Lock Market is completely gluten free, and offers three different types of chilli available over tortilla chips or sweet potato mash. With its smoky chili and cumin flavors, the BBQ beef is our favorite. If you think you have it in you, try the nap-inducing chicken and cheese chilli, loaded white beans, corn, and cream cheese. Don't skip the coriander lime salsa to go on top. It's a must!



BBQ beef chilli over tortilla chips, Coriander lime salsa



Camden Lock Place Camden Lock Market NW1 8AF



www.louisianachillishack.com



NOM NOM FREE-FROM BAKERY

Gluten-free sweets are harder to come by in this area of London, but this bakery near Hampstead fits the bill nicely. Selling cakes and cupcakes, tarts and muffins (including the unusual PB&J muffin), Nom Nom is also yeast-, egg-, dairy- and sugar-free. Nom Nom used to be a regular in markets around town, but they no longer have a stall. Instead, visit their shop in Hampstead or try their home delivery service, which starts at £5.



Pistachio caramel Victoria sponge, Coconut truffle cupcakes



15-17 South End Road Hampstead NW3 2PT



www.yournomnom.co.uk



MAIZE BLAZE

This Colombian stall in Camden Lock Market makes naturally gluten-free empanadas and plantain crisps. Their dough is made with the gluten-free ingredient, masa flour, and stuffed with a variety of fillings. Our favored choices are the chicken, pork, and cheese. Note that Maize Blaze shows up at other markets around the city, so keep an eye on their Facebook page for updates.



Empanadas, Plantain chips



Camden Lock Place Camden Lock Market NW1 8AF



www.maizeblaze.com



G.O.D. BAKERY

G.O.D. Bakery (which stands for Gluten Out Done) has worked hard to develop recipes that do not just replicate the flavor or texture of goods, but instead improve upon them. They serve a whole range of cakes, cookies, and bars as well as a few savory items like quiche. The items are available for pick-up at the bakery in Stoke Newington or by home delivery, which is free if you live in North London. Of course, you can always find their stall at the Stoke Newington Farmer's Market, every Saturday.



Banana breakfast chai cake, Cupcakes, Orange polenta pistachio cake



Hanley Road Stoke Newington N4



www.godbakery.com



BEYOND BREAD

This is the second location of the outstanding and completely gluten-free Beyond Bread. They offer a full range of breads, breakfast pastries, sandwiches, quiche, and sweets. The bread is especially good, so grab a loaf to take home, or try one of their amazing sandwiches. We tend to go for the 'Caesar Teaser' and the 'Swinger's Club.'



Brioche, Baguette, Caesar Teaser, Swinger's Club, Carrot Cake



267 Upper Street Islington N1 2UQ



http://www.beyondbread.co.uk



FEED ME PRIMAL

Feed Me Primal is a Camden Lock stall specializing in the Paleo diet. What does that mean? Low carb, high protein foods containing no grains, gluten, or processed sugar. It might sound incredibly restrictive but Feed Me Primal makes Paleo irresistible. We recommend their Paleo tostadas, a stack of faux-tortillas topped with 'cauli-rice' (shredded cauliflower), vegetables, spicy tomato sauce, and your choice of chicken or steak. You can also find them at Broadway Market on Saturdays.



Paleo tostados with steak



Camden Lock Place Camden Lock Market NW1 8AF



www.feedmeprimal.co.uk



BIRD

Fried chicken is one of our top five favourite things in the world, but the usual wheat-flour batter is out of the question. At Bird, they use a rice and corn flour coating that's crispy and seals in the chicken's natural juices. We usually go for the buffalo or blue cheese sauces, but there are other options on hand. Ask the servers about their GF sides, many of which are naturally GF.



Fried chicken, Chicken wings, Pickles, Gochujang glaze, Honey ginger glaze



81 Halloway Rd Islington N7 8LT



www.birdrestaurants.com



BAR SHAWARMA

This Middle-Eastern inspired restaurant is a casual spinoff of Berber & Q, located in the heart of pedestrian-friendly Exmouth Market. The lamb shawarma rice bowls are amzaing, topped with pickles, harissa, and tahina. Deciding what to order is easy too, as each menu item is marked with allergens, including gluten, nuts, and dairy.



Lamb shawarma rice bowl, Cauliflower shawarma, Rotisserie chicken



46 Exmouth Market Clerkenwell EC1R 4QE



http://www.shawarmabar.co.uk



BEA'S OF BLOOMSBURY

This petite bakery is known for its conventional afternoon tea but it offers a gluten-free option with 24 hours notice. Bea's bakes GF scones, bread, meringues, and marshmallows for its tea service. The location is perfect too for vistors checking out the nearby British Library or British Museum and is a much better value than many tea services in the area.



Afternoon tea, Scones



44 Theobalds Bloomsbury WC1X 8NW



http://www.beas.london/cafes/bloomsbury/



STINGRAY CAFE

This neighborhood Italian restaurant offers a wide variety of gluten-free dishes, including pasta, pizzas, and even a chocolate cake. They also have a few GF beers on tap. The menu is well-marked for the gluten free, but feel free to clarify any questions with your server. Be aware that all pizzas are cooked in the same oven. Check their website before you arrive; Stingray runs a lot of deals and offers throughout the week.



American hot pizza, Pasta with proscuitto and aubergines



135 Fortess Road Tufnel Park NW5 2HR



www.stingraycafe.co.uk





AMBRIENTO

Serving what they call "Global Mex" street food, the owners of Ambriento serve soft corn tortillas filled with Mexican ingredients and paired with Southern-style sides like black-eyed peas and Spanish patatas bravas. All the tacos are completely gluten free, so order away. In addition to their normal Saturday appearance at the North Cross Road Market, they do pop up at some KERB locations.



Holy molee taco, Lucky taco, Patatas bravas



Lordship Lane East Dulwich SE22 gET



www.ambriento.co.uk



FREE FROM BAKEHOUSE

Free From is a popular stall at Borough Market that will tempt you to spring for dessert. This gluten-free bakery produces exquisite offerings on all sides of the sweet spectrum, including bread, muffins, cakes, brownies, and cookies. Not only is everything 100% gluten free, but many of their items are also made without dairy. Don't worry, everything still tastes delicious.



Victoria sponge, Red velvet cupcakes, Smoked cheddar and potato tart



Borough Market London Bridge SE1



www.sugargrain.com



HORN OK PLEASE

A funny name, but this Borough Market standby has seriously tempting vegetarian and gluten-free Indian food. Don't skip their dosas--large crepes made from lentils and stuffed with masala-spiced potatoes—or the accompanying sides of chickpeas, sprinkled with crunchy chickpea noodles with yogurt, and mint sauce. So good.



Dosa



Borough Market London Bridge SE1



www.hop.st



ETHIOPIAN FOODS

Beef, chicken, and vegetarian curries simmer in their shakla dist at the Ethiopian Foods stall at Borough Market. The berbere spices (usually a mixture of chili peppers, basil, garlic, ginger, and fenugreek) and aromatic butter ensures that no item is dull. Each dish comes with two vegetables and rice, but be warned that the Ethiopiean staple, injera bread, is off limits.



Kai wot (beef)



Borough Market London Bridge SE1



www.boroughmarket.org.uk



EL PASTOR

This restaurant, from the team behind Barrafina, is a departure from their more upscale tapas restaurants. It's a casual Mexican joint, with tacos starting at only £2.50/ea. The namesake dish, a 100% corn torilla filled with spit-roasted pork and pineapple, is a must order.



Al Pastor tacos, Grilled corn, Prawn ceviche



6-7A Stoney Street London Bridge SE1 9AA



https://www.tacoselpastor.co.uk



WHAMBAM-MOTHER BHUMI

This environmentally-conscious staple of the Herne Hill Farmer's Market uses locally-sourced ingredients and grinds their flour in-house (all leftover sunflower oil is used as bio-diesel). We are repeat customers for their gluten-free bhajias and pakoras, a sort of Indian fritter, which we've discovered are nearly as good cold. Take a few home to snack on later.



Bhajias, Pakoras



Herne Hill Farmer's Market Railton Road SE24 OJN



www.motherbhumi.co.uk



THE BEEFSTEAKS

Who doesn't love a good steak? The Beefsteaks manages to grill up some delectable steaks for little more than a fiver. The standard steak sandwich is off limits, but their steak frites, which comes with crispy fries topped with sliced steak and a sauce of your choice, is gluten free and highly recommended. The chef uses onglet, an inexpensive but tasty cut. In addition to their Saturday/Sunday appearance at Maltby Market, they serve up steaks at some of the KERB street food locations as well.



Steak frites with chimichurri sauce



41 Maltby Street Bermondsey SE1 3PA



www.twitter.com/thebeefsteaks



MS. CUPCAKE

This little shop, tucked inside Brixton Market, specializes in vegan delights. Cupcakes, cookies, bars, pies, tarts, and a few savory items are sold at the store or directly through their website. Not all of their items are gluten free, so ask at the counter. Be sure to call ahead, as they do not always have gluten free items available in their display case.



Chocolate chip cookies, Peanut butter brownie, Red velvet cake



408 Coldharbour Lane Brixton Market SWg 8LF



www.mscupcake.co.uk



SENZALA CREPERIE

An unusual French/Brazilian mashup, Senzala Creperie offers buckwheat crepes and a few naturally gluten-free salads. The crepes are nutty and crispy, and stuffed with classic (ham and cheese) or unique (King Prawn Cajun) fillings. This place gets packed on the weekends, like so many of the small restaurants in Brixton Market and Brixton Village, so plan accordingly.



Godfather, Morning Glory



Brixton Village Brixton SWg 8PS



www.thgcreative.co.uk



WAGFREE BAKERY

Part bakery, part cafe, this small shop in Brixton serves up some of the better gluten-free baked goods around. WAGfree (WAG stands for Wheat And Gluten) has been at it for years, refining cakes, cookies, and pies, along with savory items like bread and tarts. The seating inside is tight so if you go on a weekend, expect a queue. Thankfully, you can always grab something for takeaway.



Chicken schnitzel, Victoria sponge, Hummus and flatbread



Brixton Village Brixton SWg 8PR



www.facebook.com/wagfree



PLANET PANCAKE

Have you ever seen those Belgian waffle stands and yearned to dig into one of their waffle boats topped with fruit, whipped cream and chocolate? Well, at Planet Pancake you can satisfy that desire, because all of their pancakes are made entirely from rice flour. And, they serve up dozens of toppings, like popping candy, homemade fudge, and fresh berries.



Pancakes with salted caramel and pecans



Greenwich Market Greenwich SE10 9HZ



www.facebook.com/planetpancake



THE DAIRY

This small restaurant in Clapham was a major addition to the London dining scene when it opened a few years ago, winning numerous accolades. The food is seasonal, and they have a small garden on the roof where they source many of their vegetables. The Dairy offers a seven course tasting menu for £45, a decent value for a restaurant of this calibre. It is hard to eat better anywhere else for the same money. Let them know in advance about your gluten allergy and they will be able to tailor a tasting menu for you, including the best gluten-free bread we've had at a restaurant. The bone marrow butter is not to be missed.



House bread, Bone marrow butter, Chicken oysters



15 The Pavement Clapham SW4 0HY



www.thedairy.co.uk



OWL KITCHEN

A small bakery started by someone diagnosed with coeliac, Owl Kitchen is entirely gluten free. They offer a wide range of options, including sausage rolls, quiche, cakes, and scones. They are available for purchase through the website or at the Saturday only Crystal Palace Food Market.



Lemon drizzle cake, Crystal Palace pastie, Lemon polenta cake



Haynes Lane Crystal Palace SE19 3AP



www.owlkitchen.com



CARIOCA

Brazilian cuisine is another fantastic option for those on gluten-free diets, as meat, fish, rice, and beans are key ingredients. Unfortunately, there are not a lot of Brazilian restaurants in London, but Carioca in Brixton is one of the best, and they even feature gluten-free sandwiches. The food is certainly not light, so expect a nice long nap after you finish.



Pulled pork shoulder sandwich, Feijoada, Chargrilled spicy chicken



25-27 Market Row Brixton SWg 8LB



www.cariocabrixton.com



COTTO

This restaurant is that rarest of places: an Italian restaurant that caters to diners with coeliac. Cotto serves pizza, as well as all of our favorite pasta dishes, including spaghetti Bolognese and linguini alle vongole, with gluten-free pasta. The space is relaxed and the staff know how to handle guests with allergy issues. If you want pizza, call ahead just in case to make sure they have enough dough left from their daily batch.



Salame pizza, Vesuviana pizza, Gnocchi sorentina



89 Westminster Bridge Waterloo SE1 7HR



www.italiancotto.co.uk



PETARE

This street food stall is part of the ever-expanding lineup from street food organizers Street Feast. Petare specializes in arepas, a thick, corn-based patty. Often, they are just griddled, but at Petare, the arepas are fried and split open to make small sandwiches. They stuff them with either shredded beef or grilled chicken glazed in guava. Don't skip the Yuca Frita, deep fried sticks of cassava, similar to thick cut french fries, topped with feta and an avocado and coriander sauce. On this menu, every item is entirely gluten-free!



Pollito Pio, Yuca Frita



Canada Street Canada Water SE16 2XU



www.petare.co.uk





FLORIST ARMS

This humble pub in Bethnal Green serves up some of the tastiest gluten-free pizzas in all of London. The crust is flaky and delightful, with none of the brittleness that can come with gluten-free baking. For a special deal, show up for lunch and get your pie for £6-£7.50. Florist Arms also serves bar snacks and salads, and they have GF cider and beer. Do note that Florist Arms cooks all their pizzas in the same oven, so cross contamination is possible.



The Italian pizza, The Florist pizza



255 Globe Road Bethnal Green E2 OJD



www.thefloristarms.co.uk



FLORIS FOODS

A gluten-free staple at the Saturday-only Broadway Market, Floris Foods offers sweet and savory baked goods, including delectable vegetable tarts and focaccia bread. The cakes and cookies are the wonderful indulgence after a long morning of wandering the market, and they rotate their items quite frequently, so there is always something new to try.



Vegetable tarts, Brownie, Cinnamon rolls



Broadway Market Broadway Market E8 4QJ



www.twitter.com/FlorisFoods



HILL & SZROK

This butcher shop leads a double life. At night, when the butcher closes up, the chopping block is converted into a communal dining table, ready for dinner service. The chalkboard menu features fresh cuts from the day's work, which are mostly gluten-free, and a handful of luscious side dishes, including sautéed runner beans and roasted new potatoes. The meat is of the highest quality, and the staff are very knowledgeable and accommodating.



Ribeye, Lamb leg, Merguez sausage



60 Broadway Market Broadway Market E8 4QJ



www.hillandszrok.co.uk



GUJARATI RASOI MARKET STALL

If you find yourself near Borough or Broadway Market, hankering for some Indian food, Gujarati Rasoi is a solid choice. Serving up three vegetarian Indian dishes most days, you can get one or all three served over rice with your choice of onion, cilantro, tamarind sauce, and yogurt. The menu changes regularly, so keep an eye out for new dishes. The gluten-free options are not specifically marked on the menu board, but the staff know what's up—just ask.



Vegetarian thali



Broadway Market London Bridge E8 4QJ London Bridge Borough Market SE1



www.gujaratirasoi.com



ANDINA

A newer restaurant from the group that brought Ceviche to SoHo. Andina dishes up Peruvian food in a fun, relaxed environment. We love the downstairs bar and the cocktail list is stellar, including a brilliant pisco sour. Gluten-free items, of which there are many, are clearly marked. Thank you Peru, for your gluten-free friendly approach to eating! Andina also offers breakfast seven days a week, which, for visitors, is a perfect alternative to a bakery pastry.



Any ceviche, Pulpo chancon, Cassava chips



1 Redchurch Street Shoreditch E2 7DJ



www.andinalondon.com



CEVICHE OLD STREET / CEVICHE SOHO

The original Ceviche in SoHo was so popular that its success sprouted a second location on Old Street and a new restaurant, Andina. Ceviche is a Peruvian restaurant focusing on—you guessed it—ceviche and grilled or rotisserie meats. The spacious Old Street location provides ample socializing space at the long bar, and is a better bet than the original SoHo location for a last-minute reservation. The menu marks GF options clearly (unfortunately, this does not include the rotisserie chicken).



Don ceviche, Hamachi and tamarillo tiradito. Fiestita de bavette. Tuna manu



2 Baldwin Street
Shoreditch
EC1V 9NU

17 Frith Street
SoHo
W1D 4RG



www.cevicheuk.com



GUJARATI RASOI

While Gujarati Rasoi operates stalls at both Borough Market and Broadway Market, it has even more to offer at its brick and mortar location in East London. The menu is pared down compared to many Indian restaurants, with just a handful of starters and main dishes, but Gujarati Rasoi excels at perfecting family recipes using traditional methods. No standard curries here. Gluten free items are noted on the menu and luckily, there are plenty to choose from.



Bhujia, Palak, Papad, Chai kulfi



10 Bradbury Street Dalston N16 8JN



www.gujaratirasoi.com



BIRD

Fried chicken is one of our top five favourite things in the world, but the usual wheat-flour batter is out of the question. At Bird, they use a rice and corn flour coating that's crispy and seals in the chicken's natural juices. We usually go for the buffalo or blue cheese sauces, but there are other options on hand. Ask the servers about their GF sides, many of which are naturally GF.



Fried chicken, Chicken wings, Pickles, Gochujang glaze, Honey ginger glaze



42/44 Kingsland Road 81 Halloway Road Shoreditch Islington N7 8LT



www.birdrestaurants.com



SMOKESTAK

Smokstak, one of our favorite street food stalls, has grown up, opening its very own restaurant in Shoreditch. The queues are still long on weekend nights, but they don't sacrifice quality for speed, still slow-smoking cuts of pork and beef, and slathering them in a sweet barbecue sauce. They now have a full menu, with tempting new dishes like roasted aubergine and hot smoked salmon.



Pork ribs, Beef rib



35 Sclater Street Shoreditch E1 6LB



www.smokestak.co.uk



BERBER & Q

Situated in a railway arch in the heart of hipster East London, Berber & Q is one of our favorite restaurants in town. It blends Middle Eastern and North African flavors, smoking and grilling meats over charcoal. The menu is also gluten-, nut- and dairy-free friendly, with clear indications of allergens for each dish. Meats and sides are brought out together on large metal trays for everyone to share. And even though the meat options are excellent, the roasted cauliflower, marinated in Middle Eastern spices, is one of the standout dishes.



Cauliflower shawarma, Smoked aubergine, Lamb shawarma



Arch 338 Acton Mews Haggerston E8 4EA



http://www.berberandq.com



JONES FAMILY PROJECT

Located in the heart of trendy Shoreditch, this farm-to-table gem focuses on sourcing quality ingredients from local farms and butchers for dishes served in an unpretentious dining room. The Jones Family Project caters very well to gluten-free diners, offering a separate menu so you can choose with confidence. Plus, they have a fun and creative cocktail list, with menu category names like "My Little Niece Sammy is Always Sparkling," and "Uncle James Was A Classy, Classy Man" that bring some humor to the mix.



Steak tartare, Ribeye, Truffled potato dauphinoise



78 Great Eastern Street Shoreditch EC2 3JL



www.jonesfamilyproject.co.uk



DOSA DELI

One of our most beloved street food stalls, Dosa Deli's namesake dish is veggie-filled lentil crepes. Recommended sides include bhelpuri, a crunchy snack made from puffed rice, and coconut chutney. Items are normally gluten free, but always ask because they do run occasional specials. Dosa Deli can be found at the outdoor food truck market KERB West India Quay normally, but they do make appearances at other KERB locations too, so keep an eye on their Twitter account.



Chili cheese dosa



Hertsmere Road West India Quay E14 4ED



www.dosadeli.co.uk





M RAW

M Victoria Street is an eating and drinking complex, with M Grill, M Raw, M Bar, M Den, M Wine, and a M Wine Store all under one roof. For dining, M Raw is the best bet, with its 100% gluten-free menu. There is a wide selection of sashimi, tempura, tartares, along with grilled beef over courgette noodles and healthy superfood bowls. If you are looking for a high quality meal anywhere near Victoria station, this is your best bet.



Fish and chips, Onion rings, Scotch egg, Wagyu burger, Pulled lamb sandwich



74 Victoria Street Victoria SW1E 6SQ



http://mrestaurants.co.uk/victoria/m-raw/



THE GATE

The Gate is a legendary restaurant with locations in Hammersmith and Islington, that's been offering vegetarian food to hungry diners for more than 25 years. The menu clearly labels its gluten-free options, the service is friendly, and the dining rooms are airy and spacious. No surprise, then, that both locations are perpetually packed, so make a booking in advance. The polenta chips are one of our favorite side dishes anywhere.



Thai green curry, Polenta chips



51 Queen Caroline Street Hammersmith 370 St John Street

Islington EC1V 4NN



www.thegaterestaurants.com



TAOUERIA

W6 9Q

Mexican food is hard to find in London, which is a shame as it's usually an ideal GF choice. Even finding real corn tortillas at a market is a challenge, but finding Taqueria is easy. Taqueria makes their own 100% masa flour tortillas, so almost everything on their menu is safe to eat. They also serve authentic drinks in addition to margaritas, like micheladas, and palomas, and the atmosphere is lively and fun.



Carnitas tacos, Al pastor tacos, Red enchiladas



141-145 Westbourne Grove Notting Hill W11 2RS



www.taqueria.co.uk



E & O

Asian cuisines present a challenge for the prevalence of soy sauce alone. Enter E&O, a trendy fusion spot in Notting Hill, which makes things much simpler with a separate menu for gluten allergies.



Lamb Rendang, Tuna sashimi, Duck salad



14 Blenheim Crescent Notting Hill W11 1NN



www.rickerrestaurants.com



NAMA FOODS

Nama Foods is a raw restaurant, meaning that nothing is heated above 42C°. Proponents of raw eating claim that this preserves the vitamins and minerals already present in the food. A raw diet also precludes breads, dairy, grains or meat, relying instead on vegetables and nuts. A spaghetti dish might be mimicked with shredded zucchini and a pine nut "parmesan." Nama Foods is the perfect place to reset your batteries if you have been eating poorly.



Savoury crepe, Zucchini pasta, Falafel wrap



110 Talbot Road Notting Hill W11 1JR



www.namafoods.com



RAINFOREST CREATIONS

A wonderful market stall for a beautifully healthy salad, Rainforest Creations is situated in the bustling Chelsea Market. Specializing in vegetarian and raw food, they offer a variety of salads, like the Rainbow box with spinach flan and tropical cole slaw. Most items are gluten free, with the exception of the roti wraps, which are made with whole wheat flour. They even offer some desserts, sweetened naturally with pureed fruit, like bananas or dates. In addition to their main location at Chelsea Market, they are also featured at a few other markets around the city, including Oval and Herne Hill.



Rainforest Box, Carribean Box



Duke of York Square Chelsea SW3 4LY



www.rainforestcreations.co.uk



THE GORING

This high-end hotel does one of the best afternoon teas in all of London. Luckily for us, their gluten-free afternoon tea is also one of the best in London. The tea service comes with delightful scones, finger sandwiches on light and airy gluten-free bread, and an array of pastries and cakes. It's definitely an indulgence, but it's worth it. Perfection.



Afternoon tea, Scones



Beeston Place Belgravia SW1W 0JW



www.thegoring.com



GOOD LIFE EATERY

Catering to those on gluten-free, Paleo, and vegan diets, the Good Life Eatery specializes in healthy food and cold-pressed juice. This is one of our cherished stops for a sandwich, as they always have gluten-free bread for a quick and easy lunch.



Pineapple immunity juice, Sunset club, Summer bone broth



59 Sloane Avenue Chelsea SW3 3DH



www.goodlifeeatery.com



ANGIE'S LITTLE FOOD SHOP
This quaint shop in Chiswick was started by Angie Steele, who worked for Gordon Ramsay for a number of years before striking out on her own. The restaurant has a large self-service take out area in the front, featuring colorful platters of appetizing salads along with tempting treats, plus a sit-down dining area in the back. Many of the dishes are naturally gluten free, but make sure to ask your server. The menu changes often, but expect salads that pack a ton of flavor. They also always have a gluten-free dessert option.



Salad and meat box, Coconut cake



114 Chiswick Hight Street Chiswick W4 1PU



www.angieslittlefoodshop.com





BEYOND BREAD

In our opinion, Beyond Bread is the best gluten-free bakery in London. They offer a full range of breads, breakfast pastries, sandwiches, quiche, and sweets. The bread is especially good, so grab a loaf to take home. The pricing at Beyond Bread is also very fair, which is a nice change from the surcharges we frequently see on gluten-free offerings.



Baguettes, Ciabatta, Carrot cake, Victoria sponge, Pig out sandwich



2 Charlotte Place Fitzrovia W1T 1SB



www.beyondbread.co.uk



DUCK AND WAFFLE

An odd name for one of London's hottest restaurants, Duck and Waffle is located on the 40th floor of the Salesforce Tower (formerly Heron Tower) where it puts out high quality food 24/7, literally. Despite this, it's usually packed, so make a booking well in advance, or walk in at around 3am for an open table. The staff are very knowledgeable and can point out the best gluten-free options, like the Colombian eggs or its namesake dish, duck and waffle.



Duck and waffle (they make a gluten-free version), Bone-in ribeye



110 Bishopsgate City EC2N 4AY



www.duckandwaffle.com



LEGGERO

Leggero is the brand new identity for SoHo gluten-free staple La Polenteria. The new menu still features their outstanding varieties of polenta, but also includes a full-range of Italian options, including homemade pasta made from sorghum, lamb meatballs, and a courgette burger. Leggero's central location and unique menu make it a superb spot for lunch or a quick, relaxed dinner before enjoying some SoHo nightlife.



Creamy polenta with Tomino cheese, Polenta bruschetta



64 Old Compton Street SoHo W1D 4UQ



http://www.leggero-london.com



TEMPER

This subterranean restaurant in the heart of SoHo is a meat-lovers dream. The dining is centered around a massive fire pit, outfitted with grills, rotisseries, and flattops, all heated by wood fire. Temper's menu is arranged by snacks, tacos, vegetables, and grilled meats. The 100% corn tortillas are milled, shaped, and cooked in-house, so they are a great gluten-free option. The grilled meats are served over wheat flatbread, but the team will gladly substitute the corn tortillas. The staff is incredibly gracious and accommodating, and most of the meat is naturally gluten-free!



Aged cheeseburger taco, Grilled baby gem, Mutton and pork merguez sausage



25 Broadwick Street SoHo W1F oDF



http://temperrestaurant.com



FARMSTAND

If you ever find yourself in Covent Garden, looking for a healthy, on-the-go meal, look no further than Farmstand. They source their ingredients from UK farmers, with an eye on seasonality, a rarity in a casual takeaway joint. You build your own box for lunch or dinner, with a choice of one main and two sides. It is entirely gluten- and dairy-free, so nothing is off limits.



Harissa chicken, Lamb meatballs, Broccoli with tahini, Cold pressed juice



42 Drury Lane Covent Garden WC2B 5AJ



http://www.farmstand.co.uk



THE MODERN PANTRY

This modern and eclectic Clerkenwell restaurant has become a staple for us, given its proximity to our house. The light and airy interior feels like you are in someone's home rather than a restaurant and the food is consistently quality. The ever changing menu keeps you on your toes with unusual flavor combinations and ingredients. Of course, the tea time selections are served with the Modern Pantry twist, like rosewater and sour cherry scones along with one of the best tiny chicken salad sandwiches we've ever had. The staff and the chef are educated about gluten, so there is always a lot to choose from, and even better, they offer one of the best gluten-free afternoon teas in London. It's a must-visit.



Afternoon tea, Prawn omelette



47-48 St. John's Square Clerkenwell EC1V 4JJ



www.themodernpantry.co.uk



CEVICHE OLD STREET / CEVICHE SOHO

The original Ceviche in SoHo was so popular that its success sprouted a second location on Old Street and a new restaurant, Andina. Ceviche is a Peruvian restaurant focusing on—you guessed it—ceviche and grilled or rotisserie meats. The spacious Old Street location provides ample socializing space at the long bar, and is a better bet than the original SoHo location for a last-minute reservation. The menu marks GF options clearly (unfortunately, this does not include the rotisserie chicken).



Don ceviche, Hamachi and tamarillo tiradito, Fiestita de bavette, Tuna manu



17 Frith Street 2 Baldwin Street SoHo Shoreditch W1D 4RG EC1V 9NU



www.cevicheuk.com



HONEY AND CO.

The flavors at Honey and Co. are bright and the spices, like za'atar and sumac, add flair. The menu is constantly evolving and changes drastically with the seasons. The restaurant is cosy and comfortable and they handle allergy restrictions well. The breakfast is especially good.



Shakshuka, Chicken tagine



25a Warren Street Fitzrovia W1T 5LZ



www.honeyandco.co.uk



LOCANDA LOCATELLI

We didn't expect to find a Michelin starred restaurant in London that is known for its flexibility around gluten, but we found one—and it's Italian! Chef Giorgio Locatelli has a daughter with severe food allergies, so he has adapted his menu to accommodate diners with allergy restrictions. Major concerns for coeliacs, like cross contamination, are taken very seriously here, so you can be assured that the food is completely gluten free. Locanda Locatelli will alter menu items as needed and offer a range of gluten-free pastas, so no need to miss out on the primi course! Also, keep an eye out for his rotating pop-up casual restaurant, Pizza Locadeli, which has both gluten-free pizza and pasta.



Braised lamb neck, Suckling pig, Mushroom risotto



8 Seymour Street Marylebone W1H 7JZ



www.locandalocatelli.com



PORTRAIT CAFE

Eating at museums is usually a terrible, expensive, experience. However, at the Portrait café, located within the National Portrait Gallery, they manage to put out tasty sandwiches, soups, and cakes that are gluten free. During a long day of sightseeing, a hidden spot to relax is invaluable, and Portrait Café is one of London's best kept museum secrets. Note: The online menu does not mention the gluten-free options, but rest assured they are always available.



Roast beef sandwich. Hot smoked salmon



St. Martin's Place Leicester Square WC2H OHE



www.npg.org.uk



LIMA FLORAL

The more casual offshoot of the Michelin-starred Lima Fitzrovia, Lima Floral dishes up some of the best Peruvian food in the London. They source some rather unusual Peruvian ingredients not seen anywhere else, like Amazonian cashews, and algarrobo tree syrup. We typically just order all of the ceviches and share, since their ceviches are perfect.



Scallop tartare, Seabream ceviche, Sea bass hot ceviche



14 Garrick Street Covent Garden WC2E 9BJ



http://www.limalondongroup.com/floral



NEAL'S YARD PRIDE KITCHEN

This completely gluten-free and vegan cafe is nestled in the colorful Neal's Yard near Covent Garden. You can stop in for a coffee, snag a smoothie, or sit down for a quick bite. We especially love the salads, like the 'Courgetti' with spiralized courgette. And if it is a damp and cold day in London, soups like their 'Fire Coconut' will certainly warm you up!



Courgetti salad, Fire Coconut Soup, Green love juice



2 Neal's Yard Covent Garden WC2H 9DP



https://www.pride.kitchen/pages/neals-yard-cafe



CLUB MEXICANA

A truck specializing in vegan tacos, you'll find no braised pork or grilled chicken here. Instead, Club Mexicana serves BBQ braised jackfruit or chipotle beans. The tacos are stuffed with a whole host of sauces, like guacamole, chili sauce, and vegan sour "cream." The gluten-free options are clearly noted and most of the taco options are normally gluten free friendly. While they are normally at KERB Kings Cross on Thursday, like many KERB traders, they pop up at other market locations as well.



BBQ jackfruit tacos



Granary Square Kings Cross N1C 4AB



www.twitter.com/clubmexicana



CLARIDGES

You do not just stop by Claridges for a casual afternoon tea--it is an event in itself. With an "elegant smart casual" dress code and a hefty price tag (£55), this afternoon tea is serious business. There is a massive list of teas to select from and the food is exactly what you expect from such a historical, luxurious hotel: gorgeous, warm scones with clotted cream, a collection of finger sandwiches, and a wide variety of intricate cakes and pastries. Make sure to mention that you want a gluten-free tea in advance, and you'll get a lovely selection of all of the same beautiful offerings.



Afternoon tea



Brook Street Mayfair W1K 4HR



www.claridges.co.uk



PANTRY 108

The bright and airy space at Pantry 108 makes it the ideal place to sit back, relax, and enjoy a leisurely afternoon tea. The gluten-free option is always available, listed as the "Healthy" afternoon tea, though we are sure the calorie count on the buttermilk scones is still quite high. If you prefer a more modern environment while still indulging in the traditional accompaniments, then Pantry 108 is for you.



Afternoon tea



108 Marylebone Lane Marylebone W1U 2QE



www.108brasserie.com



CONRAD ST. JAMES

Afternoon tea at the Conrad St. James ranks high in guidebooks as a "don't miss" activity in London. Recently, in a welcome twist to the standard afternoon tea, they completely overhauled all of the menus to make them seasonal. The fall menu, for example, highlights apples and pumpkins, while the summer has passionfruit and oranges. You will need to notify the hotel in advance for the gluten-free option, but it's readily available.



Afternoon tea



22-28 Broadway Mayfair SW1H 0BH



www.conradhotels3.hilton.com



FLAT IRON

The problem with steakhouses is that many are over-the-top expensive. Flat Iron, though, offers one cut of steak (called "the flat iron") for just £10. The steak is tender, juicy, and flavorful, but if you want other cuts you may have to order off the specials menu. The combination of quality and value means that this restaurant is perpetually packed.



Flat iron, Dripping cooked chips, Sophie's salad



17 Beak Street SoHo W1F 9RW



www.flatironsteak.co.uk



KILN

Kiln is one of the best new openings in London. The small, narrow restaurant has been packing in hungry diners looking for a taste of real Thai, like dry curries, cured sausage, and plenty of chiles. The food is presented as small plates, with nothing over £10, so you can sample most of the modest menu, which is almost entirely gluten-free. If you are adverse to spice, make sure to let the server know so they can tone it down.



Langoustines, Dry pork curry, Isaan style mushroom salad



58 Brewer Street SoHo W1F 9TL



http://www.kilnsoho.com



HOPPERS

The latest addition from the team behind smash hits like Gymkhana and Trishna, Hoppers is a casual Sri Lankan restaurant, focusing on the eponymous classic Sri Lankan dish. Hoppers are essentially a thin crepe, made from rice flour, but formed in the shape of a basket, and served with a curry of your choice and a variety of chutneys. Rip off a piece of the hopper, and use it to scoop up the curry and sauces. The flavors and bright and vibrant, reminiscent of Indian cuisine. Especially on weekends, you may have to arrive a few minutes before they open to avoid a long wait. The staff is well versed on allergy restrictions as well, and most of the menu is either naturally gluten-free or can be altered.



Hot Butter Deviled Shrimps, Hopper, Lamb Kari



49 Frith St SoHo W1D 4SG



www.hopperslondon.com



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We've made sure to curate this list to highlight only those restaurants that produce specific gluten-free offerings or modifications to their normal menu. You'll notice that this list doesn't include any of the major fast food chains, because frankly, their offerings are poor. McDonald's french fries and a few of their salads are gluten free, but that's it.



OTTOLENGHI

Yotam Ottolenghi is a local celebrity chef and his restaurants take a modern spin on Mediterranean cuisine. He and his team produce some of the best salads and mezze dishes anywhere in London and their locations are bustling at every time of day. All four locations have a takeaway deli section as well as restaurant seating. Most dishes are naturally gluten free.



www.ottolenghi.co.uk



HUMMUS BROS

Run by two friends, this mediterranean restaurant chain specializes in one thing, and one thing only: hummus (though they do also sell salads, desserts and fresh juices). Healthy and delicious homemade hummus with mouth watering toppings.



www.hbros.co.uk



DISHOOM

Dishoom offers up some of the best Indian food in London these days. The opening of a new location is a celebrated affair. We love the Bombay-inspired interiors and the large, diverse menu. Expect long queues at each of their four locations.



www.dishoom.com



WAHACA

You're bound to stumble upon a Wahaca on your travels around London because these multi-colored Mexican restaurants have nearly twenty locations spread across the city. We stop by for cocktails with a twist, like the tamarind margarita and hibiscus mojito, and to satisfy our need for a taco fix.



www.wahaca.co.uk



BARRAFINA

With the recent opening of their third location, Barrafina officially gains entry to the multi-unit restaurant list. That is great news, because they produce some of the best Spanish food in London. While most of the frituras (fried) section is off limits, there are many GF items on the grill and vegetable tapas menus.



www.barrafina.co.uk



ROSSOPOMODORO

We can't get enough gluten-free pizza restaurants to satisfy our love for the humble pie. Fortunately, Rossopomodor specializes in pizza and pasta and offers GF options for both. It's some of the best pizza available.



www.rossopomodoro.co.uk



PIZZA EXPRESS

Pizza Express is one of the UK's largest pizza chains and it has recently expanded its offerings, going so far as to get certified by Coeliac UK. All Romana and Classic pizzas are available gluten free, as well as some starters, risotto, and dessert.



www.pizzaexpress.com



JAMIE'S ITALIAN

The famous Jamie Oliver has been on an expansion tear, opening a handful of new locations in London in the recent years. All pasta dishes can be made gluten free, but there are other options as well, so just ask the server for recommendations.



www.jamieoliver.com



LEON

Leon has cornered the market on healthy and provides a wide range of dishes for all allergies and dietary restrictions. There is an extensive list of gluten-free salads and dishes available that are all delicious. We go back for the superfood salads, especially those with a tangy chimichurri dressing.



www.leonrestaurants.co.uk



HONEST BURGERS

Burgers are big business in London, with new specialty shops popping up every day. Honest Burgers has always been a standby for a great GF burger, complete with gluten-free bun, fries, and onion rings. They also serve gluten-free beer and cider. It's a great option to satisfy that burger craving.



www.honestburgers.co.uk



HERMAN ZE GERMAN

How can you not have fun with a name like Herman ze German? This three-location German sausage joint is expanding rapidly. All sausages are gluten free as are many of the sides.



www.hermanzegerman.com



CARLUCCIO'S

Part food retail store, part Italian restaurant, Carluccio's locations are easily found around the entire city. They have a range of gluten-free pasta and small plates and have been certified by Coeliac UK.



www.carluccios.com



GAUCHO'S

Steakhouses are a great choice, given the wide range of naturally gluten-free items. Gaucho's features imported steaks and an expansive South American wine list which makes it a favorite of ours.



www.gauchorestaurants.co.uk



HAWKSMOOR

Hawksmoor is another multi-unit steakhouse that champions rare breed cattle from the UK. There are a wide range of cuts and sizes along with diverse wine and cocktail menus.



www.thehawksmoor.com



BURGER & LOBSTER

With only three items on the menu, all priced at £20, and only one being gluten-free, the choice is easy at Burger & Lobster. (For those who don't want lobster, the burger is available without a bun.)



www.burgerandlobster.com



NANDO'S

A true UK institution for peri-peri chicken, you'll even find Nando's in most airport terminals. The star of the menu, the chicken, is naturally gluten-free as are many of the sides.



www.nandos.co.uk



EAT

If the hallmark of a good gluten-free takeaway spot is well-marked items that don't require a lot of fuss, EAT, featuring a variety of salads, soups and freshly prepared hot meals, is a leader.



www.eat.co.uk



PRET A MANGER

It is hard to avoid Pret a Manger in London, since they are on almost every corner. Pret, as locals call it, carries some gluten-free options, but their offerings are relatively limited compared to some of their competitors. There are a few salads, protein pots, soups, and sides that are naturally gluten-free.



www.pret.co.uk



TORTILLA

There are a lot of Mexican restaurants in London, but Tortilla is our favorite because they offer 100% corn tortillas, meaning the tacos are naturally gluten free. In fact, everything other than the flour tortillas is gluten free. Let them know you have a gluten allergy, and they'll ensure there is no cross contamination.



www.tortilla.co.uk



BRASSERIE BLANC

The UK isn't lacking in celebrity chefs and this upscale brasserie comes to you from chef Raymond Blanc. You'll find traditional French brasserie items executed very well.



www.brasserieblanc.com



ITSU

To manage your sushi craving, visit one of many ITSU's. Here, you'll find numerous gluten-free items, but check the ingredient list carefully. Many of the maki rolls contain spicy sauce, which has soy.



www.itsu.com



PHO

We're obsessed with pho, one of the world's great dishes that, unless soy is added, is naturally gluten-free. The restaurant group was recently certified by Coeliac UK, which means that the entire menu is now 100% gluten-free.



www.phocafe.co.uk



BUSABA EATHAI

One of the best Thai chains in London, Busaba Eathai is consistently good and serves mostly authentic Thai. The pad thai and many of the curries are naturally gluten-free and soy isn't added where it shouldn't be!



www.busaba.com



BODEAN'S BBQ

Brought to you straight from Kansas City, Bodean's diner/deli chain is a haven for gluten-free authentic American-style barbecue.



www.bodeansbbq.com



THE REAL GREEK

The Real Greek has an interesting menu format, focused on small shareable plates. It's essentially a Greek version of tapas, which is always a good thing.



www.therealgreek.com



ED'S EASY DINER

A retro American-themed diner, Ed's serves burgers, hot dogs, fries, and delicious milk shakes. They are certified by Coeliac UK and offer gluten-free buns for burgers and hot dogs.



www.edseasydiner.com





Avoiding gluten can be a challenge. It can sneak into dishes and packaged foods where you would never expect to find it. These tips will help you make the best choices when food shopping or dining out.



Dealing with Labels and Restaurant Menus

Avoiding gluten can be a challenge. It can sneak into dishes and packaged foods where you would never expect to find it. These tips will help you make the best choices when food shopping or dining out.

LABELS ARE YOUR FRIEND

Thanks to great strides made by government agencies, food labels on packaged goods are now very clear about their ingredients and potential allergens. In the UK, this process is managed by the Food Standards Agency, which has released best practices about labelling to manufacturers. Officially, compliance is voluntary, but our experience is that, by and large, suspected allergens are listed on nearly all packages (they appear in bold).

CHECK THE MENU ONLINE

Many restaurants, and chains in particular, have a full allergen list available on their website. However, popular takeaway spots like Pret A Manger and Itsu do not provide clear signage in-store, so check their websites first (or ask a staff member). It will save you time, allowing you to swiftly walk and grab something that you know complies with your diet.

ALERT THE STAFF

It's a good idea to always notify restaurant staff of your allergies—even when the menu has items marked gluten-free. By speaking up, the restaurant staff know to ensure no cross-contamination.

During my time as a restaurant manager, I saw first-hand how this bit of information made a difference in how food was handled. Here's a quick example: A diner orders a salad off the gluten-free menu. A line cook accidentally puts croutons on the salad. Realizing the mistake, he removes the croutons before giving the dish to the server. In this scenario, the server could have noted the allergy on the ticket so the line cook would know to make a new salad. Better safe than sorry.

BEWARE OF THESE INGREDIENTS

You wouldn't think these common products contain gluten, but they do! More than once we've failed to read the label on a package or ordered a dish from a restaurant with confidence, only to discover traces of gluten after all.

Soy Sauce: One of the biggest culprits is soy sauce, thanks to the addition of wheat gluten as a thickener. Soy sauce is a base flavoring for a variety of dishes and sauces, across Asian cuisines. It is used in many salad dressings, marinades for meat or fish, as a base for stir-frys, and in classic sauces like teriyaki. Sushi lovers can usually find tamari, a wheat-less version of soy sauce, at many Japanese restaurants around the city for gluten-free sashimi or nigiri dipping!

Potato Chips: While many brands of plain potato chips are perfectly safe to consume, spice mixes in certain flavors may contain gluten. In the UK, Tyrrell's and Kettle Chips are two brands with a clear designation of gluten-free on the label. These brands have no cross-contamination issues and offer a wide variety of flavors, from the classics to the bizarre (Lobster Cocktail anyone?). They are also available at many pubs around London, a great gluten-free snack with a pint of cider. Do be careful, as a few of their flavors do contain gluten, clearly noted on the bag.

Barley: This grain is best known as the foundation of beer, making beer consumption off limits for a gluten-free diet (though more and more gluten-free beers are hitting the market, made from corn, rice, millet, and sorghum). But barley is also the basis for malt and malt vinegar. This is used in some brands of Worcestershire sauce, a key ingredient in many things, including barbecue sauce, cocktail sauce (or the popular English version, Marie Rose sauce), and even Bloody Mary mix. Malt can be found in desserts too, like malted milkshakes. And if that wasn't enough, barley can be found in some forms of miso paste, the basis for miso soup and in many Japanese sauces and marinades.

BAKERY CROSS-CONTAMINATION

Bakeries can be a bit of a minefield. Commercial bakeries that make breads with wheat flour and gluten-free flour often have an abundance of wheat flour in the air and inside the oven, which can aggravate coeliac sufferers. If your symptoms are mild or you are just gluten intolerant, this slight cross-contamination may not bother you at all, but severe sufferers should avoid commercial bakeries that are not explicitly gluten-free.

In the same vein, if a gluten-free pizza is baked in the same oven as a pizza with a wheat crust, a small amount of wheat flour can transfer. Make sure to ask that your pizza be baked on a sheet to protect it from wheat flour in the oven, if possible.

Think french fries are safe? Well, in general they are, but cross contamination with breaded food cooked in the same oil as french fries means that coeliac and those with a sensitive gluten intolerance should avoid them. Luckily, there are a few places, like Honest Burger, that offer 100% gluten-free fries (and fantastic gluten-free hamburger buns). Even the french fries at McDonalds in the UK, despite the array of breaded and fried menu items, are gluten-free thanks to dedicated "chip" fryers.

A FEW WORDS ON GLUTEN INTOLERANCE VS. COELIAC

Many people use these terms interchangeably, yet there are major differences that should be pointed out, especially since it could alter the way you approach your diet. Being gluten intolerant, meaning having reactions such as stomach pains, gastrointestinal issues, and even skin rashes with gluten consumption, does not mean you have coeliac disease.

Being tested for a gluten allergy is as simple as getting a blood test, which is the first step for determining if you have coeliac disease. Unfortunately, getting a true diagnosis for coeliac disease means more tests. The gold standard for a positive diagnosis is an endoscopy, which is a biopsy of your small intestine. It is an uncomfortable procedure, but it is the only way to truly determine if you have a gluten intolerance or coeliac disease.

The importance in knowing the difference is the impact on your long term health. While gluten intolerance is an allergy with no long term health concerns, coeliac is an autoimmune disease, where the consumption of gluten causes the villi (which are small, finger-like objects that line the walls of the small intestine) to fall flat. This disrupts the body's ability to absorb nutrients, which is why vitamin and iron deficiency are common symptoms of coeliac disease. Sufferers of coeliac disease also have a greater chance of developing certain types of bowel cancer and lymphoma.

I will be the first person to admit that I delayed the diagnosis process because it seemed long and hard. In the end, I feel more comfortable knowing what exactly was happening to my body prior to the diagnosis and what I must do to avoid it happening again. Researching the best places to eat, knowing what to avoid, and finding tasty substitutes for my old favorite foods, has made my transition to a gluten-free lifestyle much smoother.



Gluten Free Flours, Starches and Gums

If you are used to baking with regular wheat flour, switching can be an ordeal. The sheer number of alternative flours available is dizzying. The first time we looked up a gluten-free baking recipe, we were stunned to see that it called for multiple flours, plus some additional ingredients we had never heard of.

To make home baking a little simpler, here is a breakdown of the most common gluten-free flour substitutes and the best use for each. Once you get comfortable with one or two in your cupboard, you can even experiment with mixing a variety of flours to make your own gluten-free blend for baking.

FLOURS AND STARCHES

Arrowroot: Used as a thickener of sauces, similar to cornstarch or corn flour.

Bean and legume flours: High in protein with distinctive flavors, these are best used in smaller quantities in things like bread rather than more delicate products, like cakes. Common flours are made from chickpeas, fava beans, and soy beans.

Buckwheat flour: Can be strong and somewhat bitter. Most commonly combined with other gluten-free flours to make things like savory crepes.

Cornstarch (Corn flour): This starchy flour is great in breads and batters for fried food, providing a light crispy texture to your favourite onion rings or chicken fingers. It's best combined with other starches like tapioca.

Gluten-free flour blends: Many grocery stores now carry branded pre-mixed gluten-free blends. These contain a combination of several of the individual flours listed above, and are a great starting place for those who have never baked with gluten-free flour before. In many recipes, you can literally substitute these blends with no problem. When baking bread, you'll want to make sure your blend contains enough gum agents to get a nice, doughy loaf. Don't be afraid of a little trial and error.

Ground corn or ground maize: Best in breads, but not delicate items unless used in very small quantities. This ingredient, which is naturally gluten free, shows up in Mexican and Peruvian dishes, making them likely options for those on gluten-free diets.

Nut flours: These are flours made of finely ground nuts. Common variants include almond, pecan, and hazelnut flours, all of which are high in protein, and have distinct flavors and textures—so use sparingly. Nut flours are a great binder in mixes for fritters or meatballs—use them in place of breadcrumbs. Be warned: they are the most expensive flours available.

Potato starch: This starch works well in cakes and baked goods as it helps batter retain moisture.

Potato flour: Essentially, the opposite of potato starch, this dense flour is suitable for bread but not for delicate baked goods.

Quinoa flour: Quinoa has a nutty flavour and is extremely high in protein. It's commonly found in packaged pastas and flour blends, and works in both baked goods and bread.

Rice flour: This is the most popular flour found in gluten-free blends. White rice flour is light and delicate—perfect for cakes and tempura fry batter. Brown rice flour is a little heartier and is good for breads. Both are very neutral-tasting and hence, you'll see them featured everywhere.

Tapioca starch (also called tapioca flour): This popular starch is commonly seen in gluten-free flour blends. Used alone, it's light and sweet, adding chewiness to breads and improving the color and texture of the crust. For clarity, tapioca starch and flour are one in the same, unlike potato flour and potato starch.

GUMS

Gums are important in most gluten-free bread baking. They act like eggs, binding ingredients together and helping improve the structure of the final product. They also mimic the effect of gluten, providing that stringy elasticity that is necessary for bread to taste like, well, bread. Gums are amazing, and a well-stocked gluten-free pantry will have at least one on hand.

Guar gum: Derived from the guar bean, this powder acts as a thickener, used instead of flour to thicken soups and stews, and help bind batters or doughs.

Xanthan gum: Secreted from the bacterium called xanthomonas campestris, xanthan is the most commonly found gum variety in most stores. Its properties are similar to guar gum, in that it thickens and binds dough and batter and gives a bread-like consistency.

Psyllium husk: For those that are allergic to gums, psyllium husk is an alternative. It helps bind moisture, resulting in a gluten-free bread that's less crumbly.



Gluten-Free London Food Stores

Thanks to the increased popularity of gluten-free diets, many supermarkets now maintain large stocks of gluten-free items. These days, the major London grocery chains (Sainsbury, Waitrose and Tesco) have many items on offer, including selections of breads, flours, snacks and sauces that make a gluten-free diet much more enjoyable and easier to translate to your home.

In addition to the major chains, there are a few stores in London that specialize in products for people with allergy restrictions. These are ideal locations for hard to find products.

WHOLE FOODS MARKET

This popular US chain has multiple locations across London. They stock plenty of gluten-free products, but the selection differs based on the size of the individual store.

- Camden 49 Parkway, NW1 7PN
- Clapham Junction 305-311 Lavender Hill, SW11 1LN
- · Fulham 2-6 Fulham Broadway, SW6 1AA
- Kensington 63-97 Kensington High Street, W8 5SE
- · Piccadilly Circus 20 Glasshouse Street, W1B 5AR
- Richmond 1-3 George Street, TW9 1AB
- Stoke Newington 32-40 Stoke Newington Church St, N16 oLU

PLANET ORGANIC

With clear allergy labels used across the entire store, shopping at Planet Organic is easy for anyone with allergy restrictions. They sell some products not seen in the larger chains, including pizza bases, a large range of pastas, baking mixes and even several gluten-free granolas.

- · Westbourne Grove 42 Westbourne Grove, W2 5SH
- Devonshire Square 10 Devonshire Square, EC2M 4AE
- Muswell Hill 111/117 Muswell Hill Road, N10 3HS
- · Islington 64 Essex Road, N1 8LR
- Wandsworth 52 Garratt Lane, SW18 4TF
- Torrington Place 22 Torrington Place, WC1E 7HJ

AS NATURE INTENDED

A small group of 5 markets (with a sixth under development near Marble Arch), As Nature Intended stocks over 200 gluten free items. They offer a varied selection of pastas, flours, cookies and condiments. Over 85% of the items for sale are also organic.

- · Balham 186-188 Balham High Road, SW12 9BP
- Chiswick 201 Chiswick High Road, W4 2DR
- · Ealing Green 17 21 High Street, W5 5DB
- Spitalfields 132 Commercial Street, E1 6NG
- · Westfield Stratford City Great Eastern Market, E20 1GP

MOTHER EARTH

Consisting of 3 locations around North London, Mother Earth focuses on healthy, organic and natural foods and ingredients. Needless to say, many gluten-free items also grace their shelves. We particularly like the seeds and nuts offered in bulk.

- Islington 282 St. Pauls Road, N1 2LH
- · Mildmay Ward 101 Newington Green Road, N1 4QY
- Stoke Newington 5 Albion Parade, N16 9LD

HOLLAND & BARRETT

With over 50 locations across London, Holland & Barrett specializes in vitamins and supplements but they also carry gluten free flours, and a few other GF ingredients.

· View a ful list of all 50 locations here

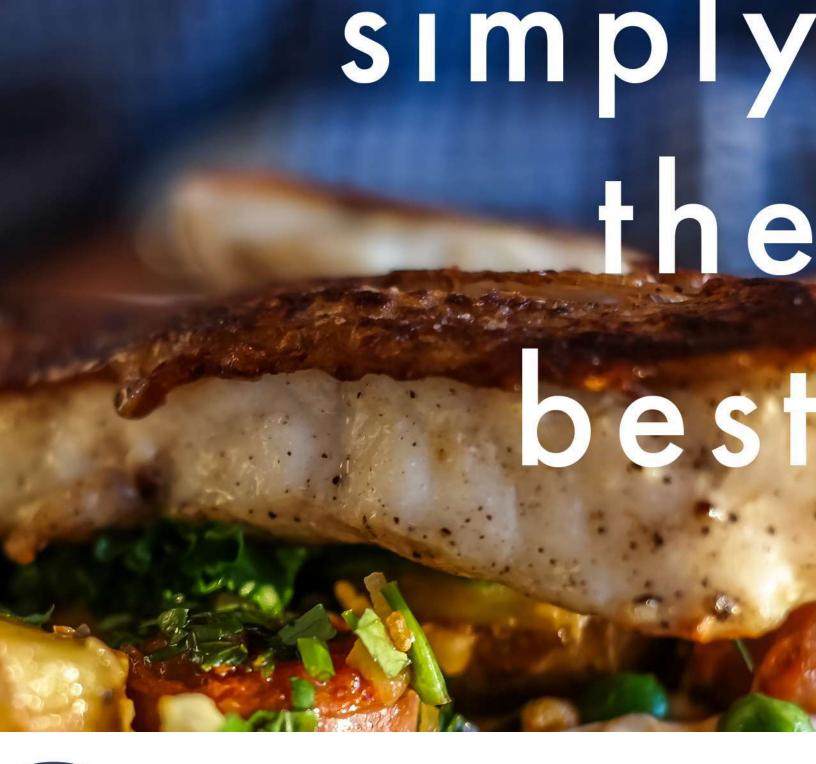
MARK AND SPENCER

For those unfamiliar with the brand, Marks and Spencer offers clothing, homeware, and a grocery, all under one roof. There are not a lot of places where you can buy a pair a socks along with your ingredients for dinner, but Marks and Spencer is a unique company.

It deserves a special mention here (despite the fact that it is a large chain) due to the abundance of gluten-free items they sell, especially in their prepared food section. While the other large grocery chains like Waitress and Sainsbury offer a solid range of gluten-free ingredients for cooking at home, no one offers more food-on-the-go than Marks and Spencer. They provide a huge selection of sandwiches, salads, and complete meals that are entirely gluten-free. That includes items like Piri Piri Chicken Wrap, Chicken and Bacon Caesar Wrap, and a rather tasty BLT sandwich. Even the most popular takeaway spot, Pret a Manger, offers nothing close to this variety of options. Marks and Spencer also recently introduced microwavable gluten-free pasta meals that are a quick and easy meal.

And the best part is that Marks and Spencer can be found all across London, especially in Central London, making it an ideal option if you are craving a sandwich that you can ensure is entirely gluten-free with no fear of cross contamination.

For locations, check out their website here.



9

A list of our favorite bakeries, pizzas, street food stall, afternoon teas, and more. Explore, and enjoy!



The best of the best in gluten-free eating

So here they are, the best of the best London has to offer the gluten-free eater. We've scoured the city from top to bottom, meticulously sampling the good, the bad and the utterly delicious. It was tough work, but someone had to do it. Every location listed within this book is worth visiting but these are, in our humble opinion, the very best of them all. We hope you will enjoy their gluten-free offerings as much as we do!

CLICK EACH ITEM FOR MORE DETAILS

BAKERIES	STREET FOOD
Beyond Bread	SmokeStak
Artisan Bakery	Beefsteaks
Free From Bakehouse	Dosa Deli
Cookies and Scream	Petare
GFF CUISINES	AFTERNOON TEA
Mexican	Modern Pantry
Peruvian	Bea's of Bloomsbury
Brazilian	The Goring
Indian	The Conrad St. James
PIZZA	STEAK
Florist Arms	Hill and Szrok
Stingray Cafe	Hawksmoor
Rossopomodoro	Flatiron



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Easy listings of all our favorite places to find gluten-free information, recipes and products.



Resources

You do not have to just rely on dining out to eat well and maintain a GF diet. Below are a list of companies that make a range of goods that will make your GF life much easier, as well as websites to help generate some inspiration in the kitchen.

COELIAC UK

The official coeliac organization in the UK. While a membership (£24/yr) is required to access the full website, there is still plenty of information available for casually browsing. By subscribing though, you do receive an updated food and drink directory for everything you need to know about GF products in the UK, as well as all news involving GF diets and coeliac disease. The organization is also responsible for the official GF accreditation of restaurants around the UK. For those newly diagnosed, this is an invaluable resource.

AMISA

They offer a wide variety of GF goods, but their bread, pizza base, gnocchi, and cake mixes are top notch. You cannot purchase their items directly from the website, but Planet Organic sells a large number Amisa products in their markets.

DOVES FARM

For anyone interested in baking, Doves Farm sells a whole line of GF flours, including self-raising, rice, gram, buckwheat, and maize. Their flours are readily available in most major markets around London, including Sainsbury and Waitrose.

NEWBURN BAKEHOUSE

A GF product line from large UK commercial bakery Warbutons, they make the best sandwich bread currently available. Their GF seeded loaf is part of our weekly grocery shop. They also make sourdough and white artisan loafs, all available at Sainsbury's.

JAMIE OLIVER

Celebrity chef Jamie Oliver, who runs dozens of restaurants around London and the UK, has a fantastic website with recipes that are interesting and work every time.

BBC GOOD FOOD

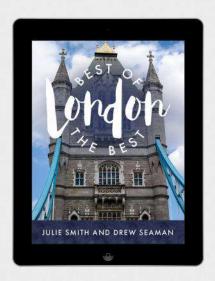
The BBC has gathered recipes from chefs around the UK to create some fun, GF dishes. It covers everything from simple pancakes, to more elaborate dishes, like quinoa tabbouleh.

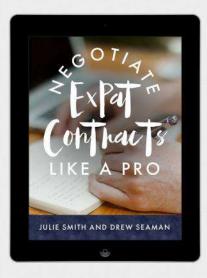
GLUTEN-FREE ON A SHOESTRING

A US blog run by former NYC lawyer Nicole Hunn, it is our go-to for anything GF baking. If you are missing a certain treat, or desperate to make some amazing bread, Nicole has a recipe for you. Her delicious focaccia recipe made me rethink my views on GF bread.

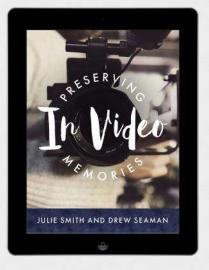
THANKS FOR READING! WE HOPE YOU ENJOYED IT

Check out our shop for other products from Drive on the Left









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