

THE SOCIETY DOES NOT TAKE RESPONSIBILITY FOR SERVICE OR
ENDORSE THESE ESTABLISHMENTS



Please Remember to inquire that the Meals and Desserts are **GLUTEN FREE**

Please note management can change and discontinue G/F options at any time, also closures can occur.

This list covers a range of prices and styles of eating places.

Most are not G/F orientated but we can find something to eat. Everyone does not have the same tastes.

So please do not be disappointed if the choices offered are not what you would like.

GQ Good Cuisine

Stall 10 Adelaide Central Market **Ph 8410 9181**
Gourmet Ready meals & Sweets :
Cakes, Homemade gluten free Vegetarian, Curries,
Baked & Casserole Dishes (Chicken, Beef).

Gourmet To Go

Stall 42 Adelaide Central Market **Ph 8344 6014**
Small selection of GF Food & Slices for takeaway

The Gourmet Sausage Shop

Stall 56 Adelaide Central Market **Ph 0418 126 000**

Joy-Discovery Vegetarian Café.

13 Bent Street, Adelaide **Ph. 8223 5994**

Najjars Café

21-23 O'Connell Street, North Adelaide **Ph 8239 1860**
G/F Pasta, Main meals also G/F Desserts

Ned Kelly's Retreat Restaurant

26 O'Connell Street, North Adelaide. **Ph 8361 9994**
95% of our entire menu is Gluten Free, including all
Sauces and most Desserts.

Bombay Bicycle Club

29 Torrens Road, Ovingham **Ph 8269 4455**
Ala'carte menu has been adapted to cater for those
guest with gluten intolerance.

Hyde Park Pizza Bar

68 King William Road, Goodwood **Ph 8272 7000**
Come on in and try our Gluten Free Pizza's.

Kylies Gluten Free Allergy Free Bakery & Speciality Cakes

4 Aroha Terrace, Forestville **Ph 8293 4407**
Totally Gluten Free Bakery, all goods baked on
premises. Incl: Cakes, Breads, Biscuits & Meals.

Free The Best Things In life

93A Unley Road, Unley **Ph 8357 0094**
G/F Fresh & Package Foods.

Montezuma's Mexican Restaurant

2 Partridge Street, Glenelg **Ph 8350 0111**
Mexican Food, Nachos, Enchiladas, Tacos, Tostadas

Vella Pasta

617 Lower North East Road, Campbelltown **Ph 8365 9822**
Freshly made Gluten Free Pasta

Parisi's

613 Magill Road, Magill **Ph 8331 8844**
Gluten free pizza's eat in/takeaway. Other dishes are
available . Please ring to inquire about Gluten Free.

Heidelberg Cakes.

161 Glen Osmond Road Frewville. **Ph 8379 9009**
GF Celebration Cakes.

Prospect Plaza Foodland

85 Prospect Road, Prospect 5082. **Ph 8344 1024**

P. LA Haybe Agency

Home Delivered **Ph 8377 1757**
SA distributor for Gluten Free Gourmet.

Greenwith Pizza and Pasta

Shop 12/ 222 Target Hill Road, Greenwith **Ph 8289 7999**

The Gully Meat Service

13 Walters Street, Tea Tree Gully **Ph 8264 2601**
Gluten Free sausages, marinated meats, Juice

The Gluten Free Beaut E Spot, Ph 08 8264 2644

Thegfbteamspot@bigpond.com.au

Crafers Super Deli (Arts & Craft Café)

3, 7 Main Road , Crafers. **Ph 8339 2725**
Set in beautiful surroundings call in have a browse
then enjoy a coffee and a GF cake from a nice
selection of gluten free goods.

Crafers Inn Hotel

4 Main Street, Crafers **Ph 8339 2050**

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Organic Market & Cafe

5 Druids Avenue, Stirling **Ph 8339 4835**

Ruby's Organic Café

3/29 Mount Barker Road, Stirling **Ph 8339 6262**
Pizza, Savouries, Soup, Light Snacks, an array of
Cakes, Hot Chocolate with G/F Marshmallows,
Breakfast available 8am.

Café Alto

30 Hutchinson Street, Mount Barker **Ph 8391 2188**
Gluten Free meals available

The Vinery Café

Ph 8391 5444
Shop 7 Cnr Hutchinson St & Victoria Crescent
Mount Barker. G/F Rolls, biscuit/cookies & Salads

King Neptunes Seafood & Pasta Ph 8682 5804

5 Light Street Port Lincoln
They will also prepare meals GF if asked and their
prices are very good and the food delicious.

The Paragon Café Ph 8682 1442

48 Tasman Terrace, Port Lincoln
There 3 Choices of G/F Cakes for a light snack

Woolworths have quite a good array of goods and
also Coles has some too. The health shop next to
Woolworths also has quite a lot to choose from.

Country Areas

Fresh Temptations Ph 08 8388 4272

Shop 12 Balhannah Junction Shopping Centre. Ph
(08) 8388 4272
Wide choice of G/F Meals, Soups, Pizza's, Desserts.

P.S. Murray Princess

96 Randall Street Mannum **Ph. 8569 2511**
Caters for persons with coeliac disease and have a
good range of gluten free foods available for the
asking.

Jagers BP Tailem Bend

10 Princes Highway, Tailem Bend **Ph 08 8572 4133**
G/F Breads, Soups, Cakes, Biscuits.

Port Lincoln

Café Del Gioumo's Ph 8349 7225

Tasman Terrace Port Lincoln
and they will do meals if you ask for them to be
Gluten Free, also if you like pizza as long as you
give them warning (the day before) they can make
delicious pizza's gluten free, their meals are
delicious and well priced.

Renmark

Renmark Golf and Country Club Ph 8586 8200

Have a separate G/F menu that includes oysters-au-
natural, marinated quail, Cajun chicken salad, baked
chicken breast, cumquat soy glazed duck breast. G/F
muesli is also available and by prior arrangement
G/F bread.

Kangaroo Island

Ozone Seafront Hotel

The Foreshore, Kingscote **Ph (08) 8553 2011**

Kangaroo Island Health Food and Products

70 Dauncey Street, Kingscote **Ph (08) 8553 2765**

The Lighthouse café

Have several choices of G/F cakes or muffins to
enjoy with a coffee.

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Northern Territory

Supermarket:

Woolworths is the best supermarket to go to which is in several places. In the **Health Food Section** there is a great range of cake, muffin and bread mixes. They also stock items such as cereals and pastas.

Bread

Woolworths, Coles and Bi Lo supermarkets all sell **GF Bread and it is usually found in the freezer.**

Healthy Life Ph. (08) 8927 0700

Casuarina Shopping Centre
G/F Products

Fasta Pasta Ph. (08) 8927 0780

Casuarina Shopping centre
247 Trower Road,
Ring 30 minutes before going and they will use a separate pot to cook your G/F pasta. They also will explain which sauces are G/F.

DARWIN

Giuseppes Italian & Seafood Restaurant Ph (08) 89413110

64 Smith Street, Darwin
Early 2006 will be introducing a whole page in their menu dedicated to Gluten Free Meals.

Hanuman Restaurant Ph (08) 8941 3500

28 Mitchell Street, Darwin 0800
Thai, Nonya & Indian Cuisine
Open: Lunch: Mon-Fri 12-2.30pm, Dinner: 7 days
6.30pm-late, Kids welcomed

Fasta Pasta Ph. (08) 8981 2680

11 Knuckley Street, Darwin 0800
Will cook pasta provided by customer and have a choice of gluten free toppings

Hibiscus Shopping Centre

Cnr Vanderlin & Leander Drive Darwin
Supermarkets have a good range of GF Foods.

Moorish Café. Ph. (08) 8981 0010

37 Knuckley Street, Darwin
They are well aware of the Gluten Free diet and try their best to accommodate us. The food is unusual and delicious.

La Chaumiere Ph. (08) 8981 2879

13 Shepherd Street, Darwin 0800
Will accommodate requests for gluten free

Parap Fine Foods. Ph. (08) 8981 8597

40 Parap Road, Parap
Have recently introduced additions to their G/F product(freezer section) ie Rina's roast vegetable lasagne and ravioli, both are frozen fresh, heat and eat in 10mins. quick easy meals. Also Meat pies, Sausage Rolls etc in freezer.

Pee Wees Ph. (08) 8981 6868

Alec Fong Lim Drive
East Point Reserve, Fannie Bay, 0820
Gluten Free options from A la Carte Menu

Salivate! The Food Lovers Store (08) 8981 4477

54 Stuart Highway, Stuart Park, N.T. 0820
Home made pies, sausage rolls, salads, G/F bread for sandwiches and cakes, e.g. chocolate mud cake.

Alice Springs

Hanuman Restaurant Ph

82 Barrett Drv Crown Plaza
Alice Springs 0870 **(08) 8953 7188**
Thai, Nonya & Indian Cuisine
Open: Lunch: Mon-Fri 12-2.30pm, Dinner: 7 days
6.30pm-late, Kids welcomed

Barra on Todd Restaurant Ph (08) 8952 3523

34 Stott Terrace ,Alice Springs
Most meals can be made to accommodate a G/F diet

Red Ochre Grill Restaurant (08) 8952 9614

Todd Mall, Alice Springs

Bar Doppio (08) 8952 6525

Shop 2/ 89 Todd Mall Alice Springs
Light meals that include Tofu salads, Spanish potatoes, G/F frittata, Italian meatballs, warm chicken salad, assorted G/F cakes

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Bluegrass Restaurant (08) 8955 5188

Cnr Todd Street & Stott Terrace, Alice Springs
Most meals can be made to accommodate a G/F diet

Ininti Café & Souvenirs Store Ph. 8956 2214
Contact Trish Blundell

Ularu Outback Cultural Centre National Park.
Will do G/F Foods if advised in advance.