



**A Passport to Gluten-Free
living in the
Scottish Borders**



**2008
Edition**



April 2008

The 2007 First edition was greatly received so we have updated the enclosed information for a bigger better 2008 edition. So again a big thank you to everyone who contributed to this booklet, it could not have happened without all the helpful feedback received from Coeliacs living within the Scottish Borders. Hopefully it will give you some ideas, and make shopping and eating out a more pleasant experience.

Users of this booklet are reminded that neither the publishers nor Coeliac UK are responsible for the recommendations for food or establishments which are made in good faith. All information is believed to be correct at the time of going to press. You remain responsible for your own dietary care at all times.

Please remember that the shops, products and eateries listed are opinions only, and peoples' tastes vary widely. If you would like to contribute some new information (good experiences and bad) these will be gratefully received and allow this resource to expand and remain up to date.

Please contact either by e-mail bordersgf@googlemail.com

Also available through www.glutenfreeborders.co.uk

or

www.cloudhousecafe.co.uk click on News

This year we thank our sponsors because without them we would not have been able to print this edition. A Big Thank You. To you the readers, most of all enjoy!



Provisions

Shopping in the Borders

Health Food Shops:

Pips, Petals & Peelings,
High St, Innerleithen.

Holland & Barrett

Off Channel Street
Galashiels

Stocks a good selection of gluten free products. The manufacturers of the Natures Harvest range cannot guarantee no contamination as they do deal with gluten products in the factory. However a number of Coeliacs use the products.

Julian Graves

73 High Street, Hawick.
Tel: 01450 379599

Kelso Wholefoods,

54 Woodmarket, Kelso TD5 7AX
Tel: 01573 225664

The Market Shop,

Bridge Street,
Berwick-upon-Tweed

Thank you to..



Lilies Restaurant



MossPaul Teviothead

MOSSPAUL TEVIOTHEAD

HAWICK TD9 OLP Tel : 01450 850245

A restaurant with rooms

For a copy of our dedicated gluten free menu
please click on www.mossPaulinn.com.

for sponsoring this publication

Please check labels at all times to ensure the products meet your needs.



Local Delicatessens:

Country Kitchen,
High Street, Melrose

The Green Shop,
Bridge Street,
Berwick-upon-Tweed

Rutherfords,
Market Place, Lauder
Tel: 01578 722269

The Selkirk Deli,
17 High Street, Selkirk TD7 4BY
Tel: 01750 22217

**Teviot Smokery & Water
Gardens**
Eckford, Kelso
Tel: 01835 850253

Butchers:

In most cases the butchers require at least 1 week's notice to make up gluten free sausages.

Robert Pringle
56 High Street, Hawick
Tel: 01450 372622
77 High Street, Hawick
Tel: 01450 372523

Fairbairn,
Berwick-upon-Tweed

Farm to Freeze,
High Street, Wooler

Forman,
Norham-on-Tweed

Forsyths, W.T.S. & Sons,
19 Old Town, Peebles
Tel: 01721 724072

Halliwells Butchers,
39 Market Place, Selkirk TD7 4BL
Tel: 01750 21880
Many varieties of GF sausage
Stocks Paul Taylor classic choc slab

Huttons,
16 Howegate, Hawick
Tel: 01450 372817



Provisions

Huttons Honest Food Co,
18 Bourtree Place, Hawick
Tel: 01450 372072

Millers

2 High Street, Melrose
Tel: 01896 822015

Foreman, R.G. & Sons,
4 Chapel Street Eyemouth
Tel: 018907 50209

Thos Shaw

12 Market Place, Lauder
Tel: 01578 722306

W. Wylie,

6 Horsemarket, Kelso
Tel: 01573 226880

Bakers:

Cakes by Shona Grieve,
Selkirk Tel: 01750 725000

Cakes to Die For,
Liz Rae, 4 Station Cottages,
Kelso
Tel: 01573 223307

Others/General:

Aldi

Galashiels

Asda

Galashiels
Limited range

Morrisons

Hawick & Berwick-upon-Tweed

Sainsbury

Peebles

Tesco

Galashiels
Good range

Marks & Spencer

Galashiels
Savoury only

Shopping in Fort William:

Lochaber Farm Shop

Unit 5 Lochaber Rural Complex
Turlundy, Fort William
PH33 6SW
Tel: 01397 708686
Open Wed-Sat 10am-5pm
Follow A82 4 miles North of Fort
William, turn on to Aonach Mor Road

Please check labels at all times to ensure the products meet your needs.



Shopping in Edinburgh:

Health Food Shops:

Damhead Organic Farm Shop

Tel: 0131 448 2091

Old Pentland Road

Near Edinburgh, (at small roundabout instead of turning left to Ikea - from bypass direction - turn right, travel for approx 1 mile) farm on right.

www.damhead.co.uk

Good selection of breakfast cereals, stock cubes & biscuits, Good selection of pulses, cereals, and sometimes Village Bakery cakes along with Against the Grain Cookies.

Real Foods

Broughton Street

(Nr Playhouse) (Also Tollcross)
Edinburgh

An Aladdin's cave of Gluten-free items.

Bakers:

Cakes for Special People

Sarah Thomson

19 Clark Avenue, off Ferry Road
Edinburgh, EH5 3AX

Tel: 0131 552 2079 - phone first.

Gluten, wheat free, some no added sugar. Also farmers markets.

Thank you to..

HALLIWELLS BUTCHERS

39 MARKET PLACE

SELKIRK

TD7 4BL

01750 21880

*PRIME SUPPLIER OF LOCAL BEEF, LAMB AND
FREE-RANGE PORK.*

SMITHFIELD GOLD MEDAL WINNER 2006 & 2007

SUPPLIERS OF GLUTEN FREE JAMS AND CHUTNEYS.

GLUTEN FREE SAUSAGES AND BURGERS AND PUDDINGS.

B.B.Q. SPECIALIST.

QUALITY ASSURED FROM FARM TO PLATE

for sponsoring this publication

Please check labels at all times to ensure the products meet your needs.



Provisions

Butchers:

Cromby's
Edinburgh.

Others/General:

Marks & Spencer
Princes St & Fort Kinnaird
Edinburgh

Sainsbury's
Straiton & Cameron Toll
Edinburgh
Varied selection of gluten-free products throughout the store, well stocked gluten free section.

Shopping on the Move!

Westmorland Service Station
M6 North & South
Near Penrith
Farm shop stocks Village Bakery cakes, Tillquillie oat puddings and other sweet snack foods also local Cumbrian GF sausage.

Claire's Kitchen
29 Parkhill Rd
Kingstown Ind Estate
Carlisle
Tel: 01228 595522
Steak pies and other savoury meat pies.
Just off J44 on M6 and A7

Internet/Mail Order

Butterflysnack

Gluten Free Essentials

Tel: 0131 446 9854
Bioculinair Brown Gluten Free Bread
Mix & La Veneziane Gluten Free Pasta.
Both very good products.

www.glutenfreefoodsdirect.co.uk

Tel 01757 630725-700636

Gluten free foods direct

PO Box 156

Selby

YO8 6WA

This company has a large selection of gluten free foods for purchase through mail order or online shopping. Delivery is £6.50.

www.gfdiet.com

Tel: 01491 570 000

Lifestyle Healthcare Ltd

Centenary Business Park

Henley-on-Thames

Oxfordshire, RG9 1DS

good Sausage Rolls.

£3.75 Delivery charge

www.GoodnessDirect.co.uk

Tel: 0871 8716611

This company has a large selection of gluten free foods for purchase through mail order or online shopping. If you spend more than £35 delivery is free.

Please check labels at all times to ensure the products meet your needs.



www.debbieandandrews.co.uk
Debbie & Andrews
GF Harrogate sausages

www.hunterspudings.com
Hunters Puddings

tillqpuds@tiscali.co.uk
Tillquhillie Foods
Banchory AB31 6HY
Tel: 01330 822037 Licensed by
Coeliac UK.
GF Oats, Muesli, Puddings

www.glu2go.co.uk
Fish & Chip Shop Batter Mix

www.village-bakery.com
Village Bakery,
Melmerby Penrith Cumbria
CA10 1HE 01768 881811
£6.50 delivery charge.

www.gffdirect.co.uk
gffdirect
Unit 5 Blackwood Hall Business
Park, North Duffield, North
Yorkshire, YO8 5DD
Open Mon-Fri 10am-2pm
01757 289200 for mail order
catalogue

seriouslygoodfood.co.uk

Thank you to..



The Townhouse Hotel
Market Square, Melrose
TD6 9LJ
Tel. 01896 822645
www.thetownhousemelrose.co.uk



Burts Hotel
Market Square, Melrose,
TD6 9PL
Tel. 018968 22285
www.burtshotel.co.uk

Supporting Gluten-Free living in the Scottish Borders

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Please check labels at all times to ensure the products meet your needs.



Provisions

www.honeybuns.co.uk

Tel: 01963 23597

Chocolate Brownies,

Lazy Day Foods

4 Springbank Crescent
Dunblane Perthshire, FK15 9AP

Tel: 01786 821227

email: sally@lazydayfoods.com

Biscuits & Shortbread

www.sallyssizzlers.com

Sallys Sizzling Sausage Co

GF sausages

www.wiltshirefarmfoods.com

Wiltshire Farm Foods



Favourites

Individual food stuffs

listed - Brand: Product, (where you can purchase) - other info.

Savoury Favourites

Whole Earth: Cornflakes,

(Damhead, GoodnessDirect, Asda) -
no malt extract, tastes like Kelloggs!

Land & Sea: Glu-2-Go, Chip shop batter.

(GoodnessDirect,
glutenfreefoodsdirect)

Village Bakery: Cakes,

(Damhead, or direct from Village
Bakery)

Thank you to..

Buccleuch Hotel

1 Trinity Street, Hawick, TD9 9NR

Meal Times Every evening from 5.30 pm
Thurs, Fri and Sat from 12.00 – 2pm
Sunday from 12.30pm – 7.30pm

**Delicious home cooking, children welcome.
Gluten free and vegetarian dishes always available.
Please just ask.**

Dining out gift vouchers can be purchased on request.

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Dietary Specials: Crispy Bars,
Puffed rice, apricot, raisins and
chocolate,

Vanilla Wafer-biscuits.
(Sainsbury's, GoodnessDirect)

**Orgran: Spaghetti in tomato
Sauce,**

(Tesco, Sainsbury's)
good replacement to Heinz spaghetti
hoops, - and with less sugar!

**Easy Bakers: GF Instant oven
bread,**

(Lakeland, 26 George St Edinburgh
Tel. 0131 220 3947) -
yeast, dairy, wheat free, not for bread
makers,

Granovita: Brown Sauce,
(TESCO)

**Clearspring :Tamari Soy
Sauce,** (TESCO)

**Bacon & Mushroom Crisp
Bakes,** (Marks & Spencer)

Kallo: Rice Cakes, (Healthfood
Shops)

Livwell: Naan Breads, (TESCO)

**Marks & Spencer: Smoked
Salmon, also Sausages**

**Lifestyle: Cornish Pasties,
sausage rolls,** (internet)

Free From: Cheese Crackers,
(TESCO, Morrisons)

Chilli Bean Burgers,
(The Green Shop, Berwick-upon-
Tweed)

Savoury Sausages,
(Pringles Butchers, Hawick)

Orgran: Corn Crispbreads,
(Health Food shops & prescription)

Sweet Favourites

Barkat: Ice Cream Cones,
(GoodnessDirect)

**Glutafin: Custard Cream bis-
cuits and others,** (Boots)
products that you cannot get through
prescription ie can be bought from
Pharmacy's. You need to order and
then collect 2-3 days later.

Lifestyle: Crumpets, (internet)

**Marks & Spencer: Chocolate
and Black Cherry Cake, (M & S)**

**Lemon Drizzle Cake & Short-
bread Biscuits,** (Floors Castle,
Kelso)

Chocolate/Orange Wafers,
(TESCO)

Eat Natural: Fruit Bars, (TESCO
& Others)

Please check labels at all times to ensure the products meet your needs.



Favourites

Hot Cross Buns & Fruit Scones, (Sainsburys & TESCO)

Glutano: Crunch Cookies, (Asda)

Mrs Crimbles: Macaroons, & Chocolate Macaroons (Sainsburys, TESCO, etc)

Lifestyle: Chocolate Brownies, (internet)

Double Chocolate Muffins, (TESCO)

Free From: Chocolate Bars, (TESCO)

Free From: Blueberry Fruit Fingers and Chocolate Chip Cookies, (Morrisons)

Thank you to..



Experience Carfraemill!

The Lodge, Carfraemill,
Oxton, Lauder, TD2 6RA
Tel:01578 750750

email:enquiries@carfraemill.co.uk

'We aim to provide excellent food, excellent service and excellent value for money'

Wedding Receptions, Private Functions, Corporate Entertainment,
Business Conferences (all Catering for 2 to 300)

Quality Accommodation

Our Award Winning restaurants are open all day, every day,
delicious home cooked food, Children Welcome

At present our supervisory and managerial staff are able to advise customers about their choice. Our chefs are also willing to adapt dishes to suit. Hoping to add GF coding to our menus when redesigned this year.

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Favourite Treat

De Bron: Sweet Liquorice Sweets, (Teviot Smokery)

GF Gingerbread, (Floors Castle, Kelso)

Freedom From Range:
(Sainsburys)

Dietary Specials: Sunny Biscuits, (TESCO)

Dietary Specials: Light Crispbreads, (Morrisons)

Trufree: Chocolate Nobbles,
(Sainsburys)

Roast Smoked Salmon Pate,
(Inverawe Smokehouse)

GF Croissants, (TESCO)

Lifestyle: Fruit Muffins,
(internet)

Against the Grain: Biscuits/Cookies, (Damhead)

Almondy Daim Cake
Freezer section, Tesco



In the Borders

Beijing Beijing,
1a High Street, Galashiels
TD1 1RY Tel: 01896 750660
Have a dedicated Coeliac menu.

Black Bull,
Market Place, Lauder
Tel: 01578 722208

Buckleuch Hotel,
1 Trinity Street, Hawick.
Tel: 01450 372368

Burts,
Market Place, Melrose
Tel: 01896 822285

Chapters Bistro
Gattonside
Tel: 01896 823217

Churches Restaurant,
Albert Road, Eyemouth
Tel: 018907 50401

CloudHouse,
Town Foot, Stow
Tel: 01578 730720
www.cloudhousecafe.co.uk
GF soup & biscuits always available

Corner House Hotel,
1 Chapel Street, Innerleithen
Tel: 01896 831181

Please check with restaurant that all ingredients in the meal meet your needs.



Eating out

Damascus Drum Cafe

2 Silver Street
Hawick
Tel: 07707856123

Glentress Hotel,

Peebles Tel: 01721 720100.

Lazels,

Peebles Hydro, Peebles
Tel: 01721 720602

The Lodge, Carfraemill

North of Lauder
Tel: 01578 750750

Macari's Café,

I High Street, Galashiels
Tel: 01896 752070

Mansfield House Hotel,

Weensland Rd Hawick
Tel: 01450 373988

Mospaul Inn,

Teviothead
Tel: 01450 850245
www.mospaulinn.com

Oblo,

20 Harbour Road, Eyemouth.
Tel: 018907 52527

Park Hotel,

Innerleithen Road, Peebles
Tel: 01721 720451

Prince of India,

High Street, Peebles
Tel: 01721 724455

Quinns

Green Street/Market St
Galashiels
Tel: 01896 757004

The Old Thistle Inn

Westruther, Nr Lauder
Tel: 01578 740275
Small menu but many GF dishes.
Happy to help.

Russells,

Market Place, Melrose
Tel: 01896 822335

Sergio's,

Bridge House, Sandbed,
Hawick. Tel: 01450 370094

Shebab Tandoori,

4/6 North Bridge Street, Hawick.
Tel: 01450 379191
Can take your own naan bread.

Shish Restaurant

Market Street Galashiels
Tel: 01896 758735
Only use wheat for their naan breads
and chapattis all the other Indian
dishes are gluten free.

Please check with restaurant that all ingredients in the meal meet your needs.



Town House,

Melrose
Tel: 01896 822645

The Wheatsheaf Hotel,

Main Street, Swinton.
Tel: 01890 860257

Teviot Smokery & Water Gardens

Eckford, Kelso
Tel: 01835 850253
Menu selection indicated by GF

Woodside Walled Garden

Monteviot Gardens
Jedburgh
Tel: 01835 830315

In Edinburgh

Browns

George Street, Edinburgh
Tel: 0131 225 4442

Blonde

St Leonards, Edinburgh
Tel: 0131 668 2917

Bush Farm Inn,

Penicuik Tel: 01968 676884

Cafe Revive, Marks & Spencer,
Edinburgh

Thank you to..



**Churches Hotel,
Restaurant & Bar
Albert Road, Eyemouth
Berwickshire TD14 5BD**

Tel: 018907 50401 Fax: 018907 50747
email: info@churcheshotel.co.uk
web: www.churcheshotel.co.uk

Supporting Gluten Free Living

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Please check with restaurant that all ingredients in the meal meet your needs.



Eating out

Cuddie Brae,

Premier Lodge, Newcraighall Rd
Musselburgh
Tel: 0131 657 1212

Daniels Bistro

Commercial Street, Leith
Tel: 0131 556 5933

Est Est Est

George Street, Edinburgh
Tel: 0131 225 2555

Dusit Thai Restaurant,

49a Thistle Street, Edinburgh.
Tel: 0131 220 6846

Fishers in the City,

Thistle Street, Edinburgh
Tel: 0131 225 5109

Gyle Shopping Centre

Baked Potatoes at Mezzanine level

Hendersons

Hanover Street, Edinburgh
Tel: 0131 225 2131

Howies

Victoria Street, Edinburgh
Tel: 0131 225 1721

John Lewis,

Edinburgh Tel: 0131 556 9121

Jolly Ristorante & Pizzeria,

9 Elm Row, Edinburgh
Tel: 0131 556 1588
Notice required to have GF pizza and
pasta available

La Favorita

325 Leith Walk, Edinburgh
Tel: 0131 554 2430
Gluten free pasta & Pizza available and
tasty! La Tasca,
South Charlotte Street,
Edinburgh Tel: 0131 229 0011

La Tasca,

Greenside Place, Edinburgh
Tel: 0131 558 8894

Mamma's Pizza House

Grassmarket, Edinburgh
Tel: 0131 229 7008
139 Bruntsfield Place,
Edinburgh, Tel: 0131 229 7008
They make an excellent gluten free
pizza. Part baked GF takeaways can be
frozen & when defrosted can be cooked
in a domestic oven at 220C.

Mayshade Garden Centre

On opposite corner of roundabout to
Tesco Eskbank.

Merchants Restaurant & Caterers

17 Merchant St, Edinburgh
Tel: 0131 225 4009

Please check with restaurant that all ingredients in the meal meet your needs.



Omar Khayyam

Grosvenor Street, Edinburgh
Tel: 0131 220 0024

Peacock

Newhaven, Tel: 0131 552 8707

Petit Paris Restaurants,

Grassmarket & Hanover Street,
Edinburgh Tel: 0131 226 2442

Stac Polly,

8a Grindlay Street, Edinburgh
Tel: 0131 229 5405

St James Centre

Edinburgh
Baked potatoes at mezzanine level

Tusitala Pavillion

Fairmilehead, Edinburgh
Tel: 0131 445 2233
Reasonable menu selection of gluten free foods, willing to amend recipes accordingly.

Tigerlilys,

125 George Street, Edinburgh
Tel: 0131 225 5005

Vittorias Restaurant,

113 Brunswick St, Edinburgh
Tel: 0131 556 6171

Thank you to..

BEIJING BEIJING
CHINESE BUFFET RESTAURANT
EAT AS MUCH AS YOU LIKE

1A High Street, Galashiels TD1 1RY info@beijingbeijing.co.uk
OPEN 7 DAYS 12pm to 10.30pm (01896) 750660

北京北京

Let us do the thinking for you,
Dedicated Coeliac Menu

(Sit in & Takeaway)

for sponsoring this publication

Please check with restaurant that all ingredients in the meal meet your needs.



Eating out

Rest of Scotland

Corrou Station Restaurant & Bed & Breakfast

Corrou Station House
Corrou Estate, Nr Fort William
Tel: 01397 732236

www.corroustationhouse.co.uk
Only accessible by train. Due to the very remote location you **must** phone in advance. Enlightened attitude to GF provision.

Land & Sea Fish & Chip Shop

Main Street
Polmont, Falkirk.
www.land-n-sea.co.uk.

Provide gluten free fish and chips on the first Saturday of the month between 12noon and 2.30pm.
You can purchase the gluten free batter at the shop too.

Mountain Cafe

111 Grampian Road, Aviemore,
PH22 1RH Tel: 01479 812473
www.mountaincafe-aviemore.co.uk
GF options on menu.

Perthshire Visitor Centre

Bankfoot, PH1 4EB
Tel: 01738 737696
www.macbeth.co.uk
GF on Menu

In England

NT Beningbrough Hall & Gardens,

Beningbrough, York, YO3 1DD
Tel: 01904 472027

Blue Mountain,

439 Marine Road East,
Morecambe. LA4 6AB
Tel: 01524 831056

The Goodlife Shop,

52 High Street, Wooler.
NE71 6BG Tel:01668 281700.
www.goodlifewooler.co.uk
offer GF and Wheat free etc.

The Goodlife Shop

Upper Wensleydale Business
Park, Brunt Acres Road
Hawes, Yorks

New England Hotel,

Boston, Lincs

Trenchers,

New Quay Road, Whitby, North
Yorkshire. YO21 1DH
Tel: 01947 603212

Yorkshire National Park Cafe,

Aysgarth Falls,
Wensleydale
Full GF menu

Please check with restaurant that all ingredients in the meal meet your needs.



In Berwick-upon-Tweed

The Maltings Theatre Cafe,
Berwick-upon-Tweed
Tel: 01289 330999

Magna Tandoori,
39 Bridge Street, Berwick
Tel: 01289 302736

Castlegate Fish Restaurant and Takeaway

30 Castlegate Berwick
Tel: 01289 303533
Will microwave fish, chips are GF - no
cross-contamination - Excellent

In Carlisle

Old Arcadian Restaurant,
77 English Street, Carlisle
Tel: 01228 596334

**Crosby Lodge Country House
Hotel,**
High Crosby, Crosby -on-Eden,
Carlisle, CA6 4QZ. Tel: 01228
573618 www.crosbylodge.co.uk

Hodem Hall garden Centre

Thank you to..



Fair trade coffee, tea, cakes and
homebaking.

Lunches and weekend
breakfasts.

Gluten free and vegetarian
options always available.

Open Tuesday - Saturday 9.30 - 4.30. Sundays 10 - 5.

Cloudhouse, Stow. On the Lauder road, just past Post Office.
www.cloudhousecafe.co.uk 01578 730720

for sponsoring this publication

Please check with restaurant that all ingredients in the meal meet your needs.



Publications

Publications

**The Australian Womens
Weekly GF Cooking,**
www.acpbooks.co.au

www.bbc.co.uk/food -

use quick recipe links/special considerations, then refine to GF standards

crossed grain magazine

published by Coeliac UK, If you sign up to be a member you will automatically receive the mags. Full of good info and adverts for mail order/online gluten free retailers.

Gluten-Free Food,

Lynden Costain & Joanna Farrow
ISBN 0-7537-1024-2

101 Easy Recipes Wheat Free

By Linda Brown Good Housekeeping
ISBN 1 84340 355 2

Healthy Gluten-free Eating

By Darina Allen & Rosemary Kearney, Coeliac UK.
ISBN 1 85626 542 0

Gluten-Free Bread and Cakes from your Breadmaker,

By Carolyn Humphries
ISBN 0-572-03002-9

The Everyday Wheat-free & Gluten Free Cookbook,

By Michelle Berriedale-Johnson
ISBN 1 89869 790 6
some desert & cake recipes have no added sugar.

Thank you to..



factonomy™
powerful technology, simply applied

Factonomy designed, developed
and hosts the Coeliac website at
www.glutenfreeborders.co.uk

for sponsoring this publication

Please check with proprietor in advance that they can meet your needs.



Staying away from home

www.toastabags.com

toastabags

Sandys Road, Enigma Business Park, Malvern, Worcs

WR14 1JJ Tel: 01684 574797

Take “toastabags” with you. This allows you to use other peoples toaster’s in the knowledge that your gluten free bread will not be contaminated. Inexpensive and can be purchased online.

Hotels/Bed & Breakfasts

At time of booking enquire what the establishment can do with regard to gluten free provision and ensure at time of booking that they are aware what this entails and which member of the party (adult/child) is gluten free. When checking in to the establishment tell the receptionist about the agreed gluten free provision discussed at time of booking, and ask to speak to the chef, so you are sure the correct information has been passed onto the people who will be preparing & cooking your food. Always take some basics, bread, cereal, biscuits, etc with you in case the establishment does not live up to its promises.

HCIMA download sheet

www.coeliac.org.uk click on food business; click food service; FAQ’s for caterers; I want to cook for people on a GF diet, what info can you provide; scroll down to ‘blue text’ HCIMA guidelines

Emergency Rations

Take GF Pot Rice and ask for hot water/take your own flask

Going Abroad

Doctor’s Letter

Ask your doctor for a letter (not dated) that you can take abroad each year just in case persons think you are carrying funny things in your luggage. The letters explains about the coeliac condition and why you require to take foodstuffs with you.

Language translation cards

See Crossgrain mag for adverts

www.dietarycard.co.uk

If it does not work the first time, try & try again!



Culinary tips: Savoury

Breadcrumb Alternatives,

Use plain crushed crisps.
Use Orgran all Purpose Crumbs,
(Goodness direct, Real Foods)
Use coarse ground polenta.

Doves Farm Flour,

makes great pancakes

Make your own GF bread,

- its much nicer, freeze packs of GF rolls and fairy cakes, take out for daily needs.

Naturally GF,

Concentrate on these foods rather than substitutes.

Pasta,

made from rice and corn (maize) tends to have a better texture than single ingredient pastas.

Stale Bread,

make Bread & Butter Pudding.

To cook pasta,

even when out, use a Pasta Chef.
Product 0067 from
www.isvsolutions.com

Culinary Tips: Baking

Adapt your recipes,

Do not lose old faithfuls just because you are a Coeliac

Baking,

if the recipe uses plain wheat flour then substitute with brown rice flour or other gluten free flour.

Flaked Millet,

can be used as a substitute to oats (Holland and Barrett). Millet has a strong flavour (eg if recipe says 100g oats could use 50g Millet 50g rice flakes/crumbs)

GF pastry and batter,

put the mixture in the fridge for at least 15 min - makes it easier to handle and Yorkshire Puds rise well

Recipes with fruit,

particularly apple and banana (high in Pectin) work better than recipes without fruit.

Self-Raising Flour,

Use Orgran GF self-raising-flour,
(Prescription, Real Foods)

Use normal recipes,

but substitute with GF flour.

Xanthan Gum,

by Life Free From (Tesco, Sainsbury, GoodnessDirect) can thicken sauces, and replace the texture and volume that gluten gives to cakes and bread.

If it does not work the first time, try & try again!



Other culinary tips

Emergency dessert:

Lightly toast a slice or two of bread, spread with honey, cover with cooked blueberries and add a dash of cream.

Marks & Spencer, Sainsbury and Asda

provide a list of products free from gluten ask at service desk for copy.

Anything else!

When ordering soup without a roll in a cafe/restaurant, ask if they can give you an alternative (eg: a portion of rice, chips, vegetables). Let them suggest the alternatives as it draws attention to the requirements of Coeliacs.

Wheat Free Only

Mighty Muesli (www.monstermuesli.com)

Ceramic Experience

Paton St, Galashiels, TD1 3HN

Tel: 01896 668666

GF soup, bread & tray bake always available.

Heighleygate Garden Centre

Morpeth

play areas out & in. Do baked potato with tuna mayo & salad

Ikea,

Straiton Road, Edinburgh

Tel: 0845 355 3365

Daim Cake available in the cafe.

Mamas,

Grassmarket, Edinburgh

Tel: 0131 229 7008

McDonald's

Most Towns!

Chips and basic hamburger are GF

Scotia Kids Indoor Adventure Play

Netherdale, Galashiels

Change the oil on Mondays so chips are uncontaminated, cannot guarantee on other days.

An everyday treat!

Free From: Fish Fingers,
(Tesco)

