

Guidance for fish and chip shops serving gluten-free food

Contamination of gluten-free foods with gluten-containing foods needs to be avoided by people with coeliac disease because even a tiny amount of gluten may cause symptoms and/or gut damage. It is essential that care is taken to avoid contamination with gluten-containing food that may be prepared in the same area as gluten-free foods.

There is a risk of cross-contamination when chips are cooked in the same oil as battered or breaded products.

Here are some tips for providing gluten-free fish and chips to your customers;



Separate, clean oil should be used to fry chips and/or gluten-free battered fish. Simply filtering oil is not sufficient. Often having a separate fryer for a dedicated 'gluten-free night' on the day that the chip fryer is cleaned and fresh oil used is a realistic way to accommodate people with coeliac disease.



It is recommended that you use separate tongs and/or serving spoons to serve chips and gluten-free products to prevent contamination.



Some of the other foods which you serve may also be suitable for a gluten-free diet. You can check the labels of tomato ketchup, sauces, baked beans, salad dressings, etc, to see if they are suitable or use the Coeliac UK Food and Drink Directory to find suitable brands. Please see the accompanying guide to reading labels for more information.



Gluten-free batter mixes are available and are listed in the Coeliac UK Food and Drink Directory. Make sure that the gluten-free batter/mix is clearly labelled to make sure it is not confused with the standard batter.



Thoroughly clean mixing equipment before using gluten-free mixes, to make sure wheat flour does not contaminate the gluten-free batter.



Salt and vinegar are gluten-free. Barley malt vinegar is produced from barley. However the processing involved removes barley protein and therefore gluten from the final product. This renders it suitable for most people with coeliac disease. These products will still have to be labelled as containing barley in the ingredients list.