

BULGARIA TRAVEL GUIDE

Travelling to a foreign country whether for business or pleasure should be an enjoyable time. However we are very aware that travelling when you have coeliac disease can cause a great deal of concern.

This local food guide aims to identify where to find gluten free products and venues (should they be available), to help you maintain a healthy gluten free diet throughout your visit.

Retail outlets

A limited range of gluten free products may be available. Supermarkets include Billa, Piccadilly, Fantastico and Famila.

Gluten free brands

Schaer.

Local food

Traditionally, Bulgarian cooking is gluten free, but still check that this is the case with your chosen dish as methods of preparation may vary.

Hotels and restaurants

Large international chains generally offer western style buffets, but be careful of contamination from serving utensils. If in doubt ask the chef for assistance.

Allergen labelling

Subject to EU food labelling regulations.

Awareness

It is important to ensure that you are well prepared before you travel.

Coeliac organisation
Bulgarian Celiac Association (Българска
Асоциация Цъолеакия)

Web: <https://bacbg.org>

Facebook: <https://www.facebook.com/groups/coeliac>

Email: celiacassociation@gmail.com



Useful phrases

I have an illness called coeliac disease and have to follow a strict gluten free diet.

I may therefore become very ill if I eat food containing flours or grains of wheat, rye, barley and oats.

Does this food contain flour or grains of wheat, rye, barley or oats?

If you are at all uncertain about what the food contains, please tell me.

I can eat food containing rice, maize, potatoes all kinds of vegetables and fruit, eggs, cheese, milk, meat and fish, as long as they are not cooked with wheat, flour, batter, breadcrumbs or sauce.

Thank you very much for your help.

Visit www.coeliac.org.uk
or call us on **0333 332 2033**
for more information.

Имам заболяване, наречено "Coeliac Disease", поради което трябва да спазвам строга диета, без глутен.

Положението ми може да се влоши, ако поема храна, която съдържа брашно или зърна от пшеница, ръж, ечемик или овес.

В тази храна има ли брашно или зърна от пшеница, ръж, ечемик или овес?

Ако не сте сигурни за съдържанието на тази храна, моля ви да ми кажете това.

Мога да ям храна, която съдържа ориз, царевича, картофи, всички видове зеленчуци и плодове, яйца, мляко, месо и риба – стига да не са сготвени с пшеничено брашно, тесто, хлебни трохи или соус.

Благодаря ви.

Whether you're eating out on the move, in restaurants, or shopping for gluten free food for you and your family, look out for our trusted symbols which mean we're working for you to make things better.



Disclaimer: This travel leaflet has been produced in good faith. Coeliac UK is not a medical or professional body and the information in this guide should not be treated as a substitute for medical advice. Every endeavour has been made to ensure that the information in this guide is accurate and up to date at the time of printing. However, Coeliac UK is not in a position to guarantee the accuracy or currency of such information and does not accept responsibility for its use or misuse. If relying on the information contained in this guide when you are overseas, we recommend that you first make contact with the relevant foreign coeliac organisation, contact details for which are listed where available.

coeliacuk
live well **gluten free**

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www.coeliac.org.uk