

# HUNGARY 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

Alter Food Allergy Store, TACs (Táplálékallergia Centrum) and Kaiser (Spar).

## Gluten free brands

Orgran, 3Pauly, Schar and Dietary Specials.

## Hotels and restaurants

Ask your tour operator to check with the hotel before you travel to see if they can make suitable provisions for your diet.

Try Poco Loco Restaurant [www.pocoloco.hu](http://www.pocoloco.hu) (Budapest) and ETNA Restaurant and Pizzeria [www.etna.hu](http://www.etna.hu) (Budapest).

## Allergen labelling

Subject to EU food labelling regulations. 'Glutenmentes' means gluten free in Hungarian.

## Awareness

Ensure that you are well prepared before you travel.

## Coeliac organisation

Listerzékenyek Érdekepviseletének, Országos Egyesülete, 1025 Budapest, Palanta u.11, Hungary

**Web:** [www.coeliac.hu](http://www.coeliac.hu) (has a section in English)

**Email:** [info@coeliac.hu](mailto:info@coeliac.hu)

**Phone:** 00 36 14 38 02 33





### Useful phrases

**I have an illness called coeliac disease and have to follow a strict gluten free diet or I may become very ill.**

Gluténérzékeny vagyok, ezért csak gluténmentes ételeket ehetek - így meg tudom előzni azt, hogy rosszul legyek és a tüneteim kiújuljanak.

**I cannot eat any foods containing the flours or grains of wheat, rye, barley and oats for example soy sauce, pasta, semolina, bread, cakes and pastries.**

Nem szabad olyan ételeket ennem, amelyekben búza, árpa, rozs vagy zab is van – liszt, vagy bármilyen más formában (például: tészta, kenyér, dara, sütemények, torták, szójaszós, zsemlemorzsa, stb.).

**As long as no wheat, rye, barley or oats are used in their preparation, I can eat all kinds of fruit and vegetables including potatoes, meat, fish, rice, quinoa and polenta.**

Csak olyan ételeket szabad ennem, amiben nincs búza, árpa, rozs és zab: zöldségek, gyümölcsök, húsök, halak, rizs, burgonya, kukorica, tej, sajt, stb. - ha a készítésükhöz nem használtak gabonaféléket.

**Please make sure that my dish is prepared gluten free and is cooked without any breadcrumbs or batter.**

Kérem, ügyeljenek arra, hogy az ételém gluténmentes legyen, búzaliszt, zsemlemorzsa, rántás, stb. nélkül készüljön.

**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.

**Please advise me which dishes you are certain that I may eat safely. If you are unsure, please tell me.**

Kérem, ajánljon olyan ételeket – elsősorban helyi különlegességeket-, amelyek gluténmentesek. Ha egy ételről nem tudja biztosan, hogy gluténmentes, kérem, jelezze.

**Please can you advise me if you sell any gluten free products in your store? If not, please can you direct me to a store, health shop or pharmacy which may sell gluten free products?**

Lehet Önöknél gluténmentes élelmiszereket vásárolni? Tud egy olyan üzletet javasolni, ahol gluténmentes élelmiszereket lehet vásárolni?

**Thank you for your help.**

Köszönöm szépen a Segítségét.

Visit [www.coeliac.org.uk](http://www.coeliac.org.uk)  
or call us on **0333 332 2033**  
for more information.

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.



**coeliacuk**  
live well **gluten free**

☎ 0333 332 2033

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