

# ICELAND 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

The shopping malls in Kringlan, Smaratorg, Smaralind and Holtagardsar have an excellent selection of gluten free food. The most popular outlets are Heilsuhusid, Hagkaup, Kostur, Kronan, Bonus, Noatun, Kronan, Kostur, Samkaup and KS (saudarkrokur).

These are located in the Reykjavik area, Borgarnes, Stykkisholmur, Isafjordur, Nettó, Saudarkrokur, Akureyri, Egilsstadir, Reydarfjordur, Hofn, Hvolsvollur, Selfoss, Keflavik and Hafnarfjordur.

## Gluten free brands

Orgran.

## Hotels and restaurants

Please contact Magnús Ásgeirsson (details to the bottom) who may be able to provide some information.

## Allergen labelling

Subject to EU food labelling regulations.

## Avoid

Hveiti, hafra, rugmjol and bygg.

## Awareness

Most restaurants can provide a gluten free meal but it is important to ensure that you are well prepared before you travel.

## Coeliac organisation

Mr Magnús Ásgeirsson, Samtok Folks meo  
Glutenopol, Fannafold 231, Reyjavik, Iceland.

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#### Hotels/restaurants

I have coeliac disease and therefore I am not allowed to wheat, barley, rye, or oats. Please advise me which food is available.

Eg er með glutenþol og ma thess vegna ekki borda neinn mat sem inniheldur hveiti, hafra, rugmjöl og bygg. Vinsamlegast leiðbeinið mig með hvaða matur er án thessa er á boðstólum.

Thank you for your help!

Takk fyrir hjálpina þína!

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.



**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](http://www.coeliac.org.uk)