

POLAND 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

Large supermarkets include Aldi, Auchan, Biedronka, Billa, Lidl, Netto, Real, Tesco Extra and a health food shop known as Eco Shop (sklep ze zdrow ywnosci). Shops in malls include Organic Market, Kuchnie Wiata.

Gluten free brands

Adama, Amki Natural, Eat K, Konspol, Kupiec, Profi, Sonko.

Online mail order

Bezgluten - www.bezgluten.pl

Local food

- Bigos (cabbage, onions, leftover meats)
- Barszcz (beetroot soup)
- Rosol (beef or chicken bouillion)
- Zrazy zawijane (mushroom stuffed beefsteak rolls in sour cream with boiled kasza (buckwheat))
- Sledz (herring).

Hotels and restaurants

When booking a hotel it is advisable to ask them to order in gluten free products and ask to speak to the chef to advise them of your gluten free diet.

www.menubezglutenu.pl/english

Allergen labelling

Subject to EU food labelling regulations.

Avoid

Soups can be risky as flour is often added to them. Check roasted chicken hasn't been sprinkled with seasoning containing gluten.

These products and dishes are likely to include rusk or breadcrumbs:

- Wiener Schnitzel,
- Cordon Bleu,
- Faschierte Laibchen,
- Fleischlaibchen,
- all sausages.

Awareness

There is some awareness of coeliac disease in Poland but it is important to ensure that you are well prepared before you travel. Contact your airline with reference to taking gluten free food with you.

Coeliac organisation

Polish Coeliac Society

Web: www.celiakia.pl

Email: www.celiakia.pl

Facebook: [@ceciakia](https://www.facebook.com/ceciakia)





Language: Polish

Useful phrases

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

Cierpie na celiakie i jestem na scislej diecie bezglutenowej, po spozyciu glutenu bardzo zle sie czuje.

Hotels/restaurants

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

Nie moge jesc zadnych produktow ze zboza, pszenicy, zyta, jeczmienia i owsa, np; sosu sojwego, makaronu, chleba, ciastek, panierek.

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

Moge jesc warzywa, owoce, mieso, ryby, ryz, zie mniaki, kukurydze, soj i inne produkty o ile nie ma w nich zadnego dodatku glutenu.

Please ensure that my dish is cooked without breadcrumbs or batter.

Bardzo prosze upewnic sie czy moje danie jest przygotowane bezglutenowo – bez okruszow chleba, panierki i przypraw z glutenem.

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

Prosze o informacje ktore zdan sa na pewno dla mnie bezpieczne. W razie watpliwosci prosze mi to koniecznie powiedziec.

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.

Do you sell any gluten free products in your store?
Czy sprzedaja panstwo w swoim sklepie jakies produkty bezglutenowe?

If not, please can you direct me to a store, health shop or pharmacy that sells gluten free products?

Jesli nie to czy mogli mi panstwo pomoc znalezc sklep ze zdrowa zywnoscia?

Thank you very much for your help.

Bardzo dziekuje za pomoc.

Visit 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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Registered office Coeliac UK,
3rd Floor Apollo Centre,
Desborough Road, High
Wycombe, Bucks HP11 2QW.
Tel: 01494 437278
Fax: 01494 474349

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www.coeliac.org.uk