

# SLOVENIA 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 Interspar, Mercator and Drogerie Markt.

## Gluten free brands

Glutano, Schar and Orgran.

## Hotels and restaurants

The Slovenian coeliac organisation may be able to provide some information, although the website is in Slovenian.

## Allergen labelling

Subject to EU food labelling regulations.

## Avoid

Avoid 'Kruh' which is bread.

## Awareness

It's important that you are well prepared before you travel, so check the general travel leaflet for more information.

## Coeliac organisation

Slovenia drustvo za Celiakijo  
Ljubljanska 5, 2000 Maribor, Slovenia

**Web:** [www.drustvo-celiakija.si](http://www.drustvo-celiakija.si) (no English)

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**Phone:** 00386 2 300 63 50



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

Prosim Vas, če mi lahko svetujete za katere jedi ste prepričani, da jih lahko jem. Če pri kakšni jedi niste prepričani, mi to prosim povejte.

**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?**

A mi lahko poveste ali v vaši trgovini prodajate brezglutenske izdelke. Če teh izdelkov ne prodajate, a mi lahko prosim poveste za najbližjo trgovino ali lekarno, kjer bi se takšne izdelke dalo kupiti?

### Useful phrases

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

Imam bolezen celiakijo in se moram držati stroge brezglutenske diete. V nasprotnem primeru lahko imam resne težave.

**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.**

Ne smem jesti nobene jedi, ki vsebuje moko ali zrna pšenice, rža, ječmena in ovs. kot npr. sojine omake, testenin, pšeničnega zdroba, kruha, tort in ostalega peciva.

**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 (be careful as in majority of cases industrial polenta is contaminated).**

Če v pripravi jedi niso uporabljena naslednja žita pšenica, rž, ječmen in oves, potem lahko uživam vse vrste sadja, zelenjave (tudi krompir), meso, ribe, riž in polento.

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

Prosim Vas, da hrano zame pripravite brez drobtin in testa (kot npr. rezancev).



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**

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**www.coeliac.org.uk**

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