



# SOUTH AFRICA 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: Checkers, Super Spar, Pick and Pay, Woolworths, Dischem, Reformhaus and Nutribalance Centre, Entice Products, Diana's Munchies and Paolo Confectioners.

## Gluten free brands

Gluten, Schar and Orgran.

## Local food

Check local dishes very carefully as some may be commercially produced and cannot be guaranteed gluten free. International cuisine is widely available, as is barbecued or braai cooked food, but check that it has not been dipped in flour.

Maize meal (gluten free) is a staple food, look out for:

- Pap - maize meal porridge
- Biltong - air dried meat
- Potjiekos - a slow cooked stew
- Mealies - maize bread.

## 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.

Restaurants include:

- Café Organica - [www.cafeorganica.co.za](http://www.cafeorganica.co.za)
- Col'Cacchio Pizzeria - [www.colcacchio.co.za](http://www.colcacchio.co.za)
- Global Wrapps - [www.globalwrapps.co.za](http://www.globalwrapps.co.za)

## Allergen labelling

Food labelling is not a legal requirement so be very careful in assessing whether a product is gluten free.

## Avoid

Watch out for Bobotie which includes soaked bread.

## Awareness

There are some gluten free options traditionally available, but be vigilant and check everything. It is important to ensure that you are well prepared before you travel.

## Coeliac organisation

**Coeliac Society of South Africa**

91 Third Avenue, Percelia 2192

Johannesburg, South Africa

**Email:** [coeliac@netactive.co.za](mailto:coeliac@netactive.co.za)





### Information for restaurants when eating out

I have coeliac disease, an autoimmune disease caused by intolerance to gluten.

I need to completely avoid gluten. Even a single crumb from food containing gluten can be enough to make me ill, so please be sure to check ingredient lists and be wary of cross contamination.

Please ask me if you have any questions. Coeliac disease can be easy to manage so long as my requirements are understood by all staff. Thank you.

### Manage cross contamination by:

- Wiping down surfaces after use to avoid gluten contamination
- cleaning pots and pans with soap and water before using for gluten free food
- using separate bread boards to keep gluten free and gluten containing breads separate
- using a separate toaster for gluten free bread
- using different utensils when using butter and other condiments.

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.



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

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