

# AUSTRIA TRAVEL GUIDE

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



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: Reformhaus, Drogerie Markt, Natur and Reform.

## Gluten free brands

Schaer, DS-Food, Orgran and Procelli.

## Local food

Flour and breadcrumbs are regularly used in cooking, even with vegetables.

## Hotels and restaurants

A list is available from the Austrian coeliac organisation, a food list can also be purchased. Look out for Wienerwald Restaurant chain and Falkensteiner Hotel chain.

## Allergen labelling

Subject to EU food labelling regulations. 'Glutenfrei' means gluten free.

## Avoid

Watch out for the following: Mehl/Flour, Staerke/Starch, Weizen/Wheat, Dinkel/Spelt, Gruenkern/Green Rye, Griess/Semolina, Gerste/Barley, Roggen/Rye, Hafer/Oats, Broeseln/Rolls, Paniermehl/Breadcrumbs, Waffel/Waffel.

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

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

## Awareness

Wheat is a major part of Austrian cuisine, so be very careful in choosing what you eat. Ensure that you are well prepared before you travel.

## Coeliac organisation

Osterreichische Arbeitsgemeinschaft  
Zoeliakie, Anton-Baum-Gartner Strasse,  
A-1230 Vienna, Austria

Web: [www.zoeliakie.or.at](http://www.zoeliakie.or.at)

Email: [zoeliakie.tourismus@gmx.at](mailto:zoeliakie.tourismus@gmx.at)

Phone: 00 43 1726 30 97





Do you sell any gluten free products in your store?  
Verkaufen Sie glutenfreie Nahrungsmittel?

If not, please can you direct me to a store, health shop or pharmacy that sells gluten free products?  
Falls nicht, könnten Sie mich bitte an einen Lebensmittelladen, Naturkostladen, oder Apotheke verweisen, die eventuell glutenfreie Produkte verkaufen?

Thank you very much for your help.  
Vielen dank für ihre hilfe.

### Language: German

### Useful phrases

I suffer from an illness called coeliac disease and have to follow a strict gluten free diet, or I may become ill.  
Ich leide an einer Krankheit, die als Zöliakie bezeichnet wird. Ich muss eine strenge, glutenfreie Diät einhalten, um nicht schwer zu erkranken.

### 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.

Ich darf keine Nahrungsmittel zu mir nehmen, die jegliche Spuren von Weizen, Roggen, Gerste oder Hafer enthalten, wie z soja-sosse, teigwaren, nudeln, griess, brot, kuchen, kekse und gebäck.

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.  
Solange bei der Zubereitung keine Getreidearten wie Weizen, Roggen, Gerste oder Hafer verwendet wurden, kann ich die folgenden Nahrungsmittel essen: obst, gemüse und kartoffeln, fleisch, fisch, reis, Quinoa und polenta.

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

Bitte stellen Sie unbedingt sicher, dass mein Gericht glutenfrei und ohne Brösel oder Panier zubereitet wird.

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

Geben Sie mir bitte einen Rat, welche Gerichte ich ohne Gefahr essen könnte? Falls Sie sich nicht ganz sicher sind, teilen Sie mir das bitte unbedingt mit!

**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.



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**www.coeliac.org.uk**