

# FIJI 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.

## Local food

A wonderful Fijian food tradition is the lovo - an underground oven, where food is carefully wrapped in banana leaves or in more recent times, in tin foil and placed on top of hot stones.

The stones are then covered by earth, and the food is left for many hours. Later, the earth is dug away and the food is removed from the lovo and unwrapped. Meat, fish, vegetables and even pineapple can be cooked in the lovo.

Most of the larger resorts offer lovo nights.

## Gluten free brands

Gluten free flour, cereal etc is not easy to source in Fiji. A selection of Orgran products is available in some supermarkets.

## Hotels and restaurants

As the Pacific region is abundant in fresh fruit, vegetables, meat and seafood it is very easy to enjoy a gluten free meal.

If you take your own, the staff at some resorts will happily make you bread, pizza, pancakes etc. We recommend you advise the resort of your requirement for a gluten free diet in advance of your stay.

Most of the Fijian cafes and restaurants are run by Indians and serve traditional Indian fare, most of which is gluten free. Curries are a safe choice for those with coeliac disease in Fiji and choices include chicken, lamb, and goat - you can opt for bone free for an extra dollar or two. Many curries are served with side dishes of dahl, a delicious lentil based soup, and pappadums.

Be warned of tiny, red chillies used as a garnish as they can have unexpected gastric results which have nothing to do with coeliac disease.

Restaurants include\*:

- Outrigger Hotels and Resorts:

[www.outrigger.com/hotelsresorts/fiji/welcome](http://www.outrigger.com/hotelsresorts/fiji/welcome)

- Royal Davui: [www.royaldavui.com](http://www.royaldavui.com)

- Sofitel Fiji Resort and Spa:

[www.sofitel.com/gb/hotel-5706-sofitel-fiji-resort-and-spa/index.shtml](http://www.sofitel.com/gb/hotel-5706-sofitel-fiji-resort-and-spa/index.shtml)

- Warwick Fiji Resort and Spa:

[www.warwickfijihotel.com](http://www.warwickfijihotel.com)

\* We advise you make your own enquiries regarding hotels, restaurants and outlets and any questions regarding a particular hotel or service should be addressed directly to them.

## Awareness

It is important to ensure that you are well prepared before you travel.

### 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.**

E malumalumu tiko na noqu sala-ni-kakana (e dau tauvi au na mate-ni-sala-ni-kakana) ka sa na gadrevi kina me'u kania ga na kakana e galala tiko mai na veika e dau vakaukauwataka na yago (gluten free).

### 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.**

Au vakatabui mai na kania na kakana e tiko kina na valawa, se veimataqali co vuata vaka na witi, kei na bali ka dau vakayagataki me buli kina na keke, na sikoni kei na veikakana tale vaka oya.

**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.**

E na rawa ni'u kania na kakana vaka na pateta, na ika, se na lewe ni manumanu, ka vaka kina na vua-ni-kau kei na kakana draudrau ia me kua ga ni vakarautaki vata kei na veika e dau vakaukauwataki kina na yago (gluten free).

**Please make sure that my dish is cooked without any breadcrumbs or batter.**

Au kerea ke rawa ni saqa bulabula ga na kequ kakana.

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

Me'u na qai vakasalataki ga ena kakana e rawa me'u na kania. Kevaka e sega ni matata, mo ni qai vakaraitaka ga mai.

**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.

### Supermarkets

**Please can you advise me if you sell any gluten free products in your store?**

Au kerea mo ni vakaraitaka mai vei au na veikakana e so e sega ni tiko kina na veika e dau vakaukauwataka na yago (gluten)?

**If not, please can you direct me to a store, health shop or pharmacy which may sell gluten free products?**

Ke sega ni tiko eke na kakana vaka oya, au kerea mo ni dusia mai e dua na vanua (se sitoa) e na rawa ni'u volia kina na kakana vaka oqo?

**Thank you very much for your help!**

Vinaka vakalevu na nomuni veitokoni e na tikina oqo!

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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