



**GLUTEN
FREE**

If you follow a gluten free diet eating out can be a minefield. As well as the obvious items such as bread, pasta and cakes, gluten can also be found in seemingly innocent elements of a dish, including soups and sauces.

Flavour's special gluten free feature aims to take the stress out of food for those living in the South West, whether you're eating in or dining out. Read on for top tips, recipes and a round up of some of the best local eateries catering to those following a gluten free diet.

The Gluten-Free Diet

The gluten-free diet is the treatment for coeliac disease. Taking gluten out of your diet allows your gut to heal and your symptoms to improve...

WHAT IS GLUTEN?

Gluten is a protein found in the cereals wheat, rye and barley. Some people react to a similar protein found in oats.

WHERE IS GLUTEN FOUND?

The most obvious sources of gluten in the diet are bread, pasta, breakfast cereals, flour, pizza bases, cakes and biscuits. Gluten can also be found in foods such as soups, sauces, ready meals and processed foods such as sausages.

WHAT CAN I EAT?

The gluten-free diet is made up of:

- Naturally gluten-free foods such as meat, fish, fruit and vegetables, rice, potatoes and lentils. Coeliac UK can provide a gluten-free checklist of foods and a guide to common grains to help you with your diet.
- Processed foods that don't contain gluten, such as ready meals and soups. The Coeliac UK Food and Drink Directory lists thousands of these.
- Gluten-free substitute foods such as specially made gluten-free bread, flour, pasta, crackers and biscuits. These are available on prescription and in the shops.



GLUTEN IN ITEMS WHICH ARE NOT FOODS

Cosmetics: It is unlikely that you would swallow enough lip balm or lipstick to cause a problem. If you are concerned then you should contact the manufacturers directly about specific products.

It is possible to be sensitive to ingredients used in cosmetics, but this has nothing to do with coeliac disease specifically. If you experience skin irritation when using any cosmetics, visit your GP.

MAKING MISTAKES

The reaction to eating gluten varies between individuals. In some it may trigger immediate symptoms that last several days, while others do not get any symptoms.

Eating gluten will damage your gut and the effects will depend on how much gluten you have eaten and how sensitive you are. However, if you make the occasional mistake and eat gluten by accident, it is unlikely to cause lasting gut damage.

If you think that you may have symptoms it is essential to keep eating gluten before visiting your GP, as otherwise the test could produce a false negative.



Coeliac UK

GUT FEELING WEEK 13 -19 MAY

Facebook www.facebook.com/CoeliacUK

Twitter twitter.com/coeliac_uk

Visit www.coeliac.org.uk

www.coeliac.org.uk/gutfeeling

Brasserie Blanc

Going the extra mile for gluten free diners



Brasserie Blanc have always tried to accommodate guests with specific dietary requirements, Raymond Blanc and his staff hating anyone to miss out on a good meal just because they are lactose intolerant, or allergic to wheat. But about five years ago, they took it to another level.

Jayne Castle, General Manager of Bristol Brasserie Blanc, approached executive Head Chef Clive Fretwell about having an official gluten free menu. Raymond's right hand man at Le Manoir for over a decade, Clive agreed that restaurants were seeing a huge change in the way people ate out. Requests for gluten free alternatives, lactose or nut free meals and other special dietary requirements had risen to such an extent that it really seemed counterproductive not to go the extra mile.

Since then, four times a year when Brasserie Blanc change their seasonal à la carte menu, the gluten free menu changes too. Not just an afterthought, the menu reflects the main menu and highlights local and seasonal produce, true to Raymond's ethos.

It is not merely a token menu either. In addition to offering complimentary gluten free bread with your meal, the gluten free menu has around 20 main courses to choose from, a real delight for coeliacs who are used to drawing the short straw when eating out.

The monthly changing Raymond Blanc Set Menu always has gluten free alternatives as well. Simply mention that you are gluten intolerant when booking, and the Brasserie staff will ensure that coeliac-safe options are available when you visit.

For people who really struggle when eating out, Brasserie Blanc's commitment to providing as many alternatives as possible for those with dietary restrictions often means the difference between a nice night out with friends or family, and a great meal out with said loved ones. This may seem like a small distinction, but when you are used to ordering a selection of salads and side orders just to make up a full meal, it becomes huge.



Brasserie Blanc Cheltenham

Next to the Queen's Hotel,
The Promenade, Cheltenham GL50 1NN
Call **01242 266 800**
Email cheltenham@brasserieblanc.com

Brasserie Blanc Bath

Ground Floor, Francis Hotel,
6-11 Queen Square, Bath BA1 2HH
Call **01225 303 860**
Email bath@brasserieblanc.com

Brasserie Blanc Bristol

The Friary Building, Quakers Friars,
Cabot Circus, Bristol BS1 3DF
Call **0117 9102 410**
Email bristol@brasserieblanc.com

Why gluten free?

Love in a Cup explain the hidden dangers of gluten



Just 10 years ago, few people knew what the word gluten meant. Now we see much more press coverage about gluten, from Chelsea Clinton's gluten free wedding cake to the many high profile stars, such as Gwyneth Paltrow, who have been linked with a gluten free lifestyle.

So what exactly is gluten?

Gluten (from the Latin word glue) is a protein found in grains such as wheat, oats, barley and rye. It acts like a glue to bind food together, gives elasticity to dough, it gives bread its spongy texture and is used to thicken sauces.

Gluten can be found in all our favourite comfort foods, such as cookies, cakes, pasta, pizza and bread. It is also used as a stabiliser in ice cream, ketchup and salad dressing.

For people with chronic digestive disorders such as coeliac disease, even the tiniest amount of gluten is very harmful. The body mounts a strong immune response which causes gastro-intestinal distress and nutritional deficiencies.

Research shows that an increasing number of people are suffering from lethargy, bloating, depression, abdominal pain, poor digestion, constipation and diarrhea. These are all signs of gluten sensitivity and often people struggle along without realising that it may be gluten that is the cause.

As Serge Benhayon, founder of Universal Medicine in Australia, says: "Is it worth the body losing energy in digesting one thing, when it could easily digest something much easier, faster and have more energy in the process?"

The Love in a Cup Teahouse near Frome, Somerset offers a 100% gluten and dairy free menu. Open daily to the public, homemade meals and refreshments are presented with a nutritional focus to support visitors in exploring new ideas with food.

Says manager Susan Green, "Anyone can enjoy delicious gluten free meals with a little pre-planning and attention to ingredients. You do not need to wait for a diagnosis to tell you to change your eating habits. Keeping food fresh and simple is a great start and paying attention to your overall nutrition is important."

Love in a Cup part of The Lighthouse Centre
Tytherington, Frome, Somerset BA11 5BW

Call 01373 453585
Visit www.lighthouse-uk.com

Cosy Club

Low gluten and gluten free dining at Cosy Club is easy, and the choice varied.

A mouthwatering brunch selection is served until 6pm and features, amongst other things, a traditional breakfast, ham hock hash, porridge and creamed scrambled eggs.

Tapas fans can enjoy a vast selection including mini fish fingers with tartare sauce, falafel with red onion and coriander dip and broad bean, pea, cream cheese and mint pâté.

Burger lovers are not left behind either. Served without the bun, the selection includes spicy peri-peri chicken, vegetable and bean plus salmon and crayfish... sure to satisfy those 'only a burger will do' moments!

Choose from a selection of sharing plates with meat, fish and vegetarian options, followed by main courses sure to please... River Exe mussels, pan fried cod, Hereford grass-fed rump steak anyone? Top and tail your meal with starters and sides aplenty.

Finish off with a salted caramel chocolate pot, Madagascar vanilla bean crème brûlée or a cheese board complete with apple and pear chutney and grapes. Who said low gluten or gluten free has to be boring?

Cosy Club

Bath, Cardiff, Stamford, Taunton, Salisbury and Exeter

Visit www.cosyclub.co.uk



Chocolate & Amaretto Panna Cotta from Yeo Valley

In need of a chocolate fix? Then try this sensational dessert from Yeo Valley, a delicious variation on the classic Italian dish. Rich, dark chocolate combined with creamy yogurt and spiked with Amaretto make for an amazing combination – sumptuous and incredibly indulgent. Wonderful for entertaining as it can be made well in advance.

INGREDIENTS (SERVES 6)

- 1 tbsp powdered gelatine or vegetarian equivalent
- 170g plain chocolate, chopped
- 225ml Yeo Valley whole milk
- 4 tbsp caster sugar
- 4 tbsp Amaretto
- 325g Yeo Valley natural yogurt

TO DECORATE:

- Dark chocolate curls
- Fresh berries

METHOD

1. Brush 6 x 150ml pudding basins or ramekins with a little sunflower oil.
2. Place 4 tbsp of the milk in a bowl and sprinkle over the powdered gelatine. Leave to stand for 5 minutes.
3. Combine the remaining milk, sugar and chocolate and melt over a low heat, stirring frequently. Dissolve the gelatine over a low heat until liquid but do not allow it to boil.
4. Pour the gelatine mixture into the chocolate milk and whisk to combine. Leave the mixture to cool to room temperature, then whisk in the Amaretto and yogurt.
5. Pour the mixture into the pudding basins. Cover and let them set in the refrigerator for at least 6 hours or overnight. To unmould, slide a knife around the edges then invert onto a plate and shake once firmly.
6. Decorate the tops of the panna cotta with curls of dark chocolate and accompany with fresh berries.



→ flavour gluten free

The Better Food Company follows its 'gut feeling'

Bristol's award-winning micro-chain The Better Food Company is already a well-established purveyor of great local and organic food. But did you know they specialise in food for those on special diets as well?

"Why should you miss out on the food you love?" says retail manager Pete Godden. "Visit either of our stores and you'll find a wealth of goodies and knowledge, as all our team know about catering for a gluten free diet. In fact, quite a few staff here enjoy a gluten free diet themselves, so they've personally road-tested the products!" Both stores operate a 'red dot' labelling system, clearly identifying products suitable for coeliacs. And the variety of goods available is breathtaking. From free range Scotch eggs and falafels, to cakes, breads, biscuits, cereals, even beer – you really won't feel you're stinting on choice and your tum will remain contented. And we all know that 'gut feeling' is the key to happiness ... Tastings are taking place throughout May, to celebrate Gut Feeling Week.



**The Better Food Company
Store and Cafe**
The Proving House, Sevier Street,
St Werburghs, Bristol BS2 9LB
Call 0117 935 1725
Visit www.betterfood.co.uk

Food Hall and Deli
94 Whiteladies Road, Clifton,
Bristol BS8 2QX
Call 0117 946 6957

Cod Down Chippy

Cod Down Chippy offers an extensive menu including vegetarian and gluten free meals. Tuesday nights are their special gluten free nights, with all gluten free products cooked in rapeseed oil and handled with separate utensils. Gluten free options include fish and chips, burgers (without bun), pea fritters, chicken and even gluten free battered sausages.

All food is made fresh each day using only the best quality ingredients and cooked using 100% rapeseed oil. They even offer home delivery to the BA1 & BA2 areas on Monday to Saturday with no minimum order. Check their website for further information on their gluten free range and opening times.

Cod Down Chippy

15 Upper Bloomfield Road,
Odd Down, Bath BA2 2RY
Call 01225 833050

Visit www.coddowchippy.com

The place to go in Bath for mouthwateringly good fish and chips made from quality ingredients at great prices.



Gluten free gets

Baked to Taste

A small family business from Devon has been delighting its customers for nearly 10 years. From scrumptious West Country fillings in their pasties, tarts, pies and quiches to delightful moist cakes, all Baked to Taste products are handcrafted to their unique recipes in a dedicated gluten and wheat free bakery.

Their delicious range includes the award-winning Devon steak and potato pasty and the popular homity pie.

So why compromise? These gorgeous products can be enjoyed by all.

For readers of *flavour* magazine, there will be a 10% discount from the Baked to Taste online store throughout the month of April. Just use coupon code *flavour13* when placing your order online.



Baked To Taste

Trade Enquiries sales@bakedtotaste.co.uk

Visit www.bakedtotaste.co.uk



**GLUTEN
FREE**

**BAKED TO TASTE
READER OFFER**

SAVE 10%

**ON ONLINE ORDERS
THROUGHOUT APRIL**

→ flavour gluten free

Tilleys Bistro

Opened in 1983 and still run today by Dave and Dawn Mott, this family-run bistro is an established landmark on the Bath dining scene. Proprietors Dave (Head Chef) and Dawn (Restaurant Manager) still work regularly in the bistro 30 years on.

The bistro has 2 dining rooms on the ground floor, a large cellar restaurant, and private dining room on the first floor.

The evening a la carte menu is primarily Mediterranean cuisine with some Asian and African influences. While the menu consists

mainly of 'tapas / starter' size dishes, Tilleys Bistro does also offer a limited number of main courses.

At lunchtime Tilleys offers a 2 or 3 course set menu starting at £13.50. There is a licensed bar and an interesting wine list available.

Tilleys pride themselves on catering for customers with special dietary requirements and allergies, especially coeliacs and customers who are lactose intolerant.

The bistro is open for lunch from 12.00–2.30, dinner from 6.00–10.30 and is open from 6.00–9.00 on Sunday evenings.



Tilleys Bistro

3 North Parade Passage, Bath BA1 1NX

Call 01225 484200

Visit www.tilleysbistro.co.uk



Labyrinth Restaurant at Winford Manor Hotel

The Labyrinth Restaurant, fast becoming a favourite dining destination for local residents, sits within the Winford Manor Hotel, serving the simplest traditional food cooked from local ingredients. As everything is cooked fresh to order at the hotel, the chefs can cater for any dietary requirement — and are especially passionate about gluten free cookery.

GM Tracey Beck says, "Here at Winford we believe in access for all, and that includes the food we offer. We try to have at least half of our menu suitable for coeliacs, with the rest of the menu adaptable to change. I grew up on a gluten free diet and fully understand the restrictions that this diet can place when eating out."

Head chef Scott Lucas adds, "We never use wheat flour in our soups, sauces and stock and make our own fresh gluten free bread, scones, pastry and cakes to order. Cooking from fresh allows us to have a larder from which we can produce a fabulous meal for anyone with any kind of special diet."



The Labyrinth Restaurant

Winford Manor Hotel, Old Hill, Winford, Bristol BS40 8DW

Call 01275 472 292

Visit www.winfordmanor.co.uk



Bath Harvest

Gluten Free Yorkshire Puddings



Getting gluten free Yorkshire puddings to be as light and crisp as ordinary Yorkshires can be a real challenge, but if you try this recipe you will get fantastic results that taste just as good as the real thing...

INGREDIENTS (MAKES 8)

- 2oz gluten free flour*
- 2oz corn flour
- 3 medium eggs
- pinch of salt
- ¼ pint of milk
- Bath Harvest Cold Pressed Rapeseed Oil

*check Coeliac UK Directory for brands

METHOD

1. Sieve flours and salt into a bowl. Make a well in the centre and add the beaten eggs. Using an electric whisk, blend the ingredients together, gradually adding milk until you get a smooth batter. Transfer to a jug and rest at room temperature for at least 30 minutes.

2. Pre-heat your oven to 220° (fan 210°) or gas mark 7. Use a good quality non-stick or preferably silicone muffin tray. Place 1 teaspoon of Bath Harvest Cold Pressed Rapeseed Oil in each cup. Transfer the muffin tray to the oven for 5 minutes until very hot (if using silicone, place on a baking sheet first). Meanwhile...

3. Give the batter a quick stir. Working quickly, remove the baking tray, closing the oven door behind you. Pour batter into each one until half full. Return to the oven for 15–20 minutes (avoid opening the oven door during cooking time). Remove when the puddings are well puffed up and golden. For crispier bottoms, turn each one over and return to the oven for a further 2–3 minutes. Suitable for home freezing.

Harvest Style Jamaican Patties

SERVES 4

PASTRY INGREDIENTS

- 3½ cups of gram flour (chickpea flour)
- ½ tbsp curry powder
- ½ tbsp paprika
- ½ tbsp turmeric
- ¼ cup soya margarine

VEGETABLE FILLING

- 2 tbsp vegetable oil
- ½ tbsp curry powder
- ½ tbsp paprika
- ½ tsp of turmeric
- 1 cup of mixed vegetables (frozen), or fresh vegetables chopped into little square pieces
- 1 large onion, finely chopped
- 2 tsp of Tabasco sauce (optional)

METHOD

Preheat oven to 180°/gas mark 4

1. Mix the chickpea flour, curry powder, paprika and turmeric into a large bowl.
2. Rub in the margarine with the flour mixture until it resembles breadcrumbs.
3. Gradually mix in a tablespoon of water at a time, until the mixture forms a stiff dough. Form it into a circle and roll out on a floured surface to form a thin sheet of pastry. Cut out 8-inch circles in the pastry using a cup or plate.
4. For the vegetable filling, heat the oil in a pan and add the spices, followed by the onion, mixed veg and Tabasco sauce. Fry until veg is soft.
5. Put a tablespoon of the vegetable filling in the centre of half of the pastry circles, then brush the edge around the filling with soya milk, before folding in half to make a half-moon shape.
6. Secure the top and bottom of the patty together by pressing your fingers all around the sides (use wet fingers). Bake on a lightly greased baking sheet for 30–40 minutes.

This recipe from **Shane Jordan** is ideal for a gluten free lunch





The Naked Kitchen

The Naked Kitchen is a leading supplier of hand-rolled falafel, vegetarian sausages, vegetarian burgers and houmous in Bristol and the South West. We use only the finest ingredients with no additives or preservatives.

All our products are vegetarian and gluten free and many are also suitable for vegans. Our fresh gluten free falafel comes in seven original flavours.

It is handmade locally in Bristol and sold in bags of 60 or 30, and tubs of 6.

Each falafel is an average weight of 20g (although this may vary as all our products are handmade).

The House Lots of fresh herbs and spices, traditionally blended to produce the finest falafel in the South West.

Basil Fawly A falafel with fewer spices but lots of basil and sweet potato.

Butter Me Up Stuffed with butternut squash and a hint of nutmeg.

Eat The Beet Jam-packed with beetroot, feta and chillies.

Billy Goat Falafel with local goat's cheese, red peppers and chilli and a sprinkle of parsley.

Prince Of Persia With apricots for a fruity Middle Eastern twang.

Apple Bobbin With the sweetness of Somerset apples thrown in.

We deliver to delis, cafes and restaurants in and around Bristol and the South West. If, however you are further afield, we can offer nationwide distribution through our supply partner Essential Trading Co-operative. Contact us for more details or a free sample.

The Naked Kitchen

Email info@nakedkitchen.co.uk

Call **07929 483025**

Coeliac UK Food Fairs 2013

These are great opportunities for you to meet people on a gluten-free diet, get their opinions on your products first-hand and even to conduct your own market research. The food fairs are always extremely popular and are visited by many Group Organisers, Members and their families and friends. We also work closely with the Allergy and Free From Show and can offer discounted rates on stands to Coeliac UK Commercial Partners.

BOURNEMOUTH AND POOLE FOOD FAIR
27 APRIL 2013

For trader information please email:
Bournemouth@coeliac.org.uk

YORK FOOD FAIR
11 MAY 2013

For trader information please email:
York@coeliac.org.uk

ALLERGY AND FREE FROM SHOW
7-9 JUNE 2013 AND 26-27 OCTOBER

Delivering the best platform for companies operating in the gluten free market, attracting almost 19,000 consumers and more than 1,000 health care professionals and trade buyers last year. Call 01442 289927 or email bruce@f2events.co.uk for more details today and be sure to mention 'Coeliac UK' to qualify for 10 per cent off your stand.

LINCOLNSHIRE FOOD FAIR
15 JUNE 2013

For trader information please email:
Lincolnshire@coeliac.org.uk

SOUTH WILTSHIRE FOOD FAIR
29 JUNE 2013

For trader information please email:
southwilts@coeliac.org.uk

GLOUCESTERSHIRE FOOD FAIR
13 JULY 2013

For trader information please email:
glos@coeliac.org.uk

AYRSHIRE AND ARRAN FOOD FAIR
14 SEPTEMBER 2013

For trader information please email:
Ayrshire@coeliac.org.uk

BEDS AND MID-HERTS FOOD FAIR
14 SEPTEMBER 2013

For trader information please email:
Bedsandmidherts@coeliac.org.uk

WESSEX FOOD FAIR
5 OCTOBER 2013

For trader information please email:
Wessex@coeliac.org.uk

CUMBRIAN CHRISTMAS FOOD FAIR
16 NOVEMBER 2013

For trader information please email:
westcumbria@coeliac.org.uk

COELIAC UK VOLUNTEERS' CONFERENCE
SATURDAY 21 SEPTEMBER 2013
YORK BARBICAN, YORK

For sponsorship opportunities please email: anne.maloney@coeliac.org.uk

**GLUTEN FREE
PRODUCER
& TRADER
OPPORTUNITIES**

Kilted Chef

Chef Dougie Bonar endeavours to offer great gluten free options to diners

All of our soups, stocks and sauces are gluten free and therefore suitable for coeliacs. We thicken them naturally with pigs' trotters or add a touch of cornflour rather than adding flour, which makes sauces heavy and thick.

As people are now more health-conscious, less flour is used in modern cooking than in the past. Customers prefer sauces – and their meals more generally – to be lighter and easily more digestible than those they may have eaten in the past.

We also provide gluten free bread rolls to accompany our caramelised orange vinegar and rosemary and garlic infused olive oil.

Should we be given enough notice in advance, we can also provide gluten free pastry and pasta.

.....
Kilted Chef Restaurant and Bar
 7a Kingsmead Square, Bath BA1 2AB
 Call 01225 466 688 Email tasty@kiltedchef.co
 Visit www.kiltedchef.co



The Biddestone Arms

Flavour talks to chef/owner James Hedges to find out more about the Biddestone Arms' gluten free offering...

How did the decision to focus on gluten free dining come about?

Our daughter is coeliac so we have a good understanding of the disease. We also began to notice a lot of customers were requesting gluten free meals and were delighted that we had such a large variety and such a good understanding of their requirements. We now offer a separate gluten free menu to make people eating a gluten free diet feel less excluded.

How do you ensure that there is no cross-contamination between GF dishes and those containing gluten?

All our staff are trained and educated about gluten free diets. Cross-contamination is something that they are all aware of and because they cook for our daughter every day it is something that they do automatically.

Do you believe that there should be industry standards for labelling and preparation of gluten free menu items?

Yes, eating out with our daughter is often very difficult and frustrating so I have first-hand experience of how important education and labelling of gluten free products is. It is a simple thing to implement in kitchens and restaurants and offering a gluten free menu will increase your customer base.

The Biddestone Arms

The Green, Biddestone, Chippenham, Wiltshire SN14 7DG
 Call 01249 714 377 Email info@biddestonearms.co.uk
 Visit www.biddestonearms.co.uk



→ flavour gluten free

The Bath and West Wilts Coeliac UK Group

The Bath and West Wilts Coeliac UK Group meets regularly in the area where anyone, including those from Bristol where no group currently exists, who suffers from the disease is welcome.

We hold such events as barbecues, fish and chip suppers with a quiz, children's days out, meals out and have twice-yearly meetings, usually with a presentation or cookery demonstration.

In November we hold our annual Gluten Free Food Fair in Melksham where over 20 suppliers and producers exhibit their wares.



For more information email bath@coeliac.org.uk

Flavour asks Twitter...

...where's best for gluten free dining in the south west?

@UKShallots **Farrows Fish And Chips**, Wells Road, Bristol – Gluten free fish and chips freshly cooked to order. #yum

@MissAndreeL Got to try **Delight Cafe in Bristol**! Best vegan and gluten-free brownies in Bristol and the rest of the menu's pretty tasty!

@restingchef **Tart (Gloucester Road, Bristol)** always have a great selection of GF cakes, brownies & sarnies available. GF scones on request.

@MyBurritoUK Lots of GF at our place now, Coconut and Lime Cake and Chipotle Meatball Tacos to name but a few...

Join in the conversation and you could appear in our next issue!

Follow us on Twitter at @FlavourMagazine.

Wuthering Bites



Sarah from gluten free blog Wuthering Bites gives her top tips for eating out for those following a gluten free diet...

Dining out can be quite difficult if you suffer from coeliac disease or have a gluten intolerance, but there are a lot of food businesses and restaurants out there that are willing to try to cater to your needs. The majority of chain restaurants now feature their own gluten free menus or have clearly labelled dishes to avoid confusion before you order. This has also become frequent in independent eateries which food lovers have been glad to notice; but how do you know that it is 100 per cent safe?

At the end of the day, you are responsible for what you eat when you are out and about and if you do see gluten free on a menu, it's always best, for peace of mind, to question the waiter or manager on their knowledge of cross contamination. If possible, do so in advance of your visit so that you can completely enjoy yourself when out eating with your friends or family. If you do have the misfortune to feel unwell after your meal and you think this may be due to cross contamination, do let the manager and chef know immediately so that they can work on putting right the wrongs.

Social media is a great way to find and encourage businesses to ensure they consider gluten free options in the future. You can also ask the coeliac and gluten free community their experiences dining out in particular restaurants; knowledge is key.

Follow **Wuthering Bites** on Twitter @wbites
Visit www.wutheringbites.co.uk

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ORGANIC GLUTEN FREE SOUP ROLLS WORLD INSPIRED TOASTIES FAIRTRADE COFFEE HOT CHOCOLATE HERBAL TEA FRESH ORIGINAL SALADS FRAPPES FAIR GLUTEN FREE CAKES CREAM TEAS KIDS MENU TOASTED TEACAKES BREAKFAST

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"This is the best British-made chorizo that I have come across — I have been on the look-out for years! They certainly live up to the taste test against Spanish chorizo"



GLUTEN FREE

Mark Hix
Chef & Champion of
British Food Producers

High-welfare British pork
Wheat, dairy and gluten free



Follow The Bath Pig on Facebook
for lots of seasonal recipes and
to find out where we're going next



www.thebathpig.com

the BETTER FOOD company

Gluten-free, taste-full –
don't miss out on the foods you love ...

easy-to-spot labels for gluten-free food,
and lots of advice from well-informed staff.

Find us on Bristol's
Whiteladies Rd and in St Werburghs



0117 935 1725
www.betterfood.co.uk