

CYPRUS 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:

- Carrefour
- Alpha Mega
- Orphanides
- E&S Superstores
- Metro.

Gluten free brands

Schaer, Barkat, Finax and Semper.

Hotels/restaurants

No specific information available, but request gluten free meals when arranging your visit.

Large international chains generally offer western style buffets, but be careful of contamination from serving utensils. If in doubt ask the chef for assistance.

Local food

Some dishes are chargrilled but check for contamination and how they have been prepared.

Allergen labelling

The Greek sector is subject to EU food labelling regulations.

Avoid

'Pourgouri' which is made from bulgur wheat.

Awareness

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

Coeliac organisation

www.cypruscoeliac.org
cypruscoeliac@gmail.com

Language: Greek

Useful phrases

I have an illness called coeliac disease and have to follow a strict gluten free diet.

I may therefore become very ill if I eat food containing the flours or grains of wheat, rye, barley and oats.

Does this food contain flour or grains of wheat, rye, barley or oats?

If you are at all uncertain about what the food contains, please tell me.

I can eat food containing rice, maize, potatoes, all kinds of vegetables and fruit, eggs, cheese, milk, meat and fish - as long as they are not cooked with wheat flour, batter, breadcrumbs or sauce.

Thank you for your help.

Έχω κοιλικούς και πρέπει να ακολουθήσω μία διαίτα με φαγητά χωρίς γλουτένη.

Επομένως μπορεί να αρρωστήσω πάρα πολύ εάν φάω φαγητά που περιέχουν τα αλεύρια ή τους σπόρους σιταριού, σίκαλης, κριθαριού και βρώμης.

Αυτό το φαγητό περιέχει το αλεύρι ή τους σπόρους σιταριού, σίκαλης, κριθαριού, ή βρώμης;

Εάν δεν είσατε σίγουροι για το τι περιέχει το φαγητό, παρακαλώ να μου το πείτε.

Μπορώ να φάω φαγητά που περιέχουν, ρύζι, καλαμπόκι, πατάτες, όλων των ειδών λαχανικά και φρούτα, αυγά, τυρί, γάλα, κρέας, και ψάρι - εφόσον δεν είναι μαγειρεμένα με σταρένιο αλεύρι, κουρκούτι, ψίχουλα, ή σάλτσα.

Ευχαριστώ για τη βοήθεια σας.

Visit 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.



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.

coeliacuk
live well **gluten free**

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www.coeliac.org.uk