

MALTA 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

Supermarkets include Scotts Supermarket Ltd, Chain Market Ltd, Smart Supermarket and Park Towers Supermarket. Please contact the Coeliac Association of Malta for more information on supermarkets.

Gluten free brands

- DS (Dr Schar)
- Le Veneziane Pasta
- Giusto Products
- Sun-Sol Products
- Consolidated Biscuit Company
- Pataks Products.

Hotels/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. Contact the Coeliac Association of Malta for a list of hotels and restaurants that can provide gluten free food.

Local food

- Fresh fish

- Bigilla (bean dip)
- Minestra (vegetable soup, check to see if it contains pasta)
- Lampuki pie (fish pie)
- Kapunata (ratatouille)
- ġbejniet (local sheep's cheeses)
- Aljotta (garlic fish soup)
- Ross fil-forn (baked rice).

Allergen labelling

Subject to EU food labelling regulations.

Avoid

- Bragioli (beef stuffed with breadcrumbs)
- Pastizzi (cheese cakes made with pastry)
- Imqarrun (baked macaroni)
- Timpana (pasta baked in pastry).

Awareness

There is a good awareness of coeliac disease and the gluten free diet.

Coeliac organisation

Coeliac Association Malta

Web: coeliacassociationmalta.org

Email: info@coeliacassociationmalta.org

Phone: 00356 7981 5671





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. Nista niekol ross, qamhirrum, patata, kul tip ta' haxix u frott, bajd, gobon, halib, laham u hut – basta muhumie x imsajrin bid-dqiq, 'batter' frak tal-hobz jew xi zalza jew 'gravy' li fihom id-dqiq.

Thank you for your help.
Grazzi ta' l-ghajnuna

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.



Useful phrases

I am suffering from coeliac disease and therefore because of medical reasons I am not allowed to eat any foods which contain gluten-containing cereals or products derived of these.

Jiena ghandi tip ta'allergija li tissejjah 'Coeliac Disease' u jinhtieg li nzomm dieta stretta minghajr 'gluten', li jinsab fid-dqiq.

This means no products made from wheat, rye, barley, spelt, kamut and oats as well as any products made with or from flour, semolina, breadcrumbs, bread, pastry, noodles, dumplings, sauces, cakes, wafers, etc.

Ghalhekk, jaghmilli hazin hafna jekk niekol ikel li fih id-dqiq maghmul mill-qamh, xghir, u hafur.

Hotels/restaurants

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

Dan l-ikel ghandu dqiq jew frak li gej mill-qamh, xghir jew hafur?

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

Jekk ghandek l-icken dubju dwar x'fih dan l-ikel, jekk joghgbok ghidli.

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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Registered office Coeliac UK,
3rd Floor Apollo Centre,
Desborough Road, High
Wycombe, Bucks HP11 2QW.
Tel: 01494 437278
Fax: 01494 474349

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www.coeliac.org.uk