

Recommendations from the Sheffield Group

Please note that owners, menus and opening times can change at any time. This list has been created to the best of our knowledge, but please do phone in advance, if possible, to check that gluten-free food is available.

Recommendations have been grouped by areas: -

- Sheffield**
- Barnsley**
- Doncaster**
- Rotherham**
- Chesterfield**
- Derbyshire**
- Nottinghamshire & Lincolnshire**
- National Chains**

Please contact the Sheffield Group at sheffield@coeliac.org.uk if any places are no longer serving gluten-free food, so that we can remove them from the list.

Recommendations from the Sheffield Group

Sheffield

The Waggon & Horses, Sheffield Road, **Oxspring**, S36 8YQ; 01226 763259

Website: www.thewaggon-oxspring.co.uk Email: thewaggon-horses@hotmail.com

Have GF items marked on the menu and are child-friendly. Look out for their special Theme Nights. Booking is essential.

The Greenhead House Restaurant, Burncross Road, **Chapeltown**

Phone: 0114 2469004; Website: www.greenheadhouse.com

Recommended for a 'special occasion' gluten-free meal.

Dore Grill, Dore; Tel: 0114 2620035; www.doregrill.co.uk

Everything is cooked from fresh, lunchtime & evening and they will cater for you as you request.

The Angel Inn, Main Road, **Holmesfield**, S18 7WT; Tel: 0114 2890336

Website: www.angelatholmesfield.co.uk - has a comprehensive gluten-free menu including pies, fish & chips and a range of desserts, plus GF beer. (*Best to book*).

Wok Wonder (*Chinese Takeaway*) Greendale Shopping area, **Dronfield**; 01246 291833

Many gluten-free dishes if you ask and they are knowledgeable about contamination.

Simply Chinese @ The Rock, Chesterfield Road, **Dronfield**, S18 2XA; 01246 290188

(*Restaurant and Takeaway*) - The menu leaflet says "Please ask us about gluten free dishes".

The Three Tuns (*formerly The Hallows*), corner Cemetery Road and Chesterfield Road,

Dronfield – they are geared-up for different dietary requirements including gluten-free (*mentioned at bottom of menu*) and are very accommodating; good pub food at a good price!

The Manor House in Dronfield can provide GF meals and are happy to tailor other dishes on the menu to be gluten-free.

Damons Restaurant, 2 Sevenairs Road, **Beighton**, S20 1NZ; Tel: 0871 811 5148

(*Near Crystal Peaks Shopping Centre*)

This is a family-friendly American style diner with a separate menu for coeliacs.

The Gypsy Queen Pub at Sothall; (*near Crystal Peaks*); - have a gluten-free menu if you ask the waitress. They also do a reasonably priced Sunday carvery.

The Fat Cat Public House, Alma Street (Near Kelham Island)

Highly recommended – gluten-free meals usually available and gluten-free lager and ales.

The Milestone, 84 Green Lane (Near Kelham Island).

The Acorn Inn, 516 Burncross Road, Chapeltown; Tel: 0114 2455009

The Crown and Cushion, Burncross Road, Burncross – The chef (Jason) will cook gluten-free meals including dessert, on request. Ring prior to visit and he will be prepared.

Venus Restaurant, 3 Laughton Road, Dinnington; 01909 562455

Very nice for a special meal, not cheap but worth every penny; run by a Greek family who are very welcoming; Sunday lunch is highly recommended as well as evening meals.

The Four Seasons Cantonese Restaurant, 39 Lordens Hill, Dinnington; 01909 551168

Very helpful and knowledgeable.

Le Bistrot Pierre, 835b-837 Ecclesall Road, S11 8TH; Tel: 0114 2678687;

Website: www.lebistrotpierre.co.uk

The restaurant group has launched its Gluten-free menu across its 8 nationwide restaurants. It includes lunch dishes that change every 2-3 weeks and a seasonally changing evening A La Carte menu. The Sheffield team are very helpful and knowledgeable.

Rossi's Italian Restaurant, 3 Sharrow Lane, S11 8AE; Tel: 0114 2588164, (*junction with London Road*) – an excellent restaurant for evening entertainment with gluten-free pasta and other meal options.

Ottos Restaurant, 344 Sharrow Vale Road, (Hunters Bar); 0114 2669147

Have GF meals marked and they will amend some of the other options.

La Terrazza, 352 Sharrow Vale Road; 0114 2685150 – book a table in advance, let them know you need gluten-free and they will make sure they have GF pasta available. If you prefer non-pasta meals they will be happy to tell you which dishes are suitable.

Nonnas Sheffield ltd, 535-541 Ecclesall Road, S11 8PR; 0114 2686166

Have GF meals marked on the menu.

Brocco on the Park Hotel, Brocco Bank, Hunters Bar;

Brand new hotel, most items on the menu are gluten-free.

Gigi's Italian Restaurant, Oakbrook Road, Fulwood;

A new place which offers gluten-free pasta & sauces.

Baldwin's Omega, Psalter Lane can provide gluten-free meals on request and also GF beer.

The Cross Scythes Pub/Restaurant, Totley have GF items marked on the menu with some really interesting dishes and are very knowledgeable.

Carluccio's, Ecclesall Road and Meadowhall;

Gluten-free options including pasta, pizzas & sauces.

Meadowhall

The Potato Bake in the Oasis has gluten-free filled jacket potato skins and desserts.

Giraffe Restaurant in the Oasis has GF items marked on the menu.

Ed's Diner has a GF menu of chicken, burgers, hotdogs, chips, malt-free shakes and cakes; they are accredited to Coeliac UK and 85% of their regular menu is gluten-free.

The Handmade Burger Co advertises gluten-free buns.

Fish and Chips

The Stanwood Friary, 1 Stanwood Avenue, Stannington; 0114 2324604 - Their gluten-free fish & chips, sausages and gravy are highly recommended, (*available every day*).

Townend Fish Bar, Gleadless Townend, 958 Gleadless Road, S12 2LL; 0114 2653240

Website: www.townendfishbar.co.uk Email: info@townendfishbar.co.uk

Gluten-free Doves Farm Rice Flour Batter available to order; made fresh for each order and fried in a dedicated Gluten Free Fryer. Call in advance to order; Gluten Free Chips available all day.

Neptunes, 989 Ecclesall Road, Banner Cross, S11 8TN sell GF fish and chips.

Whitby's at Catcliffe (*Off the Sheffield Parkway, behind Boundary Mill*) - gluten-free available every day, eat in or takeaway.

Kashmiri Aroma (Indian Restaurant), **Woodseats** – all items with gluten are highlighted.

La Mexicana, Gleadless Townend – the waiter brought a separate GF menu with a good choice of starters & mains.

The Wortley Arms at Wortley; 0114 2888749 – everything is cooked fresh and many items can be adapted for the gluten-free diet including home-made chips and battered fish; they also have GF bread, pasta and desserts and the staff were really knowledgeable.

Castle Inn at Bolsterstone, S36 – good selection of food for coeliacs, lunchtime & evening, including sandwiches available on Genius bread.

The Bistro in the Barn, Hazlehead Hall, Lee Lane, Millhouse Green, S36 9NN;

Tel: 01226 765700; Website: www.bistrointhebarn.co.uk - This is very nice new restaurant in beautiful countryside; Most of the dishes on the menu are gluten-free but ask a member of staff if you are unsure.

The Norfolk Arms, Ringinglow Road, Ringinglow have various gluten-free meal options and are working to increase their repertoire! They are also very aware of the implications of cross-contamination.

The Summer House, 289 Abbeydale Road South, S17 3LB (next to Dore station);

Tel: 0114 2361679; info@thesummerhousesheffield.com – a new restaurant which has a fantastic range of gluten-free items on the menu with some interesting dishes plus GF bread.

Arusuvai; Website: www.arusuvai.co.uk – one of Sheffield’s top ranking South Indian Restaurants located in Abbeydale Road and Hillsborough have a menu which is more than 80% gluten-free.

Hui Wei Chinese Restaurant, 221 Glossop Road, S10 2GW; Tel: 0114 2013482
Website: www.huiwei.co.uk - has a permanent gluten-free menu.

Las Iguanas, 8-9 West One, Fitzwilliam Street, Devonshire Green, S1 4JP
Tel: 0114 2521010; Website: www.iguanas.co.uk **Also in Meadowhall**

They have a gluten-free menu with a selection of tapas, main courses and desserts and also have gluten-free beer.

City Centre

Wagamama, **Leopold Square** has a folder showing dishes which are gluten-free, lactose-free etc, or which can be adapted.

Also recommended: -

Aagrah (Kashmiri restaurant) in Leopold Square;
Piccolino in Millenium Square.

Roma (Café & Pizzeria), 9-11 Castle Street, S3 8LT, Tel: 07857 423210
<http://www.romabarsheffield.co.uk> - all their dishes can be made gluten-free.

The Millennium Gallery Café can do GF sandwiches of your choice and the soups are gluten-free.

Nourish, 18 Pinstone Street (*opposite the Town Hall*). This is a healthy fast food restaurant which has a good selection of gluten-free breakfast, lunches and salads with all food labelled with ‘free-from’ and calorie content.

The Cabin, 20-24 Fitzwilliam Gate, S1 4JH – The menu is fairly simple with regular or gluten-free waffles and pancakes with a selection of toppings (sweet & savoury).

Marmadukes Café/Deli (*formerly 22a Café*), 22a Norfolk Row (city centre) – the chef will accommodate coeliacs, including gluten-free English breakfast. Best to ring first.

Edisons Coffee (*formerly Eten*), 2-4 York Street, S1 2ER (*at the side of the Cathedral*) – serve gluten-free sandwiches and cakes if you ask.

FUSION Organic Café, Butcher Works, 74 Arundel Street, S1 2NS; Tel: 0114 252 5974
Website: www.fusioncafe.co.uk Wheat-free, gluten-free, vegan and dairy-free options usually available; Monday - Friday 8.30-4.30, Saturday 10.00-4.00

Kelham Island Museum Café – soup and chips are gluten-free and the chef is hoping to include more gluten-free items.

Harland Café, John Street, (*off Bramall Lane, near [CCC] Go Outdoors*), have gluten-free bread for a range of sandwiches and various gluten-free cakes; www.harlandcafe.co.uk

Vittles Café and Bistro, 501a Glossop Road, **Broomhill** always have gluten-free bread and cakes, and are now open Thursday, Friday & Saturday evenings offering a 90% GF menu which includes pies, pasties, pastas with GF Beers & Lagers.

La Pâtisserie (Café & Bakery), 619 Ecclesall Road, **Hunters Bar**; Tel: 0114 2669869
Gluten-free products normally available.

Cello Coffee House, 212 Bocking Lane, **Greenhill**; Tel: 0114 2377991 – has a good gluten-free range.

Homemade Café, 4 Nether Edge Road, **Nether Edge**; Tel: 07774 013438
A good selection of gluten-free meals & cake.

The Glass House Café at Rhinegold Garden Centre, West Lane, Loxley Road, S6 6SN
Web: www.rhinegoldgardencentre.co.uk; Tel: 0114 2851487.
Great place for gluten-free items, especially puddings & tarts;

The Snug, Pentland Road, **Dronfield Woodhouse** – have a range of GF options in both bakery and sandwiches.

Temptation, 181 Middlewood Road, **Hillsborough**, S6 4HD, Tel: 0114 2310977;
Many gluten-free options with everything made on the premises & using locally sourced ingredients; Children's menu and Take-outs.

Café Crème, 9 High Street, **Penistone**, S36 6BR; Tel: 01226 766118 – provide gluten-free lunch-time dishes and all their cakes are gluten-free; they also do cream teas and celebration cakes and are hoping to expand into evening catering; www.thecafecreme.co.uk

The following Sheffield venues are also recommended: -

Café in John Lewis

'The Café Upstairs' at the Sheffield Antiques Centre, 178 Broadfield Road, S8 0XL
Taste, Ecclesall Road, Hunters Bar

Refresh Café at Broomhill

Café in Ferndale Garden Centre, Dyche Lane, Coal Aston

The café in B & Q, Queens Road

Shops: -

The Incredible Nutshell, London Road, **Heeley** (*next to Rails Model Railway & opposite Sloan Medical Centre*) - A grocery shop specialising in vegan, vegetarian and free-from food. They have a good range of gluten-free products including freshly made pies and cake slices from the Gluten Free Pie Company, plus pasta, pizza bases, biscuits, veggie sausages and frozen ready meals. Everything is vegetarian and most products are also egg-free and dairy-free.

Beanies, 205/207 Crookes Valley Road, S10 1BA - a whole-food co-operative.

Barnsley

Fish and Chips

Keelings Fish and Chips, 165 Racecommon Road; Tel: 01226 298043

Everything is now gluten-free – crispy cod, haddock, fish cakes, salmon fish cakes, gravy etc;
Ring for opening times.

Woody's Fish & Chip Shop, Unit 2, 4 Castle Close, **Monk Bretton**, S71 2QR

Tel: 01226 247177 - Do gluten-free fish & chips on Friday and Saturday. Best to phone 20 minutes before so they can put the special fryer on, then they keep them warm for pickup.

Tankersley Manor, Church Lane, **Tankersley**, S75 3DQ Tel: 01226 744700

Email: tankersleymanor@qhotels.co.uk - have GF meals marked on the menu.

Cannon Hall, **Cawthorne**, S75 4AT; Tel: 01226 792746 (*near Penistone*)

The Farm Café has a separate list of gluten-free meals/items next to the checkout. Very good for children as they do gluten-free sausages and burgers made on the farm. Frozen GF sausages and steak burgers are on sale in the Farm Shop and are delicious and reasonably priced.

Beatson House Restaurant, **Cawthorne** - the menu can be adapted to suit coeliacs, the meal was excellent and the staff very helpful. Well worth a visit!

The Elephant & Castle, Tingle Bridge Lane, **Hemmingfield**; Tel: 01226 755986

Website: www.elephantandcastlebarandrestaurant.co.uk

The people running the pub are very accommodating, altering the menu to serve coeliacs & vegetarians and are conversant with the needs and contamination issues.

Doncaster

Rocco's Restaurant (formerly *Nordest*) in St Mary's Court, **Tickhill**

Offer gluten-free pasta on their menu and are very knowledgeable about the GF diet.

The Newton Arms, Sprotbrough Road; Tel: 01302 391743

They are happy to do gluten-free meals if you give them 24 hours notice.

The Red Tomato, 1 Greenhouse Court, Thorne Road, DN2 5GA offer gluten-free pizzas.

Order online at www.theredtomato.co.uk or phone 01302 32 33 34.

They are a National Award Winning Pizza and Pasta Takeaway Outlet.

Open Monday to Sunday 5.00 to 11.30

The White Bear Pub and Restaurant, Belton Road, **Epworth** DN9 1JL

Tel: 01427 872544; Website: www.thewhitebearpub.co.uk

The landlord is very knowledgeable and the food is very good. Most items on the menu are suitable for coeliacs and Sunday Lunch comes with large homemade GF Yorkshire puddings. Choice of GF starters and puddings; Food served from 12noon to 8pm every day.

The Mayflower Bar & Eatery, High Street, **Austerfield** DN10 6QU

Tel: 01302 714289; Website: www.mayflowerbarandeatery.co.uk

They have several GF options on the menu (Sunday is a little more limited); Lovely food in a lovely pub although a little bit pricey.

The Georgian Tea Rooms & Restaurant, Parkinson House, 50/51 High Street

DN1 1BB; Tel: 01302 366608; Website: www.geogiantearooms.co.uk

They have a separate GF menu and everything is freshly prepared to order, including garlic bread.

Fish and Chips

Cusworth Fisheries, 26 Newlands Drive, **Cusworth** DN5 8HX; Tel: 01302 390991

Gluten-free available every Friday evening 5pm-7pm.

Whitby's, The Old Fire Station, Leicester Avenue / Ledger Way, DN2 6DR;

Tel: 01302 308130, (*opposite the Race Course*). Gluten-free Fish and Chips always available.

There is a restaurant or Take-away and they are open 7 days a week.

Sea Fish at Conisbrough Fish & Chips, 18 Doncaster Road, **Conisbrough** DN12 3AG

Tel: 01709 863030; Website: www.seafishconisbrough.co.uk

A very nice restaurant and takeaway; if you give them 40 minutes notice they will put on the special gluten-free frier; they also do grilled fish - seabass, tuna steaks, swordfish & salmon, plus steamed fish and jacket potatoes.

Mumbai Indian Restaurant, 12-16 Station Road, **Stainforth**; Tel: 01302 353100,

Website: www.mumbaitherestaurant.co.uk – the menu has the gluten containing items

highlighted with the majority of items being gluten-free.

Bowers Coffee Shop, 13 Bowers Fold, DN1 1HF; Tel: 01302 322277

Torr's English Deli Café (*opposite TJ Hughes*) has gluten-free sandwiches and cakes.

Walkers Garden Centre Coffee Room, Mosham Road, **Blaxton**, Tel: 01302 770564

They sell Honeybuns and a lovely homemade meringue. They have GF gravy and will adapt other items if you phone up.

The café in Debenhams, **The Frenchgate Centre** have GF meals available.

Cusworth Hall has a tea room called Butlers which sells gluten-free cakes. They also turn it into a Bistro on Thursday, Friday & Saturday evenings when nearly everything on the menu is gluten-free.

Prego, 35 Hallgate, DN1 3NL; Tel: 01302 341033 serve light gluten-free lunches.

The Pantry, **Sprotbrough** will make GF pies if you pre-order.

The Millstone, **Tickhill** has been recommended.

The Farm Shop, Printing Office Street, DN1 1TR; Tel: 01302 366289 sell GF products.

Rotherham

Rotherham College Restaurants

The Wharncliffe Restaurant, Percy Street, S65 1EG

Enquiries/Reservations: 01709 722767; Website: www.thewharncliffe.co.uk

The Clock Tower Bistro, Rother Valley Campus, Doe Quarry Lane, Dinnington S25 2NF; Bookings at reception: 01909 559293.

Both restaurants do Lunch Tuesday - Thursday and the Wharncliffe do 'Early Bird Dining' Tuesday, Wednesday and Thursday each week within term-time. They will be happy to provide you with gluten-free meals if you tell them you are coeliac when booking.

Chans Chinese, The Tanyard, 196 Bawtry Road, **Wickersley**; Tel: 01709 540088

See Gluten-Free-On-The-Go.

Chataways Tea Room in Winthrop Park, Second Lane, off Newhall Avenue, **Wickersley**, S66 1EE; Tel: 01709 709335; Website: www.winthroppark.co.uk

They have gluten-free bread. *(A nice park on a level site).*

The Carlton Park Hotel, 102-104 Moorgate Road, S60 2BG can provide gluten-free meals on request and do a gluten-free Sunday lunch carvery where all the food is gluten-free including roast potatoes and gravy.

The Bluebell Inn, Manvers, Wath-upon-Dearne; 01709 877664 – ask for list showing which items are gluten-free or can be adapted (includes starters served with Genius bread).

The King Henry, Bawtry Road, **Bramley** (*next to Aldi*) has a good gluten-free menu.

Fish and Chips

Whitby's at Catcliffe (*Off the Sheffield Parkway, behind Boundary Mill*) - gluten-free available every day, eat in or takeaway.

The Blue Whale, 65-67 Tickhill Road, **Maltby S66** for gluten-free food; a fish & chip shop with 3 staff trained to deal with the gluten-free orders and a dedicated fryer, tools and area. (*On the main road, straight on through Maltby crossroads for 200 yards on the right hand side*).

Churchills in All Saints Square keep gluten-free bread and will provide sandwiches, toasted sandwiches and items on toast.

Café in Clifton Park sells gluten-free cakes.

Chesterfield

Brewsters, Lockford Lane - cater for various diets with a special gluten-free list.

Bottle and Thyme, 15-17 Knifsmithgate, Tel: 01246 768283;

Website: www.bottleandthyme.co.uk Email: info@bottleandthyme.co.uk

Brilliant with gluten-free customers with a choice of main meals, desserts and cakes, also stock Peroni GF beer.

Woodhead's Café, 3 Theatre Yard, Low Pavement – Have gluten-free options on the menu including all day breakfast and fish and chips.

Organic Kitchen, 4 Theatre Yard, Low Pavement, Tel: 01246 224666 serve gluten-free options and also sell a good range of GF products; www.organickitchen.uk.com

Thyme to Eat, 5 The Shambles (*just off the main market square*); Tel: 01246 558550

Cater for Vegetarian, Vegan and Gluten-free diets.

Nonnas Chesterfield ltd, 131 Chatsworth Road, S40 2AH; Tel: 01246 380035

Have GF meals marked on the menu.

The Telmere Lodge, Mansfield Road, Hasland, S41 0JH; Tel: 01246 206847

Have a Gluten-free Menu with a choice of 3 Starters, 8 Main Courses (*including Fish & Chips and Meat & Potato Pie*) and 3 Desserts. All items are reasonably priced and there is also a specials board for more options. Call for a reservation.

Blu Restaurant, Chatsworth Road (*formerly The Poachers Rest, next to Morrisons*)

If you tell them your needs when you book, they can ensure all dishes are gluten-free and prepared in a special area of the kitchen and will also get in gluten-free bread.

Chesters, Sheffield Road, (near the Football Ground) sell gluten-free Fish & Chips.

Booths Café, 99 Rupert Street, Lower Pilsley, S45 8DS; www.boothscoffeeshop.co.uk

Sell gluten-free toasties, items on toast and cakes.

Einsteins, Holywell Street - a German-themed bar with a selection of over 100 beers including 4 gluten-free. The extensive menu details gluten-free options and if you tell your server you require gluten-free other dishes may be available as a GF option; Mondays are Coeliac Day when there is an exclusive gluten-free menu. Can get busy at weekends.

Derbyshire

The Rose & Crown at Barlborough

All sauces and gravy are GF and they even do GF Yorkshire puddings with the Sunday lunch.

The White Horse at Woolley Moor (*near Clay Cross*) is very good for coeliacs.

The White Bear at Stretton (*near Clay Cross*) is very good for gluten-free food.

The Young Vanish at Glapwell, (*A617 Mansfield Road*)

They do an excellent carvery and have GF gravy.

Twin Oaks Hotel at M1 Junction 29 – all sauces are GF, very good for Sunday Lunch.

Rowleys at Baslow; Website: www.rowleysrestaurant.co.uk

A brilliant restaurant, very helpful & friendly and will adapt most things on the menu.

The Red Lion at Litton now has an interesting gluten-free menu in the evening and has something gluten-free on the board at other times.

The Blue Bell Inn at Tissington on the B515 Buxton to Ashbourne Road

They have a gluten-free menu, (*good car park*).

The Peacock at Cutthorpe has been recommended, as the food and staff are excellent and fully understand the gluten-free diet.

The Old Smithy at Beeley; Website: www.oldsmythybeeley.com has gluten-free scones and Genius bread and can do gluten-free lunches.

Peak Rail, Rowsley near Matlock; The chef can produce a three course GF Sunday lunch on the train if you tell them when booking.

Chatsworth Farm Shop Restaurant, Pilsley - have gluten-free meals and cakes.

Hobb's Café at Monsal Head; (*At the far end of the street with Monsal Head on the corner*).

Usually has a choice of 2 gluten-free meals and gluten-free cake.

The Copper Café in Edale always has gluten-free cake available.

Hassop Hall - They are happy to cater for coeliacs at all times.

Forest Garden Centre Café and Restaurant, Oddford Lane, Two Dales, Nr Matlock DE4 2EX (*opposite DFS*); Phone: 01629 732932

Some dishes are gluten-free, others can be adapted. The staff are very helpful and knowledgeable.

The Heathers Café and Restaurant, Scotland Nurseries Garden Centre, Shelton Road **Tansley, Matlock, DE4 5GF**; 01629 582349; www.scotlandnurseries.co.uk

They have gluten-free cakes and will arrange a gluten-free meal on request.

The Rose Coffee Shop at High Peak Garden Centre, Bamford has new owners who are very friendly and welcoming to coeliacs. They have fresh GF bread with a wide range of fillings for sandwiches, GF soups and homemade GF cakes.

Pancake Caffe, Matlock Bath – choose from a range of sweet, savoury, vegetarian and gluten-free filled pancakes.

Dobbies Garden World café at Barlborough – sell GF biscuits & cakes and the chef will advise on choice of hot food.

Beresford Tea rooms in Hartington - gluten-free scones are available.

Eyam Tea Rooms, The Square, Eyam, Hope Valley, S32 5RB; Tel: 01433 631274
They have a separate gluten-free menu for All Day Breakfasts with GF sausage and toast, Lunches (with GF bread), Desserts and Snacks. Also do Bed and Breakfast.

Riccis Italian Café, 10 Water Street, Bakewell, DE45 1EW; Tel: 01629 810035;
Website: www.riccisbakewell.co.uk; have lots of gluten-free pasta dishes and garlic bread, freshly made to order.

Byways 17th Century Tearooms, Water Lane (opposite NatWest), Bakewell sell gluten-free main meals, sandwiches, scones etc.

The Bakewell Pudding Shop in Bakewell now sells GF cakes.

M.J Smyllie, (Greengrocer), Market Street, Bakewell - Have a good range of gluten-free products including Voakes and Baked to Taste by G Free (frozen).

Marsh Green Farm Shop, Matlock Road, Kelstedge, Derbyshire S45 0DX
Tel: 01246 591676; Website: www.marshgreenfarmshop.co.uk
There is a butcher, delicatessen, grocery, farmstore and café.

Also recommended: -

The Millstone, near Hathersage

Chequers Inn, Froggatt

Hope Deli Chest has GF items in stock.

Bradwells Ice Cream Shop at Calver crossroads, (Only open at weekends in the winter).

Chatsworth House & Chatsworth Garden Centre - Coffee Shop / Café

Staffordshire Moorlands (just over the border from Derbyshire)

Longnor Craft Centre & Coffee Shop, Market Place, Longnor - homemade GF cakes are usually available, delicious with jam and cream!

Tittesworth Reservoir near Leek – the café in the Visitors Centre has lots of GF choices on the menu.

Nottinghamshire & Lincolnshire

Fish and Chips

The Big Fish at Ollerton (*roundabout on the A614*)

Gluten-free fish and chips on Monday evenings (*except Bank Holidays*).

Papas Fish Shop, High Hoe Road, Worksop S80 2DR; Tel: 01909 478760

Now doing gluten-free fish and chips, with separate fryers in their own area and everything cooked to order.

Papas Fish Restaurant & Takeaway, 15 Retford Road, Worksop S80 2PT

Serve GF fish & chips everyday. Best to ring first.

Also **Papa's** in **Gainsborough**

Miss Poppy's Coffee Shop (*inside Eyre's furniture shop*), 2 Park Street, **Worksop**

S80 1HD; Tel: 01909 488958 – have GF scones and main meals.

The Bay Tree, 86 The Wharf, Carolgate, Retford DN22 6AS; Tel: 01777 710488

Has a GF menu.

No 5 Grove Street Restaurant, 5 Grove Street, Retford DN22 6JP; Tel: 01777 711655

Very nice for a special occasion.

The King & Millar Public House at Retford – has a GF menu. (*This is a 'Sizzler' Pub and all pubs in the chain should have GF menus*).

White Houses at Retford is very good for coeliacs.

The Opera Tea Rooms, 25 The Square, Retford, DN22 6DQ; www.theoperarooms.co.uk

They have GF bread, cakes and buns.

The Dog & Duck at Old Clipstone, Mansfield; Tel: 01623 822138 – can adapt most items to be gluten-free.

Arrow Farm Shop, Steetley, Worksop sell GF sausages, burgers and sausage meat.

The following venues usually have a range of GF products: -

Thaymar Dairy Farmshop and Tearoom, Retford DN22 8DB; 01623 860320

Sunnyside-up farm shop & café, Market Rasen LN8 3UL; 01673 843840

Simon's Quality Butchers, Spilsby, PE23 5JT; 01790 754543

Uncle Henry's farm shop & café, Grayingham Grange Farm, Grayingham DN21 4JD;
01652 640308 or www.unclehenrys.co.uk

National Chains

Wetherspoon's mark GF items on their menus and have GF desserts; they now stock Estrella Galicia (5.5% ABV) a gluten-free lager from Spain.

M&S Cafés usually have gluten-free items.

Starbucks have gluten-free sandwiches.

Toby Carveries have gluten-free gravy and desserts.

'Sizzler' Pub Chain has GF menus.

Fayre & Square Pub/Restaurants now have gluten-free meals.

The Hungry Horse pub and restaurant chain have a gluten-free menu if you ask.

ASK Restaurants are now doing gluten-free pasta and have a gluten-free menu. You can just turn-up and order the pasta or you can pre-order and choose the sauce you want when you get there.

PREZZO are also advertising doing gluten-free pasta.

La Tasca (Spanish tapas bar & kitchen) have launched a new menu for their 70 restaurants throughout the UK which includes 18 gluten-free menu choices. 'Estrella Damm – Daura' gluten-free beer is now available at all the restaurants.