

# ESTONIA 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 to Estonia 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: Stockmann (Tallinn), Prisma, Selver, Coop stores, Solaris and even some Comarkets have gluten free foods. Most bigger supermarkets have either separate section for health or gluten free foods. Many bring out gluten free products with special labels close to normal retail price.

## Gluten free brands

Dr. Schar can be found practically in every chain. Other brands represented are Provena, Semper, Peak's Free From, Fria, Moilas, Organ, Nestle etc.

## Hotels/restaurants

Most hotels offer buffet style breakfast, but it is always recommended to inform the hotel ahead of your diagnosis. It is also important to emphasise that they have to be careful of cross-contamination because of coeliac disease. Some hotels offer gluten free bread or rice cakes for breakfast as well.

You can always contact the Estonian Coeliac Society for updated information about reliable places to eat in the region you are planning to visit.

## Local food

Smoked fish (suitsukala) should be gluten free. Most restaurants have menus in English.

## Allergen labelling

Subject to EU food labelling regulations.

- Gluten/Gluteen
- Oats/Kaer
- Rye/Rukis
- Flour/Jahu
- Barley/Oder
- Wheat/Nisu.

## Avoid

Wheat, barley, rye, and oats are all major parts of traditional Estonian cuisine and many dishes will contain gluten.

## Awareness

Coeliac disease awareness has improved in recent years, but it is still important for you to inform ahead of time hotels and restaurants about your special diet.

## Coeliac organisations

### Estonian Coeliac Society

Web: [www.tsoliakia.ee](http://www.tsoliakia.ee)



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.

Võin süüa kõike, mis ei sisalda nisu, rukist, otra või kaera ning kui toidu valmistamisel ei ole kasutatud eelnimetatud teravilju. Näiteks : puuviljad, juurviljad ka kartulid, liha, kala, riis, quinoa maisijahu.

### Supermarkets

Please can you advise me if you sell any gluten free products in your store? If not, please can you direct me to a store or health shop which may sell gluten free products?

Palun öelge mulle kas te müüte gluteenivabu tooteid. Kui ei, siis ehk oskate öelda, milline looduspood võiks selliseid tooteid müüa?

**Thank you for your help.**

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.



### 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.

Mul on haigus nimega tsöliaakia on mul väga range gluteenivaba dieet. Vastasel juhul võib mul hakata väga halb.

### 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.

Ma ei saa süüa nisu-, rukki-, odra- ja/või kaerajahust valmistatud toite ja tooteid. Näiteks: Sojakaste, makaronid, pasta, manna (vm jahvatud teravili), leib, koogid, küpsetised.

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

Palun veenduge, et minu toit oleks gluteenivaba ning valmistamisel ei ole kasutatud riivsaia ega paneeringut.

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

Palun öelge mulle, milliseid toite võin kindlalt süüa teie restoranis/hotellis? Andke palun teada, kui te pole kindlad kas tegu on gluteenivabalt valmistatud toitudega või mitte.

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](http://www.coeliac.org.uk)