

Sevenoaks Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

February 2020
Edition 50

Sevenoaks
Local Group



Branch Committee

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**AGM &
Cookery Demonstration
Saturday 25th April 2020
2.00pm to 4pm**

See page 4

Note from the Editors

Dear Reader

Welcome to the 50th edition of Talkabout.

Please note that we have started a new list of places to eat which is printed at the end of this newsletter. Where there is no such information, we would be grateful for any up to date details and some description of any of the eateries mentioned. The same applies to the old list, see note ahead of the listing.

We hope you enjoy this edition of Talkabout and hope to see you at one of the forthcoming events.

Andrew and Rosemarie – The Editors

Sevenoaks Area Coeliac Group

Your Help is still needed!

Do you enjoy Saturday coffee?

Have you benefitted from discussions at Saturday coffee?

Do you attend Saturday coffee when you can?

If the answer is yes, could you think about lending a hand?

There is no need to attend personally every month. We just need someone to make contact with other 'willing helpers' to ensure there is a welcoming face at each coffee morning.

Please get in contact if you can help - fi.turnbull@talktalk.net

Forthcoming Events

Please come along to one of our events. We look forward to seeing you soon.

AGM – Saturday 25th April 2020 2.00pm to 4pm at Otford Methodist Church Hall

A cookery demonstration will be given by Paul from The Red Lion near Faversham (see new list of places to eat). Please can we invite you, in advance, to let us have any questions you may have for Paul.

We shall have the silent table top auction of unwanted gifts/goods again, with bids in multiples' of 50p, because we cannot hold a raffle at Otford Methodist Church as this is classed as gambling.

Coffee Morning - Third Saturday of every month

15 th February 2020	Tunbridge Wells
21 st March 2020	Sevenoaks
18 th April 2020	Tunbridge Wells
16 th May 2020	Sevenoaks

If you are newly diagnosed and want to find out more, this is a very relaxed way to meet with other coeliacs to share ideas and have a chat. We welcome everybody who is affected by this condition or is interested in finding out more about it.

We meet between 10.00am - 11.30am at alternate locations each month. One month at Sainsbury's Café in Sevenoaks (Otford Road, TN14 5EG) and the next month in Sainsbury's Café in Tunbridge Wells (on Linden Park Road, TN2 5QL, just off the A26 Eridge Road).

We look forward to seeing you soon - look out for the Crossed Grain magazine on the table.

May we ask those who submitted any recommendations, or have tried any of the places listed below, to validate that they are still OK. Would you also be able to put a brief comment alongside the recommendation, such as 'gastro pub', 'excellent pub food', 'homely cooking' etc to give others an indication of what they might expect. As always, please let us know if you would like to add new restaurants to the list.

RECOMMENDATIONS from members of places for eating out

- Bricklayers Arms, Chipstead – very popular, need to book early
- Weatherspoons, Crowborough
- Goudhurst Inn, Goudhurst – lovely roast
- Teal Café, Hildenborough
- Salters Fish and Chips, High Street, Tonbridge – gluten free offered on Monday nights
- The White Rock, Underriver (landlord/restauranteur is Coeliac)
- Bucks Head, Godden Green
- The George and Dragon, Chipstead
- The Barley Mow, Tandridge (also does gf snacks like steak sandwiches at lunch time)
- The Ghurkha, Woodcock Inn, 186 London Road, East Grinstead (very good Nepalese meals, most of which are gf)
- The Pizza Express Chain
- Cote Restaurants
- Hattusa, Turkish (Sevenoaks and Tunbridge Wells)
- Prezzo Chain
- Zizzis – they have a reasonable selection of gf food
- Indigo, One Aldwych, London (for a special treat of entirely gf meals)
- Gluten free lager, available at The Oak Tree Pub, Sevenoaks High Street
- Gluten free ales from the Westerham Brewery, all of which are gf and available at Majestic in Sevenoaks. Westerham Brewery do social evenings and cater for Coeliacs with gf pizza and their range of drinks.

- Very tasty bread from the Incredible Bakery company is available at the Organic Health Shop, High Street, Tunbridge Wells and from <https://www.incrediblebakerycompany.co.uk/> The red quinoa loaf has been particularly recommended by one of our members.

'Ranasbakeries' products are stocked by Foodies Delicatessen, 40 Camden Road, Tunbridge Wells

Here are some of a member's favourite restaurants around Sevenoaks: <https://en-gb.facebook.com/pages/category/Seafood-Restaurant/St-Johns-Fish-Bar-222163574496422/> St Johns Fish and Chips in Tunbridge Wells – you can eat in if you like

<http://www.thaipadoxted.co.uk/> Thai Pad Oxted

<http://www.deepbluerestaurants.com/oxted/menu/home-delivery.html>
Deep Blue Oxted

<https://www.phocafe.co.uk/> numerous locations in London

<http://www.italiancotto.co.uk/> Cotto London

<https://www.pizzahut.co.uk/restaurants/find-a-hut/london/strand/> Pizzahut London – conveniently near Charing Cross station

THANK YOU to everybody for their recommendations; more please!

A WORD OF WARNING re national groups offering gf food. Please be aware that large chains are only as good as their staff. Cross contamination can be caused in large scale preparations. While in Birmingham, a pizza/pasta place was offering me gf food. However, as the pizza would have been placed on the pizza peel, which would have previously been used on non gf pizzas, to go into and out of the oven, I decided to opt for the pasta. To be confident, I had to ask whether the pasta would be cooked in a fresh saucepan not one already in use!

Please also see notes on next page which lists some new places to try.

- 1) The Vine, Goudhurst (Pub), The High St, Goudhurst TN17 1AG
01580 211 105
Pretty village, country walks nearby. A deposit is required when booking. GF menus can be found online.
- 2) The Rose and Crown, Mundy Bois Road, Mundy Bois, nr. Pluckley,
Ashford Kent TN27 0ST Menus can be found online.
- 3) The Red Lion, Ashford Rd, Badlesmere, Faversham ME13 0NX
01233 740 309
GF menu ~ ONLY Gluten Free food served. Recommended by Fiona. I am planning a visit myself as the online menu looks wonderful. Maybe we should plan a group get-together for a day out?
- 4) The Nevill Crest & Gun, Eridge Rd, Eridge, Tunbridge Wells
TN3 9JR 01892 864 209 Nice country setting, people go there for a meal after a ramble. GF menu online.
- 5) The Goudhurst Inn, Cranbrook Rd, Goudhurst TN17 1DX
01580 211 451
Nice country views from the grounds. GF menu not online but they were able to offer me several dishes which were enjoyable.
- 6) Borders Restaurant, High Rocks, High Rocks Lane, Tunbridge
Wells TN3 9JJ 01892 515 532
Menu online and most dishes are GF. Dined there recently, excellent food but service long winded on this occasion.
- 7) The White Rock Inn, Underriver, Sevenoaks TN15 0SB
01732 833 112 Landlord/Restaurateur is Coeliac. Wide range of specials, incl GF and vegan, recommended by one of our members.



Talkabout

Sevenoaks Area Coeliac Group

<https://www.coeliac.org.uk/local-groups/sevenoaks>

Please send your letters or enquiries to:

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