

Gluten Free Eateries & Resources

Table of Contents:

Restaurant Guide 2-7

- American 2-3
- Asian 3
- Bakeries 3-4
- Café's 4-5
- Mexican/Spanish 5-6
- Mixed 6
- Italian 6-7
- Food truck 7

Special Interest 8

Grocery Stores 8-9

Websites 9

Books 9

Meal Kit Companies 9

Disclosure:

These are gluten free restaurants, eateries, and resources that have been shared by families and patients, according to own personal experiences. However it's important to investigate on your own. Enjoy!



Gluten Free Eateries & Resources

American Cuisine

Blue Moon Burgers (multiple locations)

Fremont

703 North 34th Street, Seattle WA, 98138
(206) 547-1907

Capital Hill

523 Broadway East, Seattle, WA 98102
(206) 325-200

Alki

2504 Alki Ave SW, Seattle, WA 98116
(206) 457- 4398

<http://bluemoonburgers.com/>

Bob's Burgers

Multiple locations

<https://www.bobsburgersandbrew.com/>

Bonefish Grill

Multiple locations in Tri Cities

<https://www.bonefishgrill.com/>

The Brooklyn

1212 2nd Ave, Seattle, WA 98101
(206) 224-7000

<http://www.thebrooklyn.com/>

The Hardware store

17601 Vashon Highway SW, Vashon, WA 98070

*GF fish and chips and fried chicken, Very celiac and allergy friendly

<http://thsrestaurant.com/>

Naked City Brewery and Tapouse

8564 Greenwood Ave N, Seattle, WA 98103
(206) 838-6299

848 N. Sunrise Blvd. E101-201, Camano Island, WA 98282

<https://drink.nakedcity.beer>

Pomegranate Bistro

18005 NE 68th St, Redmond, WA 98052
(425) 556-5972

<https://pomegranatebistro.com/>

Public Coast Brewing

264 E 3rd St, Cannon Beach, OR 97110
(503) 436-0285

*Almost every item on the menu is available in a GF version

<http://publiccoastbrewing.com/>

Outback Steakhouse

Multiple locations

<https://www.outback.com/>

Red Robin

Many locations

*Ask to talk to Manager and they will bring you a GF menu and remind kitchen to change gloves.

<https://www.redrobin.com/allergen-customizer.html>

Gluten Free Eateries & Resources

Asian Cuisine

BOL Pho Bistro

918 NE 64th St, Seattle WA 98115
(206) 397- 4782

*Gluten Free menu including spring rolls and classic Pho Bowls. Request GF hoisin sauce, GF bread for bahn mi Vietnamese sandwiches.

<http://www.bolseattle.com/>

PF Changs

Multiple locations

*Gluten free menu available

<https://www.pfchangs.com>

Than Brother's Pho

Multiple locations

*request no cream puffs when ordering and do not use the plum sauce

<http://www.thanbrothers.com/>

Snappy Dragon

8917 Roosevelt Way NE, Seattle WA 98115
(206) 528 – 5575

*Chinese – Not dedicated to GF but they have GF menu including GF soy sauce

<http://www.snappydragon.com/>

SuKhoThai

15045 Bel-Red Rd, Bellevue, WA 98007
(425)401-0823

www.sukhothaibellevue.com

Wild Ginger

Seattle

1401 Third Avenue, Seattle WA 98101
(206) 623-4450

Bellevue

508 Bellevue Way NE, Bellevue WA 98004
(206) 495-8889

*Pan Asian, GF friendly

<http://www.wildginger.net/>

Bakeries

Cinnamon Works

1536 Pike Pl, Seattle, WA 98101
(206) 583-0085

<https://cinnamonworks.com/>

Flying Apron

FREMONT

3510 Fremont Ave N, Seattle, WA 98103
(206) 442-1115 ext.3

REDMOND

16541 Redmond Wat Ste E, Redmond, WA 98052

(206) 442-1115 ext.4

*Dedicated Gluten Free Facility. Bakery and Café

<http://www.flyingapron.com/>

Gluten Free Eateries & Resources

Gluten Free Angel's Bakery

4260 Cordata Pkway, Ste 101, Bellingham, WA 98226

(360) 922-0933

<http://www.glutenfreeangelsbakery.com/>

Guilt Free Goodness

14957 N Kelsey St, Monroe, WA 98272

(360) 794-5266

<http://theguiltfreegoodness.com/>

Hidden Valley Bakery

45 Terminal Loop Road, Suite 7, Walla Walla, WA 99362

(509) 386-3460

*this bakery often has gluten free croissants

Find on facebook, no website

Jenny Mae's Gluten Free Bakery

730 N 16th Ave #2, Yakima, WA 98902

(509) 833-5096

<http://www.jennymaes.com/>

Jodee's Desserts

7214 Woodlawn Ave NE, Seattle WA

(206) 525-2900

<https://www.jodeesdesserts.com/>

Niche

808 12th Ave at Columbia, Seattle, WA 98122

(206) 999-2801

<https://www.nicheseattle.com/>

Nuflours Bakery

518 15th Ave E, Seattle, WA

(206) 395-4623

*Dedicated gluten free and peanut free bakery

<https://www.nuflours.com/>

Olivia Superfree

*Wholesale only, search for stores near you with products below

<https://www.oliviasuperfree.com/new-page-1/>

SweetCakes Bakery

128 Park Ln, Kirkland, WA 98033

(425) 822-6565

<http://www.sweetcakeskirkland.com/>

Wildflour Bakery

13600 NE 20th Street, Suite B, Bellevue, WA 98005

(425) 765-6115

<https://www.wildflourglutenfree.com>

Gluten Free Eateries & Resources

Café's

5 b's Bakery

45597 Main St, Concrete, WA 98237

(360) 853-8700

<https://5bsbakery.com/>

Blue Saucer Café

9127 Roosevelt Way NE, Seattle, WA 98115

(206) 453-4955

<https://www.bluesaucer.com/>

Café Flora

2901 E Madison St, Seattle WA 98112

(206) 325-9100

* Menus change regularly to keep up with the seasons. We offer vegetarian, vegan, and gluten-free menu items.

<http://cafeflora.com/>

Chaco Canyon Organic Café

West Seattle

3770 SW Alaska Street, Seattle, WA 98126

(206) 937-8732

University District

47557 12th Ave NE, Seattle, WA 98105

(206) 522-6966

Greenwood

8404 Greenwood Ave N, Seattle WA, 98103

(206) 708-7418

<http://www.chacocanyoncafe.com/>

HeartBeet Organic Superfood Café

1026 NE 65th St, Seattle WA 98115

(206) 525-0300

*Dedicated GF facility. GF menu, Smoothies, breakfast, lunch, dinner

<https://www.heartbeethealthy.com/>

Portage Bay Café

Roosevelt

4130 Roosevelt Way NE, Seattle, WA 98105

(206) – 547-8230

Sixty-fifth

900 NE 65th St, Seattle, WA 98115

(206) 529-3252

Ballard

2821 NW Market St, Seattle, WA 98107

(206) 783-1547

South lake union

391 Terry Ave N, Seattle, WA 98109

(206) 469-6400

* GF brunch items, small selection, dedicated separate cooking area.

<http://www.portagebaycafe.com/>

Sweetgrass Food Co

1923 7th Ave, Seattle WA 98101

(206) 602-6656

*Mainly GF with special consideration for Celiac and other dietary restrictions

<https://sweetgrassfoodco.com/>

Starbucks

Multiple locations

Gluten Free Eateries & Resources

* Made in a certified GF facility and sealed. Make sure they do not remove from packaging when warming

<https://www.starbucks.com/>

Waffles Café

Yakima

1510 N 1st St, Yakima, WA 98901

(509) 571-0920

<http://places.singleplatform.com/waffles-cafe/menu>

Mexican/Spanish Cuisine

Cactus

Multiple Locations (Alki, South Lake Union, Madison Park, Bellevue Square, Kirkland)

*Gluten Free menu available.

<http://www.cactusrestaurants.com>

Chavez

1734 12th Ave E, Seattle, WA 98122

(206) 695-2588

*Mexican. Entire menu is almost GF. Celiac friendly

<https://chavezrestaurants.com/>

Chipotle

Multiple locations

WEST SEATTLE

4730 California Ave SW A, Seattle, WA 98116

(206) 932-5993

* Great about washing hands and changing gloves use foil to prevent cross contaminating

from flour wraps etc. always careful at this location has been our experience.

<https://www.chipotle.com/>

Itto's Tapas

4160 California Ave SW, Seattle, WA

(206) 932-5039

*Moroccan and Spanish Tapas, Menu can be gluten free or vegan

<http://www.ittostapas.com/>

Mixed Cuisines

Capital Cider

818 E Pike St, Seattle, WA 98122

(206) 397-3564

*Dedicated Gluten Free and Peanut Free kitchen

<http://capitolcider.com/>

Great Northwest Soup Co.

340 Westlake Ave N, Seattle, WA 98109

(206) 420-8351

1201 Eastlake Ave, Seattle, WA 98102

(206)420-8351

1323 4th Ave, Seattle, WA 98101

(206)859-6498

<https://www.greatnwsoupcompany.com/>

Ghostfish Brewing Company

2942 1st Ave S, Seattle, WA 98134

Gluten Free Eateries & Resources

(206) 397-3898

*Gluten Free kitchen and brewing

<http://ghostfishbrewing.com/retailers/>

The Melting Pot

Multiple locations

<https://www.meltingpot.com/>

Red Mango

Multiple Locations

<http://www.redmangousa.com/>

Revolve True Food and Wine Bar

10024 Main St, Bothell WA 98011

(425) 287-6420

*Tapas Style menu is GF, grain Free, non GMO, organic and local whenever possible

<http://revolvefoodwine.com/>

The Commons

14481 Woodinville-Redmond Rd NE,
Woodinville, WA 98072

(425) 892-7012

*Gluten free sandwiches, breakfast/brunch options

<http://www.thecommonscafe.com/>

Trumpeter Public House

416 Myrtle Street, Mount Vernon, WA

(360) 588-4515

*pub style food, fish and chips

<http://www.trumpeterpublichouse.com/>

Italian Cuisine

Elemental Pizza

2630 NE University Village St, Seattle, WA
98105

(206) 524-4930

*Gluten free crusts

<https://elementalpizza.com/>

Garlic Jim's Pizza

Multiple locations

*GF crusts available

<https://garlicjims.com/>

Italianissimo Ristorante

15608 NE Woodinville Duvall Pl, Woodinville,
WA 98072

(425) 485-6888

*GF Dinner Menu

<http://www.italianissimoristorante.com/>

Jet City Pizza

Multiple locations

*GF crusts available

<http://www.jetcitypizza.com/>

Everett Marina

Gluten Free Eateries & Resources

(425) 252-1886

*GF Lunch and Dinner Menu

Razzi's Pizzeria

8523 Greenwood Ave N, Seattle WA 98103

(206) 782-9005

<http://www.razzispizza.com/>

Spiro's Pizza and Pasta

3108 Harborview Dr, Gig Harbor, WA 98335

(253) 851-9200

<http://spiroonline.com/>

Tulio

1100 5th Ave, Seattle, WA 98101

(206) 624-5500

<http://www.tulio.com/>

Varlamos Pizzeria

3617 NE 45th St, Seattle WA 98105

(206) 522-8515

*GF crust available and celiac friendly if discussed with manager

<http://varlamospizza.com/>

ZAW Take & Bake

Multiple locations Queen Anne, West Seattle

*Dedicated area for production of GF pizza crust and sauces, sealed airtight for delivery

<http://zaw.com/>

Food Trucks

Food Truck - I love my GFF

Visit website for location, calendar available on website

<http://www.ilovemygff.com/>

<https://www.bobsredmill.com/gluten-free.html/>

Freshly Delivery Service

*Accommodates a variety of dietary needs. Gluten and peanut free facility

<https://www.freshly.com/>

Special Interests

Bob's Red Mill Store and Restaurant

5000 SE International Way, Milwaukie OR 97222

(503) 607-6455

*Dedicated GF facility for GF products. Restaurant has many GF options

The Gluten Free Bar

(616) 755-8432

Protein bars and snacks

*dedicated GF facility

<http://www.theglutenfreebar.com/>

Gluten Free Eateries & Resources

Grocery Stores:

Albertsons

<http://www.albertsons.com/#1>

Central Market

<http://central-market.com/>

Bellingham Community Food Co-op

<http://communityfood.coop/>

Fred Meyer

<https://www.fredmeyer.com/>

Olympia Food Co-op

<https://olympiafood.coop/>

PCC Natural Markets

<https://www.pccmarkets.com/>

QFC

<https://www.qfc.com/>

Red Apple Market

<http://www.redapplemarkets.com/>

Safeway

<http://www.safeway.com/>

Huckleberry's Natural Market -Spokane

<http://www.huckleberrysnaturalmarket.com/>

Janell's Gluten Free Market - Everett

<http://www.janellsglutenfreemarket.com/>

Marlene's Market & Deli - Tacoma

<https://www.marlenesmarket-deli.com/>

Metropolitan Market

<https://metropolitan-market.com/>

Nature's Market - Kent

http://www.naturesmarketkent.com/retailer/store_templates/shell_id_1.asp?storeID=UA8WNBEXC6SR2NM700AKHLBD3LBFDN6

Sage Mountain Natural Foods – Leavenworth

<http://www.sagemtn.com/>

Trader Joes

<https://www.traderjoes.com/>

Whole Foods

<http://www.wholefoodsmarket.com/>

Websites

<https://www.whole-sisters.com/>

*Healthy GF recipes

Gluten Free Eateries & Resources

Gluten Free on a Shoestring blog

<https://glutenfreeonashoestring.com/>

Best Gluten free Restaurants in Seattle

https://urldefense.proofpoint.com/v2/url?u=https-3A_theculturetrip.com_north-2Damerica_usa_washington_articles_the-2Dbest-2Dgluten-2Dfree-2Drestaurants-2Din-2Dseattle_&d=DwIFAg&c=aBkXpkKi7gN5fe5MqrMaN-VmRugaRb1IDRfSv2xVRy0&r=1A_eyO_-uZYc5CpXPapoX_a-ZKoE_U0Cb8wOI2XwrS8&m=ScvXBrpnAqlwFKoGXH21cnB4ya80_Z92u3N1KeNYEQw&s=Mw1eI90in2MLcOcDijFRmWUjSq2UyocYcQARG5xQByU&e=

Books:

Gluten-Free Baking (Cooking Light)

Gluten-Free Classic Snacks (Nicole Hunn)

Gluten-Free cookbook (Cooking Light)

Gluten-Free Quick & Easy (Carol Fenster)

Gluten-Free on a Shoestring (Nicole Hunn)

Gluten-Free on a Shoestring Bakes Bread (Nicole Hunn)

The How Can It Be Gluten Free cookbook (America's Test Kitchen)

The How Can It Be Gluten Free cookbook: Volume 2 (America's Test Kitchen)

The Gluten-Free Gourmet Cooks Fast and Healthy (Bette Hagman)

Meal Kit Companies:

Green Chef:

Receive Gluten Free meals at your home. First GF certified company

https://urldefense.proofpoint.com/v2/url?u=https-3A_blog.greenchef.com_2017_10_10_gluten-2Dfree_&d=DwICAg&c=aBkXpkKi7gN5fe5MqrMaN-VmRugaRb1IDRfSv2xVRy0&r=p4evg5bTFT86gPvl4elGkcxL0eHWacmWq-q-3hvBx4&m=NDgYf0nYXHpp3LqS00AWmoc-pCgUWGXMD9V6jKMYCW0&s=VufdNh2DY22IikiDBsHUNZHhRN3AhlG6ND0PBqohtYJ4&e=