



Eating Out with Celiac Disease

A Local Restaurant Guide for Gluten-Free Eating

For more information about Gluten free dining visit: <http://www.glutenfreerestaurants.org/>

The following restaurants & café's offer a gluten-free menu:

Dover:	Little Bay Baking Company	Weeksie's Pizza
Newington:	Bugaboo Creek Uno Chicago Grill Olive Garden	Outback Fresh City
Portsmouth:	Popovers on the Square Anello's Café (gluten free pastries)	Flatbread Pizza

Every Wednesday, there are gluten-free pastries at the following stores/café's

Dover:	Dover Natural Market Place
Durham:	Tastes of New England
Portsmouth:	Caffe Kilim



Tips for Eating Away from Home

1. Select a restaurant where there is not a communication barrier because you will have to discuss your needs with the waiter and chef.
2. Try to eat away from home at times when the restaurant is less busy so your important dietary needs can be met.
3. Explain your condition "celiac disease" and "gluten-free" diet so the waiter and or chef is aware of your needs
4. Always inquire about cooking methods as well as specific ingredients.
5. Request that foods be cooked on using clean pots and pans.
6. Always be sure to confirm that you have a "special" meal, so that you can be reassured that you have received the right plate.
7. Avoid fried foods cooked with oil because there may be gluten in the oil (cross contamination).