

GLUTEN FRIENDLY WINNIPEG RESTAURANTS

(RECOMMENDED BY CCA MANITOBA CHAPTER MEMBERS)

Please keep in mind that this information is based on the experiences of members. Always check with your server, chef and restaurant manager to ensure you are comfortable with their ability to provide a gluten free meal.

Amici's 326 Broadway Ave 943-4997 www.amiciwpg.com High end Italian
Menu items can be modified.

Baked Expectations 161 Osborne St 452-5176
www.bakedexpectations.ca
Knowledgeable staff, carry some gluten-free desserts.

Bellisimo Restaurant and Lounge 1-877 Waverley St 489-0495
Gluten free rice pasta, risotto, and a gluten free dessert.

Billabong Bar & Bistro (The) 121 Osborne St 452-1019
Knowledgeable and can adapt a meal. Offers gluten free pumpkin soup. Salads, shrimp, muscles, lamb shank can all be modified for gluten free.

Bistro 71/4 725 Osborne St 777-2525 www.sevenandaquarter.ca
Chef Alexander Svenne works in an open kitchen so you can speak directly to him. Very helpful and willing to accommodate CD needs. Tends to use other starches, and not flour, as thickeners. Soup of the day is usually Gluten Free. Always has a flourless cake.

Boston Pizza www.bostonpizza.com
8 locations in Winnipeg
Also in Brandon, Dauphin, Morden, Portage la Prairie, Selkirk, Thompson
Can accommodate.

Bread and Circuses Bakery and Café 238 Lilac St 477-4555
Has gluten free bread on certain day.

Buccacos Cucina Italiana 150 Osborne St. 452-8251
www.buccacos.com
Gluten free pasta, beers and dessert. All pasta sauces do not have gluten. Two desserts listed as GF on menu.

Café Carlo B- 243 Lilac St 477-5544 www.cafecarlo.com

Gluten free pasta and dessert. Advertises on their door can accommodate gluten free. Able to adapt most of their menu to make it gluten free. Do not charge extra for gf pasta. Knowledgeable about gluten.

Chamberlyns Shops of Winnipeg Square 943-8885 www.fae-wpg.com/chamberlyns/chamberlyns.htm

Able to provide chicken and vegetable dish.

Chez Cora www.chezcora.com 340 Provencher 928-1204; 1-840 Waverley 928-1200

Make things on a clean grill or pan.

Chop Steak and Fish Bar 1750 Sargeant (near Airport) 788-2015

Can accommodate gluten free meals.

Clay Oven www.clayovenrestaurant.ca

Two locations: 240-1600 Kenaston Blvd 888-2529 and 1825 Inkster Blvd. (Near Keewatin) 204-942-2529

Menu of chicken, lamb, goat, seafood, vegetarian and vegan dishes, as well as a selection of sweets and desserts. Authentic East Indian cooking in a casual, family-friendly environment.

Dandelion Eatery 2-230 Osborne St. (by Pembina & Osborne close to downtown) 453-5755 www.dandelioneatery.com

Eatery is excellent for GF. The restaurant is attached to the Organza organic grocery store.

Dessert Sinsations 505 St. Mary Avenue (next to the Winnipeg Art Gallery)

Winnipeg, Manitoba, Canada 284-4661 This little quaint restaurant provides excellent service and is most accommodating to allergy needs plus the food is incredible.

Eat! Bistro 274 Garry St 949-1231 www.eatbistro.ca candace@eatbistro.ca

Gluten free menu on line and on website advertises as Celiac friendly. Does Gluten Free Nite at least twice a month and beginning January 2010 will offer one Saturday nite a month Gluten Free Nite. Can be put on Email list for Gluten Free Nites. Child friendly gluten free meals.

Empress of China Unit N-1050 Henderson Hwy (Rossmere Shopping Centre) 334-9700

They will adapt recipes provided you call in advance, day ahead and request that gluten free meat dishes be ordered. The meats are then marinated in a gluten free marinade. Just about anything can be made gluten-free. Try the spring rolls. Open 7 days a week, lunch and dinner (no lunch Saturdays).

Fude Inspired Cuisine and Wine Bar 303-99 Osborne St 284-3833
Online menu has a celiac food section. Open Tues-Sat. dinners only

Gasthaus Gutenberger 2583 Portage Ave 888-3133 www.gasthaus-gutenberger.com

German cuisine has gluten free bread, call a few days ahead to ensure bread is available. Homemade GF Bratwurst. GF Beer. Open 7 days a week lunch and dinner (no lunch Saturdays).

Hu's on First

3rd floor, One Portage Ave E 98-ASIAN www.husonfirstasianbistro.ca online menu

Restaurant has a separate card listing its gluten free items as well as the items that can be made gluten free. Open 7 days a week lunch and dinner (no lunch Saturday and Sunday).

In Ferno's Bistro, 312 DesMeurons (St. Boniface) 262-7400.

www.infernosbistro.com online menu info@infernosbistro.com

French Cuisine food and service is excellent. Their prices are very reasonable compared to many other restaurants in the city. Reservations recommended. Knowledgeable about gluten.

Ira's Deli C-111 Lombard Ave 949-1116 www.irasdeli.com close to downtown

Ivory Restaurant 100-200 Main St 944-1600 www.ivoryrestaurant.ca

Meat dishes dressed with almonds, pistachios, cashews and raisins, a fusion between Indian and Middle Eastern cultures. Has an extensive dinner buffet, which offers a mix of meat and vegetarian dishes.

Joey's Grill Lounge Patio

Two locations:

635 St. James St 339-(JOEY) 5639

1550 Kenaston Boulevard 477-(JOEY) 5639

www.joeyrestaurant.com

Kelsey's www.kelseys.ca/en/ourMenu/Nutrition_Chart.pdf

Winnipeg locations

655 Empress St 783-1200

1629 Kenaston Blvd 489-1489

1582 Regent Ave 668-6689

Chain with online and onsite menu identifying gluten free items (limited choice).

La Fiesta Cafecito and Bakery Unit M 730 St. Anne's Road (St. Vital) 257-

7108 www.lafiestacafecito.com

Hispanic/Central American food

La Grotto Mediterranean Food Market Waverley and Taylor
Flourless chocolate cake square, devilled eggs and more.

Le Garage Cafe 166 Provencher Blvd. 237-0737
Casual eatery. Scheduled late music.

Mise Restaurant 842 Corydon Ave 284-7916 www.miserestaurant.com online menu.
Canadian Regional Dining. Open Tuesday to Sunday Lunch and Dinner. Gluten free pasta and dessert available.

Mona Lisa Ristorante 1697 Corydon Ave 488-3687
www.fae-wpg.com/monalisa/monalisa.htm
They have a GF menu for pasta (additional charge) and pizzas. There is a wine tasting bar connected to the restaurant called La Cantina where they serve pizza only.

Mondragon Bookstore & Coffee House 91 Albert St. 946-5241
Vegan Café & Bookstore has a GF menu, All day breakfast plus soups, salads, sandwiches.

Mongo's Grill 1570 Regent 786-666, 1721 Kenaston 488-1001
A healthy & interesting restaurant with a gluten-free menu.

Montanas Cookhouse www.montanas.ca
Winnipeg Locations:
665 Empress St 789-9939
1574 Regent Ave 668-2723
1221 St. Mary's Rd 254-2128
823 - 18th St North, Brandon 204-726-5656
Chain with a gluten free menu including appetizers, soups, salads, entrees and a dessert

One Night in Bangkok 207 Edmonton St 777-0888.
Thai food.

Pasquales Restaurant and Pizzeria 109 Marion St 231-1403
<http://www.pasqualesrest.com>

Park Tower Restaurant Unit 1 - 2015 Portage Ave 889-4271

Pizza Hotline multiple locations now offers gluten free vegetarian pizzas 222-2222

Pizza Pizza national chain two locations: 2677 Pembina Hwy 475-1111; 1873 Portage Ave 957-1111
Gluten free pizza available from vegetarian, Hawaiian, two meat, chicken.

Prairie Ink Restaurants <http://www.mcnallyrobinson.com/restaurant>
Inside McNally Robinson Book Store (Grant Park Shopping Centre)
GF dishes clearly marked on menu includes chocolate chip cookies & pecan squares.

Sabai Thai Eatery 1113 Corydon Ave. 888-6508

Salisbury House Pembina & Stafford 453-6404
Manager, Jennifer can accommodate GFneeds.

Sam's Place Coffeehouse 159 Henderson Hwy.
Soups, salads, creamy baked potato with farmer sausage, bison chili are gluten free. Teen friendly. Limited hours.

Shaing-Bo Restaurant Limited 784 Notre Dame Ave. 775-3577 or 775-4616
Knowledgeable about gluten free as one of the owners is a dietitian

STEP'N OUT sur le boulevard 157 Provencher Blvd (St. Boniface)
www.stepnout.ca 956-STEP (7837)
Cuisine is French, Italian, and Asian. Gluten free knowledgeable.

The Keg www.kegsteakhouse.com
Winnipeg Locations:
115 Garry St 942-7619 close to downtown
2553 Portage Ave 885-5275
2034 McGillivray Blvd 477-5300
1836 Brandon Ave, Brandon 725-4223
Chain with an online menu that does not identify gluten free items

Tony Romas Famous For Ribs www.tonyromas.com
Winnipeg Locations:
656 St. James St 949-9426
1500 Pembina Hwy 477-5195
1212 Nairn Ave 668-7995
All rib sauces are gluten free.

Velvet Glove 2 Lombard Place Fairmont Hotel, 985-6255
High end dining, has gluten free rice bread, very accommodating, knowledgeable.

Wasabi on Broadway 588 Broadway 774-4328
GF available on request.

Zesto's Subs & Wraps 3334 Portage Ave 8320-5966
Carries GF pizza, toasty subs, toast & jam, smoothies.

Rural Manitoba
Eriksdale Inn in Eriksdale

Gluten Free Products available at:

Bulk Barn

Flours, other items gf.

Lorenzo's Specialty Foods, Ltd.

1060 St. Mary's Rd. 253-1300

www.lorenzofoods.ca

Everything in store is gf.

Marvins Food Store

4-271 Grassie Blvd. 661-0891

Meyers Drugs Ltd.

483 William Ave. 943-1466 www.meyersdrugs.com email meyersd@mts.net

Largest selection gf products.

Organza

230 Osborne St. 453-6266