

DUBAI 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 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

Lulu's, Carrefour & Spinney's, Hyperpanda, Organic Foods & Café, Waitrose, Almaya, Choithrans, Milk & Honey, Holland & Barrett, Organic market (Dubai mall). There isn't always a dedicated Free From aisle so products will be mixed in with general items.

Bakeries

Sweet Connection (Mercato Mall), Skinny Gennie available in RAW, The Archive, Caribou Coffee and Caffé Nero.

Gluten free brands

Skinny Gennie

Online ordering

www.glutenfree-supermarket.ae

Local food

Gluten free pasta is available in many restaurants.

Hotels and restaurants

Most four and five star hotels are aware of coeliac disease and the gluten free diet and should be able to cater for you as long as you explain about your dietary needs in advance. If in doubt ask the chef for assistance. Most restaurants connected to hotels should be able to cater for you as long as you phone in advance and let them know you are coming.

Allergen labelling

There is no reliable food labelling in Dubai so please check products very carefully.

Awareness

Although there is no general awareness of coeliac disease in Dubai, chefs in the large hotels are well informed. You may wish to take snacks as a precaution. However, it is still important to ensure that you are well prepared before you travel.

Useful Contact

www.glutenfreeuae.com





wa an-waa-i-hi (various types of meat) wa as sa-mak, bi sharT an-laa yut-bakh ma al-qamH aw 'ajeenat al-qaly al-masnu'a min al-laban aw al-bayd ilaa aa-kh-i-ri-hi aw fu-taa-tal khub-zi aw as-Sal-sala.

استطع ان اأكل الرز والذرة والبطاطا وكل أنواع الفاكهة و
الخضار و البيض و الاحبان والخبز و اللحم و انواعه و
السمك. بشرط ان لا يطبخ مع القمح او عجينة القلي المصنوعة
من اللبن او البيض الخ او قنات الخبز او الصلصة

I have special gluten free bread - please could you put this in your microwave for a few seconds until it is warmed through?

La-day-ya khubz khaa-lee min 'Gluten'. Min fad-lik, hal tas-ta-Tee-U an ta-Da-U-hu fil mee-kroo-wave li bA-Dil tha-waa-nee hat-taa yus-bi-hu saa-khi-nan?

اذا يوجد لديك شك في الطعام وما يحتوي عليه، احترني من
فضلك

Visit 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.



coeliacuk
live well **gluten free**

0333 332 2033

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by guarantee in England and Wales
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www.coeliac.org.uk

Useful phrases Restaurants

I suffer from an illness called coeliac disease and have to follow a strict gluten free diet.

La-day-ya ma-ra-Dun, is-mu-hu Coeliac/See-li-yaak, wa ya-ji-bu alay-ya an ut-ta-bi-A himya-tan Saa-ri-ma-tan khaa-li-ya min Gluten

لدي مرض اسمه 'سيلياك' ويجب علي ان اتبع حمية
صارمة 'خالية من غلوتين'

I may therefore become very ill if I eat food containing flours or grains of wheat, rye, barley and oats.

I-zaa a-kal-tu al Qam-Ha aw al jaw-daar aw al-sha'eer aw ash-shoo-faan sawfa AsbaHu ma-ree-Dan.

اذا اكلت القمح او الحنظل
او الشعير او الشوفان، سوف اصبح مريضا

Does this food contain flour or grains of wheat, rye, barley or oats?

Hal yoo-jad fee haa-za at-Ta-aa-mu QamH aw ay-yi naw-In min an-waa-i-hi?

هل يوجد في هذا الطعام قمح او اى نوع من انواعه

If you are at all uncertain about what the food contains, please tell me.

Izaa yoo-jad la-day ka shak fil-Ta 'aam wa maa yaH-ta-wee 'alay-hi, akh-bir-nee min faD-lik.

اذا يوجد لديك شك في الطعام وما يحتوي عليه، احترني من
فضلك

I can eat food containing rice, maize, potatoes, all kinds of vegetables and fruit, eggs, cheese, milk, meat and fish – as long as they are not cooked with wheat flour, batter, breadcrumbs or sauce.

As-ta-Tee-u an aa-ku-la ar-ruz waz-zura wal ba-Taa-Ta wa kul-la an-waa ul faa-ki-ha wal-khu-Daar wal bayD wal aj-baan (various types of cheese) wal ha-leeb wal-la-Ham

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.