

IRELAND 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

Large supermarkets include: Dunnes Stores, Superquinn, Tesco, Supervalu, Fresh and some Centra and Eurospar shops. Also try health food stores and pharmacies.

Gluten free brands

Gluten Free Foods, Juvela, Mulligans, Odlums, OK Foods, Procelli, Orgran, Village Bakery, Kelkin, Barkat, Little Poland, Giusto, Livwell, Honeybuns, Hodgins, Black Farmer and Green's Beers.

Hotel and restaurants

Contact the Coeliac Society of Ireland who will be able to give you a list of restaurants that can cater for those with coeliac disease (please note that these venues are not vetted by the Society, but recommended by Members who have had positive experiences).

Local food

Try baked potatoes, grilled plain fish (check that it is not dusted with flour), roast meats and poultry without gravy or stuffing and omelettes. Gluten free options are marked on the menu at some restaurants.

Allergen labelling

Subject to EU food labelling regulations.

Avoid

Soups can be thickened with flour, served with croutons, pearl barley or dumplings. Minestrone soup will have spaghetti included.

Stir fries, meat loaves, cottage pie, meat and vegetable pies, terrines, sweet and sour dishes, hash browns, pate, scotch eggs and croquettes can all contain hidden gluten.

Check meringues are not made from a mix and ice cream is a gluten free variety.

Commercially made lemon curd and mincemeat usually contain gluten.

Awareness

Coeliac disease is relatively common in Ireland and gluten free foods are routinely available.

Coeliac organisations

Coeliac Society of Ireland
Carmichael House, 4 North Brunswick Street, Dublin
7, Ireland

Web: www.coeliac.ie
Email: info@coeliac.ie
Phone: 00 353 1 872 1471
Facebook: @CoeliacSocIreland



Information for restaurants when eating out

I have coeliac disease, an autoimmune disease caused by intolerance to gluten.

I need to completely avoid gluten. Even a single crumb from food containing gluten can be enough to make me ill, so please be sure to check ingredient lists and be wary of cross contamination.

Please ask me if you have any questions. Coeliac disease can be easy to manage so long as my requirements are understood by all staff. Thank you.

Manage cross contamination by:

- Wiping down surfaces after use to avoid gluten contamination
- cleaning pots and pans with soap and water before using for gluten free food
- using separate bread boards to keep gluten free and gluten containing breads separate
- using a separate toaster for gluten free bread
- using different utensils when using butter and other condiments.

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.



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.

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