



Gluten Free Dining in the Twin Cities

DISCLAIMER: This is not an exhaustive list. Note that menu items, gluten free accommodations and locations may change over time. Please inquire about current celiac accommodations before dining.

BAKERIES (all designated gluten free)

- Atuvava Bakery
- Hold the Wheat
- SIFT Bakery; *(also peanut, soy and oat free)*
- Hark! Café
- Nomemade
- Mixing It Up

FAST FOOD (all offer gluten free options but not dedicated gluten free)

- Chick-fil-A
- Chipotle
- Culvers
- Five Guys Burger and Fries
- Freshii
- Jersey Mike's
- Smashburger
- Wendy's

SIT DOWN DINING

Dedicated Gluten Free

- BRIM
- Colita
- Olivia's Organic Café
- Randy's Pizza
- Twig's
- Urban Forage Winery
- Where's The Flour?

Gluten Free Options (not dedicated facility)

- Axel's Restaurant and Bonfire Wood Fire Cooking
- Brasa Premium Rotisserie

- Biaggi's Ristorante Italiano
- Big Bowl
- Chianti Grill
- Crave
- Cravings Wine Bar and Grille
- Davanni's
- Doolittle's
- Fogo de Chao Brazilian Steakhouse
- French Meadow Bakery & Café
- HAI HAI
- Hola Arepa
- Khaluna
- Mad Jacks Sports Café
- Mill Valley Kitchen
- Namaste café
- Olive Garden
- Orchid
- Outback Steakhouse
- Pazzaluna
- Pei Wei
- People's Organic
- P.F. Chang's
- Pizza Hut
- Pizza Luce
- Pub 819
- Red Cow
- Red Robin
- Restaurant Alma
- Ronnally's
- Sonora Grill
- Sunshine Factory Bar & Grill
- The Capital Grille
- Tria
- Twin City Grill
- Wildfire
- The Wild Hare
- Wok in the Park
- ZZQ Smokehouse

OTHER (all dedicated gluten free)

- Auntie M's Food Truck; *schedule on website at auntimgf.com*
- Burning Brothers Brewing; *gluten free food truck options*
- Luv Ice Cream
- Milkweed
- Nautical Bowls
- Tailor Made Nutrition; *grocery and supplement store*