



## COELIAC SOCIETY OF IRELAND - ACCOMMODATION AND RESTAURANT GUIDE



Questa è la lista completa delle strutture che contengono menù per celiaci, a cura della **Coeliac Society of Ireland**, diffusa da **Irlandando.it**

Contact	Accommodation	Address		County	Tel	Email
Norma Walsh	Ard-na-Greine Garnish House	Ballinascarthy Western Road	Clonakilty Cork City	Co. Cork Co. Cork	021 27511	
Kay O'Donovan Mary Scully	Dunderg B&B "Havana" Manor House Hotel	38 Westgate Rd, Bishopstown Carrigfadda Kildea	Cork City Skibbereen Enniskillen	Co. Cork Co. Cork Co. Fermanagh	021 5543078 028 21148	
Kitty Brosnan	Aibhainn Mhor Newlands Country House	Sevenhouses	Cloghane Kilkenny	Co. Kerry Co. Kilkenny	066 38211 056 29111	
Brid Fitzpatrick Joe Greensmith	Glenraha Farmhouse B&B	Belclare	Mullinavat Westport	Co. Kilkenny Co. Mayo	051-898423	
Gloria and Allen Proby (Coeliac son) Janice Conboy	Riverfield Farmhouse "Autumn Leaf"	Inch 41 St Lawrence Road	Gorey Clontarf	Co. Wexford Dublin 3	0402 37232 01 8337519	<a href="http://www.riverfieldfarmhouse.ie">www.riverfieldfarmhouse.ie</a>
Teresa O'Dea (mother and daughter coeliac)	"Karaun House"	Stradbally	Clarenbridge	Co. Galway	091 796182	<a href="http://www.go.to/karaun">www.go.to/karaun</a>
Comment	Restaurants	Address		County	Tel	Email
<b>Carlow</b>						
Gluten free orange cake	Arboretum Bewleys Restaurant Café Monde Devereux Restaurant Dinn Ri Hotel	Garden Centre Superquinn Shopping Centre 52-54 Tullow street	Carlow Carlow Carlow Carlow Carlow	Co. Carlow Co. Carlow Co. Carlow Co. Carlow Co. Carlow	0503 35920	
Chips/Fries are gluten free	Buzz's Bar		Carlow	Co. Carlow		
Members of Society - Gluten-free meals, cakes and breads	Bewleys Restaurant Rathwood Home, Gift & Garden World The Green Drake Inn	Rath Borris	Carlow Tullow Borris	Co. Carlow Co. Carlow Co. Carlow	059 9156285	<a href="mailto:info@rathwood.com">info@rathwood.com</a>
<b>Clare</b>						
Contact Rita Meade for homemade g/f in advance	"Berry Lodge" Gallaghers The Old Ground Hotel	Quilty	Bunratty Village Ennis	Co. Clare Co. Clare Co. Clare		
<b>Cavan</b>						
Coffee shop with gluten free lunches daily Neven Maguire (celebrity chef) will identify g/f options on menu All sauces are g/f, serve g/f breads also Paul O'Dowd, owner/chef will make g/f sauces etc without notice making gluten free bread	Planet Earth McNean's Bistro The Old Post PoloD's The Mason Apron	Main Street	Bailieborough Blacklion Cloverhill Ballyconnell Virginia	Co. Cavan Co. Cavan Co. Cavan Co. Cavan Co. Cavan		

<b>Cork</b>						
Gluten free bread, very knowledgeable and accommodating	Mossies		Adrigole	Co. Cork		
	Lemongrass Restaurant	Main Street	Ballincollig	Co. Cork		
Understanding and accommodating	The Plaza		Ballincollig	Co. Cork	021 4876070	
Great home cooking, owner helpful re g/f	Sibin Bar & Restaurant	Near Baltimore	Baltimore	Co. Cork		
Uses chick pea flour, most items g/free	Anarkali Indian Restaurant	6 North Main Street	Bandon	Co. Cork	023-29762	
gluten free pizzas	Padraigins Pizzas		Bandon	Co. Cork		
Deli, stock g/f ready meals and pates	Urru	Bandon Town	Bandon	Co. Cork		
	Organico Café and Bakery		Bantry	Co. Cork		
	O'Connors Seafood Restaurant		Bantry	Co. Cork		
	Royal Pacific Chinese Restaurant		Carrigaline	Co. Cork		
Potato and corn flour used in all except 1 item on menu	East Ocean Chinese Restaurant		Charleville	Co. Cork	063 89129	
Bakes gluten free Scones & Brown & White Bread. Run/Owned by Charleville and District Association for the Handicapped	The Forge Coffee Shop	Broad Street	Charleville	Co. Cork	063 89252	
Friendly and accommodating	Dunmore Hotel		Clonakilty	Co. Cork	023 33352	
	The Malt House	Granary, Ashe Street	Clonakilty	Co. Cork		
	Bennigan's	Mahon Point Shopping Centre	Cork City	Co. Cork		
	Aroma	Emmett Place	Cork City	Co. Cork		
	Café Bar Deli	Academy Street	Cork City	Co. Cork		
Vegetarian Restaurant also aware of g/free requirements	Café Paradiso		Cork City	Co. Cork		
	Captains Table	South Gate Bridge	Cork City	Co. Cork		
	Chinese Ambassador Restaurant	Cook St	Cork City	Co. Cork		
	Curran's Restaurant	Adelaide Street	Cork City	Co. Cork		
	East Village	Douglas	Cork City	Co. Cork		
	Great Southern Hotel	Cork Airport	Cork City	Co. Cork		
	Green's	McCurtain Street	Cork City	Co. Cork		
Gluten free fresh home made bread in baskets - 5* Hotel	Hayfield Manor Hotel	off College road	Cork City	Co. Cork		
	Issacs	McCurtain Street	Cork City	Co. Cork		
Very Accommodating and will adjust any dish to suit	La Gourmandaise	17 Cook Street	Cork City	Co. Cork	021-4251959	
	Luigi Malone's	Emmet Place	Cork City	Co. Cork		
	Luyan Briar Rose	Douglas	Cork City	Co. Cork		
G/F Chocolate & Fruit Cakes/Sandwiches/Breakfast/lunch/Deserts.	Munchies Gourmet Coffee House	Lower Patrick's Street	Cork City	Co. Cork	025-33653	
	Probabys Bistro	Probabys Quay	Cork City	Co. Cork		
	Proby's Bistro	Crosses Green	Cork City	Co. Cork		
Gluten Free Pizza	Scoozi's	City Centre	Cork City	Co. Cork	021 4275077	
	Table 8	Carey's Lane	Cork City	Co. Cork		
Contact Margaret O'Regan	The Marina	Unit 3, Marine Commercial Pk	Cork City	Co. Cork	021-4319398	
Vegetarian with similar menus to Cornucopia in Dublin	The Quay Co-Op (beside Fás)	across from Grand Parade	Cork City	Co. Cork		
	Wild Ways Restaurant	21 Princes St	Cork City	Co. Cork		
Contact Audrey Cronin	Zing's, Maryborough House Hotel	Douglas	Cork City	Co. Cork		
	Aroma	Waterfront	Crosshaven	Co. Cork		
They serve several gluten-free items but always check with your waiter for what is gf on the day. The menu indicates what is gf but may not be up to date	Barry's	Douglas	Cork	Co. Cork		
G/F Lunch menu including cottage pie, lasagne, quiche, & scones	Griffins Garden Centre		Dripsey	Co. Cork	021 7334286	griffinsgardencentre@eircom.net
Jason Hogan has a Catering List	Munchies Gourmet Coffee House*	St Patrick	Fermoy	Co. Cork		
Sympathetic and knowledgeable	The Barn Restaurant		Glanmire	Co. Cork	<a href="http://www.thebarn.ie">www.thebarn.ie</a>	<a href="mailto:thebarn@iol.ie">thebarn@iol.ie</a>
Friendly Staff give g/f options	The Rising Tide Restaurant & Bar		Glounthaune	Co. Cork		
	Pink Elephant	Harbour View	Kilbrittain	Co. Cork		
Lovely meals and will provide g/free if given notice	Casino House		Kilbrittain	Co. Cork	023 49944	
	Laura and David Peare, Quay Food Co.	Market Quay			477 4000	
Very Aware, phone in advance, delicious food including g/f gravy	Jim Edwards Restaurant		Kinsale	Co. Cork		
Gluten free section on menu	White Lady Restaurant		Kinsale	Co. Cork	021 4772737	
	Le Bistro Restaurant		Midleton	Co. Cork		
Homemade Brown Bread & Cakes, Fresh Tues & Fri - ring ahead	Nibbles Bakery		Millstreet	Co. Cork		
G/f items in fridge - soup, scones etc. - contact Anne	O'Callaghans		Mitchelstown	Co. Cork		
	Monkstown Golf Club		Monkstown	Co. Cork		
Caters for Coeliacs	The Bosun		Monkstown	Co. Cork	021 4842172	

Very good with sauces , had a coeliac family member	The Elm Tree	Glounthaune	Outside Glanmire	Co. Cork		
Cafe & Restaurant	Ballymalloe House		Shanagarry	Co. Cork		
Chef will adjust food, delicious fresh food even fish cakes g/f	Kalibos	48 North Street	Skibbereen	Co. Cork	028-21515	
Very accommodating	Mary Ann's	Castletownshend	Skibbereen	Co. Cork	028-36146	
	Celtic Ross Hotel		Rosscarbery	Co. Cork		
Chef very helpful, always tries to accommodate	Steven's Bistro		Rosscarbery	Co. Cork		
<b>Donegal</b>						
Chef has Coeliac family	Ballyliffen Golf Course	Near to	Carndonagh	Co. Donegal		
	Ostann Loch Altan	Gortnahork	Donegal	Co. Donegal		
	Pier 1 Restaurant,	Quay Street	Donegal	Co. Donegal		
	Muck'n'Muffins		Dunfanaghy	Co. Donegal		
Coeliac Waitress	Highland Hotel		Glenties	Co. Donegal		
Andrew Cape - owner - does g/free breads etc.	Simple Simon Coffee Shop		Letterkenny	Co. Donegal	074 9122382	
<b>Dublin</b>						
	Fillers café	Newton Park	Blackrock	Co. Dublin		
Cater very well, manager has friend with condition	Playwright Pub Restaurant		Blackrock	Co. Dublin		
	Rita Macari, Earico's Italian Restaurant	Main St.	Blackrock	Co. Dublin		
	McDonaghs Outback		Dalkey	Co. Dublin		
making gluten free pizzas and pasta on premises	Pasta Castellós	The Mall	Donabate	Co. Dublin		
	Clarion hotel		Dublin Airport	Co. Dublin		
	Cafe Mao	The Pavillion	Dun Laoghaire	Co. Dublin		
	La Toscana	Ashbourne		Co. Dublin		
Fresh Gluten Free Bread sometimes in stock for sale	Roly's	The Pavillion		Co. Dublin		
	Janet's Coffee House Deli	70 Upper George's Street	Dun Laoghaire	Co. Dublin	No.: 663 6871 Fax No.: 663 6870.	
G/F options on menu	The Purty Kitchen		Dun Laoghaire	Co. Dublin		
Chef Aware - g-f sauces, soups & gravies	Weirs Pub		Dun Laoghaire	Co. Dublin		
Menu very Coeliac Friendly	Brasserie na Mara	Harbour Road	Dun Laoire	Co. Dublin	01 2806767	
Very Coeliac friendly, will cook your own g/f pasta on request	Casa Pasta		Howth	Co. Dublin		
Breads, soups and sauces which are gluten free	Bewleys Restaurant	Leopardstown Racecourse	Leopardstown	Co. Dublin		
Gluten Free Pizza & Pasta available - Italian Chef with Coeliac family	Prego's	Ballyowen Shopping Centre	Lucan	Co. Dublin	01 6109119	<a href="http://www.pregos.ie">www.pregos.ie</a>
G/f Pasta & other options available - same Chef as Prego's	La Banca	Lucan Village	Lucan	Co. Dublin		
	Breakers		Malahide	Co. Dublin	01 628 2400	<a href="http://www.labanca.ie">www.labanca.ie</a>
4 g/f Cakes on Menu	Cafe Provence		Malahide	Co. Dublin		
Owner's uncle Coeliac, very knowledgeable re diet/contamination	Cape Greco		Malahide	Co. Dublin		
Gluten free cookies	Gardenworks		Malahide	Co. Dublin		
Check about Soy Sauce!	Siam Thai		Malahide	Co. Dublin		
	Pan Thai		Salthill	Co. Dublin		
	Shiva , indian Restaurant	Strand Street	Skerries	Co. Dublin	01 8106060	
Aware & cooks gluten free pasta if you bring it - check first how busy	Pappagallo's Pizzeria	Stillorgan Grove by Beach Club	Stillorgan	Co. Dublin		
Accommodating & said to have g/f soy sauce	China Schezuan		Stillorgan	Co. Dublin		
	In Cafe	Airside Ind Park	Swords	Co. Dublin		
	Arnotts Resturant	Arnotts stores	Henry Street	Dublin 1		
	Bangers & Mash	The Epucurean Food Hall Centre	Lr Liffey St	Dublin 1		
Cater very well with g/f breads	Chapter One	Parnell Square		Dublin 1		
Gluten free cookies	Clery's Café	Clery's Department Store	O'Connell Street	Dublin 1		
G/f options and will adapt some meals to suit, staff knowledgeable. Open 9 - 4pm or 4.30pm on Thurs & Sat	Debenhams Restaurant	Debenhams Store	Jervis Street S.C.	Dublin 1		
	Dublin City Gallery The Hugh Lane - Café					
	Restaurant,	Charlemont House,	Parnell Square North	Dublin 1		
	Flanagans Restaurant	O'Connell Street		Dublin 1		
Gluten free bagels, soups, cookies	Itsa Bagel	Epucurean Food Centre	Middle Abbey Street	Dublin 1		
GF Buckwheat crepes and fillings	Lemon Crepe & Coffee Co.	Liffey Street		Dublin 1		
Selling Buckwheat crepes and g/f waffles	Millis	Epucurean Food Centre	Middle Abbey Street	Dublin 1		
Don't use flour in any dishes so many suitable for coeliacs	101 Talbot	101 Talbot Street		Dublin 1	01 874 5011	
Chocolate soup	Roches Store			Dublin 1		
Gluten free soups and rice cakes	Soup Dragon	Capel Street	Near Bridge end	Dublin 1		
	The Prince Chinese Restaurant	112 Middle Abbey St	City Centre	Dublin 1		

brilliant for a dinner or lunch	Wynns hotel	Lr Abbey st	City Centre	Dublin 1		
G/F options on menu	Botanics Garden Café	Botanic Gardens	Glasnevin	Dublin 11		
	Café Mao	Dundrum Civic Square	Dundrum	Dublin 14		
	Paul Rankin Café		Dundrum	Dublin 14		
Soup and some main courses are normally gluten free	Airfield Trust	Upper Kilmacud Road	Dundrum	Dublin 14		
Gluten free cookies	Gardenworks		Clonee	Dublin 15		
Very accommodating	Trentino's		Castleknock	Dublin 15		
Take away only, quite aware of the condition	Blazing Salads	Drury Street	City Centre	Dublin 2		
Gluten Free Pasta on menu	Café Bar Deli	12/13 George's Street	City Centre	Dublin 2		
Very Coeliac friendly, many dishes g/f	Captain America's	44 Grafton Street	City Centre	Dublin 2		
	Cellar Bar Restaurant	Merrion Hotel	Merion Street	Dublin 2		
indonesian restaurant	Chameleon Restaurant	Temple Bar	City Centre	Dublin 2		
	Cobra Restaurant	Lesson Street	City Centre	Dublin 2		
	Conrad Hotel	earlsfort terrace	City Centre	Dublin 2		
Its vegetarian but their Soup is really nice and they have freshly baked GF Bread	Cornucopia	Wicklow Street	City Centre	Dublin 2		
Eden	Eden	Temple Bar	City Centre	Dublin 2		
	Eddie Rockets	South Anne St	City Centre	Dublin 2		
Items marked on menu with a C that are suitable	Ely Restaurant	Ely Place	City Centre	Dublin 2		
	Fitzers Restaurant	Temple Bar	City Centre	Dublin 2		
	Gotham Café	South Anne Street	City Centre	Dublin 2		
Gluten free bagels, soups, cookies	Itsa Bagel	Fitzwilliam Lane	City Centre	Dublin 2		
Gluten free items on menu, including scones & lunches	Kilkenny Shop	Nassau Street	City Centre	Dublin 2		
	La Med	Temple Bar	City Centre	Dublin 2	01 6611919	<a href="mailto:enquiries@lecrivain.com">enquiries@lecrivain.com</a>
	LangKawi Restaurant	Bagott Street	City Centre	Dublin 2		
Can adjust dishes to suit, g/f bread provided	L'Ecrivain	109a Lower Baggot Street	City Centre	Dublin 2		
Gluten free crepes	Lemon (Restaurant)	66 South William St.	City Centre	Dublin 2		
	Little Caesar's Palace	1/3 Balfe Street	City Centre	Dublin 2		
	Millis Crepes	The Epicurean food Hall Centre	Lt Liffey St	Dublin 2		
Café Mao	Café Mao	2-3 Chatham Row	City Centre	Dublin 2		
	Hairy Lemon Resturant	Corner of Georges	City Centre	Dublin 2		
<b>Dublin Cont'd</b>						
	Lemon Resturant	51 Dawson Street	City Centre	Dublin 2		
Ring in advance before to turn up	Pasta Fresca	2-4 Chatham St	City Centre	Dublin 2		
	Pad Thai	Bagott Street	City Centre	Dublin 2		
	Sixty-6 Brasserie	66/67 South Great Georges Street	City Centre	Dublin 2		
Some gluten free soups on menu - good for lunch	The Bench	Lower Baggot St	City Centre	Dublin 2		
	The Busy Bean	Molesworth Street	City Centre	Dublin 2		
	The Chilli Club	Anne's Lane	off St Anne's St	Dublin 2		
	Trastevere	Temple Bar	City Centre	Dublin 2	01 6708343	<a href="mailto:info@trastevere.ie">info@trastevere.ie</a>
	Trocadero	Andrew Street	City Centre	Dublin 2	01 6719113	
	Tyrrelstown Hotel called May Che		City Centre	Dublin 2		
	Eliza Blues Restaurants	23 - 24 Wellington Quay	Temple Bar	Dublin 2		
	Yamamori	71 - 72 South Great Georges Stree	City Centre	Dublin 2		
	Wagamama / Restaurant Dublin 2	off Grafton Street	City Centre	Dublin 2		
	Palmerstown House Pub		Palmerstown	Dublin 20		
Some coeliac friendly items on menu	Arc Café Bar	Liffey Valley S.C.	Clondalkin	Dublin 22	01 6207003	<a href="http://www.arcbar.net">www.arcbar.net</a>
Gluten Free menus - in all branches	Lemongrass Restaurants	Liffey Valley S.C.	Clondalkin	Dublin 22		
	Starbucks	Unit 21 Liffey Valley shopping centre	Clondalkin	Dublin 22		
Very accommodating & knowledgeable	Red Cow Moran's Hotel		Naas Road	Dublin 22	01 4593650	<a href="http://www.redcowhotel.com">www.redcowhotel.com</a>
	Victoria Chinese Restaurant	4 Main Street	Clondalkin	Dublin 22		
Waitress is Coeliac, very knowledgeable and variety of choices	Dev's	The Square S.C.	Tallaght	Dublin 24		
Gluten Free Meals	Fox's Covett	Main Street	Tallaght	Dublin 24		
Have the Catering List	Bahay kubo*	14 Bath Avenue	Sandymount	Dublin 4		
	La Peniche Restaurant	barge on the Grand Canal, docked at Mespil Rd		Dublin 4		
Coeliac Chef Rosemary Kearney has trained staff in all aspects of cross-contamination.	O'Connells Restaurant	Bewley's Hotel	Ballsbridge	Dublin 4	01 647 3304	
	Orange Square	7 Lr Baggot Street	Ballsbridge	Dublin 4		

Owner is Coeliac	Roly's Bistro		Ballsbridge	Dublin 4	01 668 2611	
	Andersons Creperie	Carlingford Rd.	Drumcondra	Dublin 9		
Chef knowledgeable, gluten free item on menu	The Courtyard		Donnybrook	Dublin 4		
	Mario's Italian Restaurant		Sandymount	Dublin 4		
Uses Potato Starch but check Soya Sauce	Wongs Chinese Restaurant		Clontarf	Dublin 5		
	Wongs Chinese Restaurant		Ranelagh	Dublin 6		
Very accommodating and have g/f desert 'warm choc almond tart'	The Ivy Court		Rathgar	Dublin 6		
Note on menu saying it caters for coeliacs	Howards Way Restaurant		Rathgar	Dublin 6		
Sauces made from fresh tomatoes and onions	Manifesto		Rathmines	Dublin 6		
G/F options on menu or can adapt meals to suit	Toast		Rathmines	Dublin 6		
	Vermillion Restaurant	94/96 Terenure Road North		Dublin 6W		
	La Belle Vita	143 A Phisboro Road		Dublin 7	01-8601340	
Gluten Menu - aware of cross contamination - do cater for parties	The Gala Kitchen	49 Francis Street	(off ChristChurch)	Dublin 8	01 4544912	
	ZAO Restaurant	96B Omnipark Shopping Centre, Swoe	Santry	Dublin 9		
	Aurora Asian Cuisine	Tyrrelstown Town Centre	Tyrrelstown	Dublin 15		
<b>Galway</b>						
Gluten-free Pizza - Take Away - aware of cross contamination	Pinochios	Society Street	Ballinasloe	Co. Galway		
Have a Catering List	An Sciobal*		Ballinasloe	Co. Galway		
	Donnelly's of Barna		Barna	Co. Galway		
One staff member Coeliac, great understanding of requirements	The Old Schoolhouse Restaurant		Clarinbridge	Co. Galway	091 796898	
Contact Mrs. Sally Casey	T. Murphy, Woodlands Hote	off the Square, Main St.	Clifton	Co. Galway		
	Burkes Mount Gable		Clonbur	Co. Galway		
Caters for gluten free diets.	Masters Restaurant, Galway Greyhound Stadium	College Road	Galway City	Co. Galway	1890 550550	
	Camelot	Dominick Street	Galway City	Co. Galway		
	Cooks Restaurant	Upper Abbeygate Street	Galway City	Co. Galway	091-568203	
Gluten Free options including Chocolate Gooey Pudding	Delight Restaurant and Bakery	Abbeygate Street	Galway City	Co. Galway		
	McSwiggans Restaurant	Woodquay	Galway City	Co. Galway		
	Gemelles	Quay Street	Galway City	Co. Galway		
G/Free items marked with C, many choices, service good	Quays Street Wine Bar & Restaurant	Quay Street	Galway City	Co. Galway		
	Martines Restaurant	Quay Street	Galway City	Co. Galway		
May not have a restaurant still. To be confirmed...	Harbour Hotel	New Docks	Galway City	Co. Galway		
	Kilkenny Shop	High Street	Galway City	Co. Galway		
	Kirby's	Cross Street	Galway City	Co. Galway		
	Lynch's Café	Shop Street	Galway City	Co. Galway		
	Malt House	High Street	Galway City	Co. Galway		
Very accommodating even if you don't ring in advance	McSwiggans	3 Eyre square	Galway City	Co. Galway	091-568917	
Gluten Free menu	The Living Room Bar	Bridge Street	Galway City	Co. Galway	091 563804	<a href="http://www.thelivingroom.ie">www.thelivingroom.ie</a>
<b>Galway Cont'd</b>						
	Park House Hotel	Foster Street	Galway City	Co. Galway		
	Quays Bar	Quay Street	Galway City	Co. Galway		
Sauces, Dressings & Deserts gluten free	Schooners on the Bay	Salthill	Galway City	Co. Galway		
	Vina Mara Restaurant	19 Middle Street	Galway City	Co. Galway	091-561610	
	Westwood Hotel	Newcastle	Galway City	Co. Galway		
G/free bread, relish and other options suitable	King's Head	Shop Street	Galway City	Co. Galway		
	Delight Health Cafes, Kingfisher Swimming Clu	Renmore	Galway	Co. Galway		
Knowledgeable	Galway Bay Hotel	Salthill	Galway	Co. Galway		
	Salthill Hotel	Salthill	Galway	Co. Galway		
			Kilcolgan	Co. Galway		
	An Sciobol Restaurant		Monivea	Co. Galway		
Very accommodating, chef aware of gluten free requirements	Galway Bay Golf Resort		Oranmore	Co. Galway		

<b>Kerry</b>						
Very accommodating, no flour in sauces, GF sausages and baking	Bacus Bistro	Main Street	Kenmare	Co. Kerry		
Sauces thickened with cornflour - check soy sauce	Gleneagles Hotel		Killarney	Co. Kerry		
Very accommodating	Good Friends Thai Restaurant	New Street	Killarney	Co. Kerry		
Very accommodating	Ned Natterjacks		Castlegregory	Co. Kerry		
Tim McCarthy - owner - cater for coeliacs, ring ahead	Spillanes	Outside Village, towards Pier	Castlegregory	Co. Kerry		
Gluten free bread avail, ring ahead - Paul & Laura Walker	The Chart House		Dingle	Co. Kerry	066 9152255	
	The Wild Banks	Main Street	Dingle	Co. Kerry	066 9152888	
	Ballyseede Castle		Tralee	Co. Kerry		
	Manor West Hotel		Tralee	Co. Kerry		
<b>Kerry Cont'd</b>						
	Chapter Forty Restaurant,	40 New Street	Killarney	Co. Kerry		
	Good friends Chinise restaurant	Killarney	Killarney	Co. Kerry		
Italian Restaurant with gluten free pasta	Robertinos	High Street	Killarney	Co. Kerry		
Gluten free items on menu	The Granary	New Street	Killarney	Co. Kerry		
Gluten free gravies	Main Restaurant	Hotel Europe	Outside Killarney	Co. Kerry		
	Harmony Resturant (Chinise)	Kilorglin	Kilorglin	Co. Kerry		
Recommended, nice restaurant	Packies	Henry Street	Kenmare	Co. Kerry	064 41508	
	Horse Shoe Bar & Grill	Henry Street	Kenmare	Co. Kerry		
Recommended, nice restaurant	The Limetree		Kenmare	Co. Kerry		
	La Scala		Tralee	Co. Kerry		
	Le Bistro		Tralee	Co. Kerry	066 7118808	
	Restaurant David Norris		Tralee	Co. Kerry	066 7185654	
Cater for gluten free diets	The Meadowlands Hotel		Tralee	Co. Kerry	066-7180444	www.meadowlands-hotel.com
	Vals Bistro		Tralee	Co. Kerry		
	Ballygarry House Hotel	Killarney	Tralee	Co. Kerry	066 7123322	info@ballygarryhouse.com
Well aware of condition	O' Connors		Clahane	Co. Kerry		
All sauces wheat free, highly accommodating	The Moorings		Portmagee	Co. Kerry		
Very accommodating	The Bridge Bar		Portmagee	Co. Kerry		
	Parknasilla Hotel		Sneem	Co. Kerry		
<b>Kildare</b>						
Has the Catering List	The Bay Tree Restaurant *	4 Stanhope Street	Athy	Co. Kildare	059 8641819	
	Untitled Bistro		Athy	Co. Kildare		
	Johnstown House Hotel		Johnstown	Co. Kildare		
French restaurant - don't use flour in sauces	Annamars		Kildare Town	Co. Kildare	045 522899	
	Lemongrass Restaurants		Maynooth	Co. Kildare		
	Alice's Restaurant	5 Moat Mall	Naas	Co. kildare		
	Lemongrass Restaurants		Naas	Co. Kildare		
	Keadeen Hotel		Newbridge	Co. Kildare		
Delicious gluten free curries	Nun's Kitchen	Killashee House Hotel	Outside Naas	Co. Kildare		
<b>Kilkenny</b>						
Gluten Free Friendly	Fleva Restaurant		Kilkenny	Co. Kilkenny	056 7770021	
G/f menu	Kilkenny Ormonde Hotel		Kilkenny	Co. Kilkenny		
	Lau Trecc	Kieran Street	Kilkenny	Co. Kilkenny		
	Lyrath Estate Hotel	Dublin Road	Kilkenny	Co. Kilkenny		
	Rivercourt Hotel		Kilkenny	Co. Kilkenny	056 7723388	
Aileen & Seamus Kennedy - gluten free lunches	The Tea Shop	Patrick's Street	Kilkenny	Co. Kilkenny		
<b>Laois</b>						
<b>baking on premises</b>	Jims kitchen & foodhall	Hynds Square	Portlaoise	Co. Laois		
Knowledgeable	The Heritage Hotel		Portlaoise	Co. Laois		
Gluten Free Bread, Sauces are gluten free	The Kitchen		Portlaoise	Co. Laois		
Gluten Free options including bread and sausages for breakfast	The Court		Stradbally	Co. Laois		

<b>Leitrim</b>					
Very coeliac friendly	The Bush Hotel		Carrick on Shannon	Co. Leitrim	
<b>Limerick</b>					
Gluten Free Bread & Cornflakes & items on menu	Woodlands House Hotel		Adare	Co. Limerick	www.woodlands-hotel.ie
Gluten Free menus	Tommy Mac's Bistro	Fitzgerald Woodlands House Hotel	Adare	Co. Limerick	
G/F options on menu	Penz Restaurant	Ballycummin Village	Raheen	Co. Limerick	061 273330
	Café Bar Deli	Thomas Street	Limerick	Co. Limerick	
Separate Gluten Free menu on request	Luigi Malone's	O'Connell Street	Limerick	Co. Limerick	
Will provide fresh gluten free bread	Castletroy Park Hotel Restaurant	Dublin Road	Limerick	Co. Limerick	061 335566
<b>Louth</b>					
Chef's wife is Coeliac	Glenside Inn	Julianstown	Drogheda	Co. Louth	
<b>Mayo</b>					
	Ardmore Restaurant	The Quay	Westport	Co. Mayo	
Chef has Coeliac family	Beleek Castle		Ballina	Co. Mayo	021 4316363
All gravies and sauces gluten free	Belmount Hotel		Knock	Co. Mayo	
Very helpful, chef made up suitable sauce and discussed options	Mangos		Westport	Co. Mayo	
Knowledgeable and accommodating	Ridgepool Hotel		Ballina	Co. Mayo	
	The Everest	South Mall	Westport	Co. Mayo	
Recommended by member, was looked after with diet	Westport Plaza		Westport	Co. Mayo	
<b>Meath</b>					
Gluten Free pasta with notice, many dishes suitable, ask for g/f menu	La Bucca	Main Street	Ashbourne	Co. Meath	
g/f rolls etc. with platters and salads	Cork's Wine Bar	Hunter's Court	Ashbourne	Co. Meath	
	Eatzen in Ashbourne- Chinese Resturant	Unit 4 Building 3B	Ashbourne Town C	Co. Meath	
making gluten free wraps and sandwiches	Mortons Cafe	Beside Supervalu	Dunshaughlin	Co. Meath	
Steaks and chips cooked on separate grills/friers	Ryan's Pub & Restaurant		Ratoath	Co. Meath	
<b>Monaghan</b>					
	Nuremore Hotel		Carrickmacross	Co. Monaghan	
<b>Offaly</b>					
Very knowledgeable, adjusted meals to suit g/f, G/f bread avail.	Tullamore Court Hotel		Tullamore	Co. Offaly	
Homemade g/f bread can be provided (give notice)	Bridge House Hotel		Tullamore	Co. Offaly	
<b>Roscommon</b>					
gf bread and chocolate muffins	Comfy Café	Main Street	Roscommon	Co. Roscommon	
Bakes GF breads and GF Porridge	Mary Cooney's B & B	Cesh Corran in Boyle	Roscommon	Co. Roscommon	
<b>Sligo</b>					
Accommodating but always Ring beforehand	The Radisson Hotel		Ballinac	Co. Sligo	
Accommodating but always Ring beforehand	The Yeats Tavern		Drumcliffe	Co. Sligo	
Accommodating & has small bakery with g/f bread - telephone Joe	The Waterfront		Rosses Point	Co. Sligo	071 9177122
	Café Bar Deli	near St Stephen's	Sligo	Co. Sligo	
Always cook special pepper sauce etc if asked	Fiddlers Creek	Rockwood Parade	Sligo	Co. Sligo	071 9141866
Very nice but rich food, but bring eating out card	Montmart		Sligo	Co. Sligo	071 9169901
Tell Waiter if you are Coeliac	Poppadoms		Sligo	Co. Sligo	
Very Helpful	Riverside Hotel		Sligo	Co. Sligo	
Helpful	Sligo Park Hotel	Pearse Road	Sligo	Co. Sligo	071 9160291
Accommodating but always Ring beforehand	The Coach Restaurant	Lord Edward Street	Sligo	Co. Sligo	
Helpful	The Embassy Restaurant	J.F. Kennedy Parade	Sligo	Co. Sligo	071 9161250
<b>Tipperary</b>					
	Rivershouse Restaurant		Cahir	Co. Tipperary	
	Cashel Palace		Cashel	Co. Tipperary	
	Angela's Restaurant		Clonmel	Co. Tipperary	
	Niamh's Restaurant	Mitchel Street	Clonmel	Co. Tipperary	
	Tierneys Restaurant		Clonmel	Co. Tipperary	
Deli restaurant	Emily Sayers	Burke St.	Fethard	Co. Tipperary	

Contact Ailish & Enda Hennessy	Fiach Country House Restaurant	Boulearea, Knock	Roscrea	Co. Tipperary	0505 43107	
<b>Waterford</b>						
G/f Friendly	The Shamrock Restaurant The Ship Asilia	4 O'Connell Street	Dungarvan	Co. Waterford	058 42242	
	O'Gradys	Cork Road	Tramore	Co. Waterford		
Chef Aware	Ard Ri Hotel		Waterford	Co. Waterford	051 378851	
GF pizza and Pasta	Expresso	Parnell Street	Waterford City	Co. Waterford		51874141
	Jurys Hotel		Waterford City	Co. Waterford		
G/f pasta - check ahead if in stock if not you can bring your own	La Palma (Italian Restaurant)	Parnell Street	Waterford City	Co. Waterford	051 879823	
Many dishes suitable for Coeliacs	The Wine Vault		Waterford City	Co. Waterford		
Manager is coeliac, knowledgeable and accommodating	Bodéga Restaurant	54 John Street	Waterford City	Co. Waterford	051 844177	
Knowledgeable and accommodating, many dishes suitable	Haricot Wholefoods	O'Connell Street	Waterford City	Co. Waterford		
Rice Cakes and Salads available, knowledgeable	Café, Waterford Crystal Visitor Centre	Waterford Crystal	Waterford City	Co. Waterford		
<b>Westmeath</b>						
	Café Monde		Mullingar	Co Westmeath		
gluten free cakes also	An Tintean		Multyfarnham	Co Westmeath		
<b>Wexford</b>						
Caters for Coeliacs	Stanville Lodge		Barntown	Co. Wexford	053 34300	
Staff quite knowledgeable	The Arches	Templeshannon	Enniscorthy	Co. Wexford		
	The Riverside Park Hotel		Enniscorthy	Co. Wexford	054 378000	
	Great China Chinese Resturant	Lower Main Street	Ferns	Co. Wexford	054 67572	
	Brandon House Hotel		New Ross	Co. Wexford		
Contact Chef Paudraig Murphy	Horse & Hound	Ballinaboole	New Ross	Co. Wexford	051 428323	
Very helpful, can accommodate with sauces, gravy etc. Staff excel.	Kelly's Resort Hotel		Rosslare	Co. Wexford		
	Ferrycarrig Hotel	Ferrycarrig	Wexford	Co. Wexford	053 20999	
	Fordes Restaurant	E4 Crescent Quay	Wexford	Co. Wexford		
	Mange Two Restaurant	100 Main Street	Wexford	Co. Wexford	053 44033	
	Saltees Hotel	Kilmore Quay	Wexford	Co. Wexford		
	South 51 Café/Bar		Wexford	Co. Wexford		
	Spice Italian Restaurant	E4 80, South Main St	Wexford	Co. Wexford		
Accommodating - give notice and may have g/f bread	The Talbot Hotel		Wexford	Co. Wexford		
	Whitford House Hotel	New Line Road	Wexford	Co. Wexford		
	The Vine Thai Restaurant	E4, 109 North Main S	Wexford	Co. Wexford		
Got copy of catering booklet	Best Western Hotel	Rosslare	Wexford	Co. wexford		
<b>Wicklow</b>						
Barracuda Restaurant	The BrookLodge	Macreddin Village	Aughrim	Co Wicklow	0402-36444	<a href="mailto:info@brooklodge.com">info@brooklodge.com</a>
Very helpful staff, gf soup	Bray Seafont	Strand Road	Bray	Co Wicklow		
Very accommodating	Barracuda	Seafont	Bray	Co. Wicklow		
	Rathsallagh House		Dunlavin	Co. Wicklow		
Doing g/f pasta and sauces	Bochelli Restaurant	Church Road	Greystones	Co. Wicklow	01 2873625	
	Diva	Harbour	Greystones	Co. Wicklow		
	Indian Spice		Greystones	Co. Wicklow		
	Le Paysan		Greystones	Co. Wicklow	01 2872167	
	The Happy pear		Greystones	Co. Wicklow		
	Café	Avoca Handweavers		Co. Wicklow		