



Christina · **Christina** · Hi Stefano. Baker Hansen is a good bakery with fresh gluten free products. Perfect place for a quick lunch or breakfast. You'll find the bakery all over Oslo. In general Oslo is great for gluten free, but I would avoid the touristy places in the main walking street Karl Johan as you don't get that much for your money. Villa Paradiso does good gf pizza. Olivia is also a restaurant with gluten free lasagne and pizza. My favourite restaurant in Oslo is Sawan. It's a bit expensive but worth the price. They are really good at catering for celiacs. Just tell your waiter and they'll give you recommendations. At Steen&Strøm right in the centre there is a food court with a great Thai restaurant called Eat Thai. Everything on the menu is labelled well. There are a few good Mexican places, Tijuana for example. They do gluten free corn tacos. Most burger places have gf burger buns. Kverneriet is my favourite, but Burger Joint, Munchies and Døgnvill also has good options. If you want to go out for breakfast one day I'd recommend Grilleriet. They have an amazing buffet with all you can want + homemade gluten free bread. Cafe Sør can do all their sandwiches gluten free. It's a very relaxed place right in the middle of the centre, by Youngstorget. If you want dinner close to the central station, Østbanehallen, has loads of options. Bella Bambina does gluten free pasta. All in all eating gluten free is fairly simple in Oslo 😊 I hope you enjoy the city!

Mi piace · Rispondi · 1 · 10 settembre alle ore 12:58

Hi.

I do not live in Oslo, so I cannot recommend you any specific restaurants.

What I can tell you is that Norway is a very good country to eat gluten free food in general!

All restaurants are required to put up allergens in their menus. Often can they prepare food that is marked as containing gluten in a way so it will be gluten free (just ask if the menu does not say so). Most chain pizzerias also have gluten free pizzas in their menus (Peppes, Dolly Dimples, Pizzabakeren...). All Burger King and MacDonalds provides gluten free bread for their burgers.

Almost all groceries have a good variety of gluten free food like breads, biscuits, crispbread (often collected in a special shelf). All ingredients on all eatable products contains a content declaration where all allergen ingredients should be in bold text. A celiac should look out for **hvete** (wheat), **rug** (rye), **bygg** (barley) and **havre** (oats). If it states that clean oats (**ren havre**) has been used - it should be safe for celiacs that do not get a reaction from clean oats.

Have a nice stay and good luck!

Best regards,
Tom

Hi!

Most restaurants and shops selling food in Norway know about celiac disease. All menus have to mention which allergens are present in the food, also gluten (and egg, milk etc). We have a list on our website, but most restaurants can offer glutenfree dishes and some also have glutenfree bread, pasta etc. Just ask the waiter.

All shops have some glutenfree food, but Menu, Rema1000, Coop and Ultra have a very good assortment. Here is the list on restaurants in Norway:

<http://www.ncf.no/Glutenfritt-Norge/default.aspx>

Hope this will be useful and welcome to Norway. Hope you enjoy your stay 😊

Med vennlig hilsen

Ruth Sandring

Organisasjonssekretær

Norsk cøliakiforening

Tlf: 924 12 029