

# Gluten-Free New England's Connecticut Dining Guide



***\* Not all eateries on this list are dedicated gluten-free facilities. Always use your own judgement when eating out.***

## Hartford County

### [110 Grill](#)

**110 Albany Tpke.  
Canton, CT 06019  
(860) 352-8960**

110 Grill opened their first Connecticut location in November 2020, with more in the works. They offer an expansive gluten-free menu, complete with dedicated fryers, house made rolls, pizzas, desserts, and so much more. And, they're super careful in the kitchen. If you don't live nearby, make the trip.

### [21 Oak](#)

**21 Oak St.  
Manchester, CT 06040**

21 Oak is a 100% vegan restaurant with plenty of clearly marked gluten-free options. From fried cauliflower to flatbreads, soups and more, you won't have trouble finding something delicious. And, they're super safe in the kitchen.

### [B2G Bakery](#)

**860-394-5061**

#### **\*Dedicated Gluten-Free Facility**

B2G is a dedicated gluten-free food truck serving northern CT. They make cookies, brownies, bars, protein bites, breads, granola, savory items, spice blends and more. They'll meet you at specified locations for pick up. They're also at the Ellington Farmer's Market every Sunday, and everything is AWESOME!

### [Bartaco](#)

Bartaco is casual Mexican, but somehow finds a way to be different from all the rest. The dining room and patio are super relaxed, as is the menu, which is stuffed full of gluten-free options. In fact, they use so little gluten in the kitchen, they note on the menu which items CONTAIN gluten, as opposed to which ones do not. From tacos to not-tacos, bowls, quesadillas and more, you'll be able to order pretty much anything you want, and it's all guaranteed to be safe and delicious. Great for takeout.

**222 Summer St.  
Stamford, CT 06901  
(203) 323-8226**

**971 Farmington Ave.  
West Hartford, CT 06107  
(860) 586-8226**

**20 Wilton Rd.  
Westport, CT 06880  
(203) 222-8226**

### **[Burtons Grill](#)**

**100 Evergreen Way  
South Windsor, CT 06074  
(860) 432-4575**

Burtons is gluten free with class. They were offering super-safe GF options before it was cool, and they are consistently celiac safe. The food is excellent, with dedicated fryers for calamari, fries and more, along with burgers and lots of other great stuff, including dessert. Now if they could only open more locations in CT....

### **[Cake Gypsy](#)**

**35 East Main St.  
Avon, CT 06001  
(860) 335-0510**

**15 Hartford Ave.  
Granby, CT 06035  
(860) 653-2500**

Cake Gypsy is just plain awesome. They use a separate dedicated GF kitchen to make the most beautiful gluten-free and GF/vegan cupcakes we've ever seen. They offer all sorts of cake flavors, and frost them to order, with dairy-free/vegan frosting available. Did we mention how delicious they are?

### **[Dee's One Smart Cookie](#)**

**103 New London Tpke.  
Glastonbury, CT 06033  
(860) 633-8000**

Dee's One Smart Cookie is a dedicated gluten-free bakery that's also free from dairy, peanuts, tree nuts, soy, and GMO's. From cupcakes to cookies, pizza, pasta, and soups, you really can't go wrong. They also make wedding cakes and take special orders!

### **[Divine Treasures](#)**

**404 Middle Tpke  
Manchester, CT 06040  
(860) 643-2552**

Don't let the strip mall location fool you - Divine Treasures is a gem. They're dedicated gluten free and vegan, and you won't find anyplace like it *anywhere*. From a vast array of beautiful chocolates to vegan soft serve (on a chocolate dipped cone with sprinkles or in a bowl with chocolate sauce and vegan whipped cream) to house made nut cheeses, and a freezer full of prepared foods. Bring a cooler.

### [Elephant Trail](#)

**85 E. Main St.  
Avon, CT 06001  
(860) 677-0065**

### [Blue Elephant Trail](#)

**7 S. Main St. West Hartford, CT 06107  
(860) 233-4405**

Thai cuisine is easy to come by these days, but great Thai cuisine is not. Elephant Trail and Blue Elephant Trail have it perfected, along with understanding how to prepare safe, GF meals. Great for takeout too. Inform your server of your dietary needs.

### [El Pollo Guapo](#)

El Pollo Guapo has two locations in the Greater Hartford area. They offer amazing rotisserie chicken with creative Mexican options, including plenty of gluten-free choices. The folks in the kitchen "get it," and their dedicated GF fryer churns out the best tortilla chips around. Seriously, the best.

**1866 Berlin Tpke.  
Wethersfield, CT 06109  
(860) 436-4982**

**26 Front St.  
Hartford, CT 06103  
(860) 246-2800**

### [El Toro Loco](#)

**1274 Farmington Ave.  
Farmington, CT  
(860) 470-5944**

El Toro Loco has a dedicated gluten-free kitchen. The only gluten in the place is the beer at the bar, and it stays at the bar. The menu is full of authentic Mexican tacos and meals, and they even make their own churros in a dedicated fryer. Yes, churros, and they're worth every single bite.

### [Harry's Pizza Bishop's Corner](#)

**732 N. Main St.  
West Hartford, CT 06117  
(860) 236-0400**

Harry's Pizza Bishop's Corner simply makes great pizza, gluten free and not. Their gluten-free pies are pretty much perfect, prepared separately and safely, and they offer vegan cheese, which is such a treat. Great for takeout, too.

**[Indigo Indian Bistro](#)**

**232 Spencer St.  
Manchester, CT 06040  
(860) 646-8600**

Indigo Indian Bistro has been offering safe gluten-free options seemingly forever. Don't let their shopping plaza location fool you - they have a clearly marked menu, an educated staff, and excellent food. Great for takeout.

**[Ken's Corner Breakfast and Lunch](#)**

**30 Hebron Ave.  
Glastonbury, CT 06033  
(860) 657-9811**

Ken's is the quintessential homey breakfast and lunch spot. Pre-COVID, there was always at least a short wait for a table, but they're still busy these days with takeout orders. They do a great job with gluten free, including pancakes, french toast, sandwiches and more. And, they're super careful in the kitchen.

**[Maggie McFly's](#)**

Maggie McFly's is a locally owned chain of restaurants in CT (and a few outside of CT!). They source mostly local ingredients and have dedicated fryers for all sorts of fun stuff like fries, chicken fingers & wings, along with pizzas, burgers and more. Huge menu with something for everyone; very family friendly.

**6 Woodside Ave.  
Middlebury, CT 06762  
(203) 577-2205**

**40 Glastonbury Blvd.  
Glastonbury, CT 06033  
(860) 633-1104**

**971 Main St. South  
Southbury, CT 06488  
(203) 264-5700**

**195 Federal Rd.  
Brookfield, CT 06804  
(203)775-7960**

**195 Buckland Hills Dr.  
Manchester, CT 06042  
(860) 432-8255**

**West Hartford, CT location  
coming soon!**

**[Max Restaurant Group](#)**

**Multiple restaurants & locations in Greater Hartford & Springfield, MA**

Max Restaurant Group operates multiple restaurants, from fun casual right on up to fine dining. They can all prepare safe GF meals – all you have to do is ask. Max Burger even has a dedicated fryer!

**Max-a-Mia**  
70 E. Main St.  
Avon, CT 06001  
(860) 677-8213

**Max Downtown**  
City Place, 185 Asylum St.  
Hartford, CT 06103  
(860) 522-2530

**Max's Oyster Bar**  
964 Farmington Ave.  
West Hartford, CT 06107  
(860) 236-6299

**Max Fish**  
110 Glastonbury Blvd.  
Glastonbury, CT 06033  
(860) 652-3099

**Max Burger**  
124 LaSalle Rd.  
West Hartford, CT 06107  
(860) 232-3300

### [Mecha Noodle Bar](#)

Mecha means “Mom and Pop” in Vietnamese, and the menu is full of comforting Asian dishes. Many of them can be made gluten free, including the pho. They prepare the rice noodles separately, and the broths are already safe. Not a dedicated gluten free facility, but very careful in the kitchen. And who doesn't love noodles anyway?

**1215 Post Rd.**  
Fairfield, CT 06824  
(203) 292-8222

**151 Bedford St.**  
Stamford, CT 06901  
(203) 801-7577

**116 Washington St.**  
S. Norwalk, CT 06854  
(203) 295-8718

**975 Farmington Ave.**  
West Hartford, CT 06107  
(860) 351-7577

**201 Crown St.**  
New Haven, CT 06511  
(203) 691-9671

### [Pure Love Bakery](#)

**136 Simsbury Rd. #16**  
Avon, CT 06001  
(860) 409-0302

Pure Love Bakery is dedicated gluten-free and one of the most popular bakeries in the region. This is because their variety of daily options is huge, and everything is so darn delicious. They offer keto options as well. Special orders welcome.

### [Plan B Burger Bar](#)

All of Plan B's fried food is gluten free. We're talkin' fries, tater tots, onion rings, fish and chips and more. Great GF burger buns, kids menu, and even dessert. Definitely one of our top picks.

**4 Railroad St.**  
Simsbury, CT 06070  
(860) 658-4477

**120 Hebron Ave.**  
Glastonbury, CT 06033  
(860) 430-9783

**1638 Boston Post**  
Milford, CT 06460  
(203) 713-8700

**20 Spring St.**  
Southington, CT 06489  
(860) 426-3200

1262 Post Rd.  
Fairfield, CT 06824  
(203) 713-8700

138 Park Rd.  
West Hartford, CT 06119  
(860) 231-1199

230 Tresser Blvd  
Stamford, CT 06901  
(203) 964-8353

### [Red Heat Tavern](#)

400 Evergreen Way  
South Windsor, CT 06074  
(860) 432-4575

Red Heat Tavern is owned by the same folks as Burtons Grill, and is designed to provide safe meals for celiac and allergic diners. They serve American comfort food, including corn bread, onion rings, fries, burgers, fried chicken, mac and cheese, and lots more favorites. They even use colored plates to denote allergen-free meals. Don't forget the cookie skillet for dessert!

### [The Sweet Beet](#)

498 Salmon Brook St.  
Granby, CT 06035  
(860) 653-2338

The Sweet Beet is a Grab-n-Go that happens to be dedicated gluten free and vegan. They're also free from soy, peanuts, and GMO's. From chickpea sandwiches to fresh pressed juices, cupcakes, soups, and prepared meals, they make eating well a lot of fun!

### [Scoops and Sprinkles](#)

2229 Silas Deane Hwy  
Rocky Hill, CT 06067  
(860) 436-3031

If you're looking for a traditional ice cream shop experience, head to Scoops and Sprinkles. Not only do they always have plenty of vegan and non-dairy ice cream options, but they're super careful with cross-contamination, and they have gluten-free waffle cones – yes you read that right. They also cater.

### [Wang Palace](#)

1914 Silas Deane Hwy.  
Rocky Hill, CT 06067  
(860) 659-8556

Wang Palace has been serving safe Chinese cuisine for years. Now located in Rocky Hill, they're offering the same awesome menu, complete with GF dumplings, fried rice and more. Great for takeout, too.

### [Wood-n-Tap](#)

420 Queen St.  
Southington, CT 06489

Wood-n-Tap is a popular CT-based chain of restaurants serving American fare. They have multiple locations throughout the state, but only the Southington location has a dedicated gluten-free fryer. They've also got GF buns for burgers, pizzas, desserts and more.

## Windham County

### [Heirloom Food Co.](#)

**630 North Main St.  
Danielson, CT 06239  
(860) 779-3373**

Heirloom Food Company is our favorite kind of spot for GF food. Located in a cool old house on the CT/RI border, they offer sandwiches, soups, baked goods, all kinds of healthy smoothies and more – perfectly unpretentiously. The dining room is funky and unique, complete with nooks and window seats, and the food is divine. Not dedicated GF, but they make tons of GF stuff, and are super careful in the kitchen! Catering too.

## Tolland County

### [Toast Four Corners](#)

**625 Middle Turnpike  
Storrs-Mansfield, CT 06268  
(860) 477-1557**

Toast Four Corners is a local, homey breakfast spot that knows how to do gluten free. They've got gluten-free pancakes, toast, and waffles, and even make their own GF muffins. Not dedicated GF, but they do take great care to avoid cross-contamination.

### [Nature's Health Store](#)

**603 Middle Turnpike  
Storrs, CT 06268  
(860) 477-0802**

Nature's Health Store is much more than a store. They have a dedicated gluten-free kitchen that makes all kinds of prepared foods including wraps, sandwiches, soups and more. They also bake up a gluten-free storm, including donuts, muffins, cookies, cakes and other beautifully delicious treats. You can get takeout or eat in their small dining area, and even pick up grocery items while you're at it.

## New Haven County

### [Arles and Boggs](#)

**100 Quinnipiac St.  
Wallingford, CT  
(203) 741-9186**

Arles and Boggs is a 100% vegan eatery with a focus on gluten free. From Thai Spring rolls to chili cheese fries (yes, vegan), fried rice and curry stew, there's something for everyone. They even bake desserts and offer fresh pressed juices.

### [Da Legna](#)

**858 State St.**

**New Haven, CT 06511**

**(203) 495-9999**

Da Legna makes awesome and safe gluten-free pizza – maybe the best and safest in New Haven. They even have vegan cheese, which is a huge bonus.

### [Garden Catering](#)

If you like chicken nuggets, or “nugs,” as they call them, Garden Catering is your place. They use a separate fryer for their gluten-free nuggets and fries, and they have gluten-free ice cream cones, too. Great for takeout and picnics, and they cater!

**930 Chapel St.  
New Haven, CT 06510  
(475) 655-2816**

**235 Main St.  
Stamford, CT 06902  
(203) 487-0333**

**185 ½ Sound Beach Ave.  
Old Greenwich, CT 06870  
(203) 698-2900**

**2074 Black Rock Tpke.  
Fairfield, CT 06825  
(203) 870-8444**

**177 Hamilton Ave.  
Greenwich, CT 06830  
(203) 422-2555**

**314 Westport Ave.  
Norwalk, CT 06851  
(203) 957-3222**

### [Georgie's Diner](#)

**427 Elm St.**

**West Haven, CT 06516**

**(203) 933-1000**

### [Shoreline Diner](#) & Vegetarian Enclave

**345 Boston Post Rd.**

**Guilford, CT 06437**

**(203) 458-7380**

Shoreline Diner in Guilford, along with Georgie's Diner in West Haven have been serving the celiac and gluten-free community in CT for a very long time. They make their own gluten-free breads and offer an entire vegan breakfast menu, which is pretty darn cool. Entrees include chicken parmesan, meatloaf, sandwiches, soups, a dedicated fryer, beautiful desserts and more. Both Shoreline and Georgie's are not

dedicated gluten-free facilities, but they're cross-contamination experts. Take it from us and the loads of other celiac diners who swear by them!

### [Green Olive Diner](#)

**443 S. Broad St.  
Meriden, CT 06450  
(203) 379-0927**

Green Olive Diner is a must-visit if you're in central CT. Their gluten-free menu is huge, safe, and really fun. They make their gluten-free pizza dough in-house, and even use it for fried dough, made in their dedicated gluten-free fryers. There are also mozzarella sticks, pancakes, french toast, chicken parm, fries, burgers, desserts and so much more. Green Olive prepares your meal separately to limit the risk of cross-contamination, but is not a dedicated gluten-free facility. A CT celiac fave!

### [Home Restaurant](#)

**1114 Main St.  
Branford, CT 06405  
(203) 483-5896**

Home is one of the first restaurants we visited and featured, thanks to their long-time commitment to safe, gluten-free options. They've got dedicated gluten-free fryers for fries with dipping sauces, fried bread, house made gnocchi, burgers, soups, sweet potato croutons...you get the idea. They're not a dedicated GF facility, but they do prepare your meal separately. They offer awesome desserts as well. The menu rotates, so check their website before you go!

### [Little Rabbit Baking Co.](#)

**1648 Whitney Ave.  
Hamden, CT 06517  
(203) 626-1140**

Little Rabbit Baking Co. is a dedicated gluten-free bakery. Every day they've got incredible treats, both savory and sweet. They also take special orders and offer special holiday menus. Their stuff is as delicious as it is beautiful!

### [Wild Alchemy Juice Bar & Café](#)

**236 N. Colony Rd.  
Wallingford, CT 06492  
(203) 265-5000**

There's a reason that Pure Alchemy calls itself a "conscious café." The owner wants to help you live your highest quality of life possible, and healthy eating is necessary to do so. The menu is 100% vegan, with plenty of gluten-free and paleo options. Rice bowls, salads, wraps, desserts, fresh-pressed juices, elixirs and more – they can easily prepare your order separately and safely. Just being there feels good!

### [What's Cookin'](#)

**78 Boston Post Rd.  
Madison, CT 06443  
(203) 245-1771**

What's Cookin' has something for everyone. They also have tons of paleo & gluten free options, both to eat in and take out. You can order sandwiches, salads, breakfasts and baked goods, all available gluten free, and most available paleo as well. They even make their own paleo bread and desserts! What's Cookin' makes every effort to avoid cross-contamination, but is not a dedicated GF facility. Be sure to check out the freezers – so many fun little GF gems.

## Middlesex County

### [Abbott's Lobster in the Rough](#)

**117 Pearl St.  
Noank, CT 06340  
(860) 536-7719**

### [Lobster Landing](#)

**152 Commerce St.  
Clinton, CT 06413  
(860) 669-2005**

This list wouldn't be complete without a lobster roll, so here are two awesome options. Lobster Landing offers a gluten-free roll, and Abbott's Lobster in the Rough offers it as well, though not on the menu (just ask!) Abbott's also offers GF clam chowder other sandwiches, corn on the cob and more. Neither location is dedicated gluten-free, but they will prepare your meal separately.

### [Eggs Up Restaurant](#)

**1462 Portland-Cobalt Rd.  
Portland, CT 06480  
(860) 342-4968**

The owner of Eggs Up Restaurant has celiac disease. They're not dedicated gluten free, but they're super careful in the kitchen, they have a big gluten-free menu, and they make excellent gluten-free muffins in house. They're open for breakfast and lunch including pancakes, French toast and more.

### [Paperback Café](#)

**210 Main St.  
Old Saybrook, CT 06475  
(860) 388-9718**

Paperback Café has been accommodating gluten-free customers since way before it was cool. They have a paleo (paleo is GF) section of the menu with waffles, pancakes, a waffle sandwich and smoothies. They're not dedicated GF, so always inform your server of your dietary needs.

### [Perk on Main](#)

**386 Main St.  
Middletown, CT 06422  
(860) 788-2287**

Who doesn't love crepes? At Perk on Main, open 7 days a week, you can eat gluten-free crepes for breakfast, lunch or dinner. They have lots of sweet crepes, including Nutella and bananas, and savory ones with chicken, ranch, and even steak! They'll clean the surface at your request, and you can watch them do it. They also have soups, omelettes, and vegan options.

### [Shayna B's By the Sea](#)

**247 Main St.  
Old Saybrook, CT 06475  
(860) 339-3144**

Shayna B's is 100% dedicated gluten free and vegan. They serve breakfast, brunch and lunch, along with an incredible array of baked goods daily. They even make vegan cheesecake! Shayna does plenty of takeout as well, including pizza. They take special orders and cater, too

### [The Tea Kettle](#)

**1395 Boston Post Rd.  
Old Saybrook, CT 06475  
(860) 577-5039**

The Tea Kettle is a super-popular breakfast & lunch spot, for many reasons. We love it because of the paleo and gluten-free options. There's a labeled paleo section of the menu (everything paleo is GF!) with pancakes, French toast waffles, benedicts, and more. And for lunch, nearly any item can be made with a gluten-free wrap. The staff is very well educated and they're super careful in the kitchen. Once COVID is over, be sure to make a reservation!

### [Tibetan Kitchen](#)

**574 Main St.  
Middletown, CT 06457  
860-343-3073**

Tibetan Kitchen is not dedicated gluten free, but they make all dishes to order, and can accommodate food allergies. It's a popular spot for everyone, gluten free or not.

### [Typhoon](#)

**360 Main St.  
Middletown, CT 06457  
(860) 344-9667**

Typhoon has so many gluten-free options, you'll need to return many times to try them all. Pho, curries, soups, salads, entrees, noodle dishes and more.

### [Still Delicious Allergen-Free Bakery](#)

**13 Boston Post Rd.  
Westbrook, CT 06498  
(860) 552-4662**

Still Delicious is a dedicated gluten-free bakery that makes everything from bagels and breads to muffins, cakes, pastries, special orders and more. Place an order for pick-up!

## Litchfield County

### [@The Corner](#)

**3 West St. Litchfield, CT  
(860) 567-8882**

@The Corner has an excellent selection of gluten-free options on both their lunch and dinner menus. Buns for burgers and sandwiches, flatbreads, rice bowls and even croutons for salad and French onion soup! They take great care to prepare your meal separately, and although they are not a dedicated gluten-free facility, they're a local celiac favorite.

### [The Cheesebread Factory](#)

**286 S. Main St.  
Newtown, CT 06470  
(203) 270-7002**

The Cheese Bread Factory is 100% dedicated gluten free. They make all of their breads with dairy, but no gluten, yeast, or sugar. They offer breakfast and lunch, with breakfast served all day. The small menu includes breakfast & lunch sandwiches, and salads. You can also pick up rolls and pizza crusts to go, either cooked or ready to bake at home. They also make some desserts, including flan.

### [Bohemian Pizza & Tacos](#)

**342 Bantam Rd.  
Litchfield, CT 06759**

Bohemian Pizza has become one of Litchfield's gluten-free hotspots, and for good reason. They make gluten-free pizza and they have a dedicated fryer for fries, tots, wings and more. They have awesome tacos now, too. There are also gluten-free desserts and a laid back, funky vibe.

### [Hidden Valley Eatery](#)

**88 Bee Brook Rd.  
Washington, CT 06794  
(860) 619-0660**

**Hidden Valley is currently closed and for sale**

Hidden Valley Eatery is a little gluten-free oasis in the middle of Litchfield County. They source locally and offer plenty of gluten-free menu items including pancakes, toast, oatmeal, pizza, sandwiches, pasta, and even desserts. Hidden Valley can prepare your meal separately to limit the risk of cross-contamination, but is not a dedicated gluten-free facility.

### [Johns Café](#)

**693 Main St.**

**Woodbury, CT 06798**

**(203) 263-0188**

John's Café is a bistro-style restaurant with tablecloths and outdoor seating. They offer plenty of GF options, from crispy pork Milanese to pizza and pasta. They make croutons using their house made GF bread (potatoes are one of the ingredients), and there's a dedicated fryer for their famous "chickpea" fries. But don't forget dessert, because they make incredible GF tarts, rice pudding and more. John's Café follows strict food prep practices but is not a dedicated gluten-free facility.

### [The Tasty Empanada](#)

**4 Main St.**

**Thomaston, CT**

**(203) 970-5323**

Costa Rican cuisine, anyone? The Tasty Empanada menu is nearly 100% gluten free, and wow, is it fun. Empanadas with all kinds of fillings, arroz con pollo, rice and bean bowls, and more. Not dedicated gluten free, but they use very little gluten in the kitchen and are super careful about cross-contamination.

## **Fairfield County**

### [Bartaco](#)

Bartaco is casual Mexican, but somehow finds a way to be different from all the rest. The dining room and patio are super relaxed, as is the menu, which is stuffed full of gluten-free options. In fact, they use so little gluten in the kitchen, they note on the menu which items CONTAIN gluten, as opposed to which ones do not. From tacos to not-tacos, bowls, quesadillas and more, you'll be able to order pretty much anything you want, and it's all guaranteed to be safe and delicious. Great for takeout.

**222 Summer St.**

**Stamford, CT 06901**

**(203) 323-8226**

**971 Farmington Ave.**

**West Hartford, CT 06107**

**(860) 586-8226**

**20 Wilton Rd.**

**Westport, CT 06880**

**(203) 222-8226**

### [By The Way Bakery](#)

**19 E. Putnam Ave.**

**Greenwich, CT 06830**

**(203) 489-3610**

If you've never tried By The Way Bakery, you're in for a treat. This 100% dedicated gluten-free and dairy-free bakery is bursting with pretty much anything you can think of, from muffins to cookies to wedding cakes. They also make challah, and are certified kosher.

### [Catch a Healthy Habit](#)

**39 Unquowa Rd.  
Fairfield, CT 06824  
(203) 292-8190**

This 100% vegan café is owned and operated by a couple deeply committed to keeping you healthy. The menu is nearly 100% gluten free, and includes buckwheat waffles, spring rolls, quinoa bowls and other options made from whole ingredients. They also offer smoothies, elixirs, and desserts.

### [Colony Grill](#)

Colony Grill has four locations in CT, and has been a favorite Fairfield County pizza spot for many years. They're ALL about the pizza, and it shows. Inform your server, and they'll prepare your order separately on a gluten-free crust.

**172 Myrtle Ave.  
Stamford, CT 06902  
(203) 359-2184**

**1520 Post Rd .  
Fairfield, CT 06824  
(203) 259-1989**

**515 West Ave.  
Norwalk, CT 06850  
(203) 866-5252**

**36 Broad St.  
Milford, CT 06460  
(203) 876-1935**

### [Gluten-Free Oasis](#)

**594 Federal Rd.  
Brookfield, CT 06804  
(203) 885-0314**

Gluten-Free Oasis is a dedicated gluten-free gem. Located in an unassuming small building in Brookfield, they make the most incredible Brazilian cheese bread, as well as breakfast and lunch sandwiches. You can even buy bags of frozen rolls to heat up at home. This is a MUST-DO if you're in the area. You can thank us later.

### [Mecha Noodle Bar](#)

Mecha means "Mom and Pop" in Vietnamese, and the menu is full of comforting Asian dishes. Many of them can be made gluten free, including the pho. They prepare the rice noodles separately, and the broths are already safe. Not a dedicated gluten free facility, but very careful in the kitchen. And who doesn't love noodles anyway?

**1215 Post Rd.  
Fairfield, CT 06824  
(203) 292-8222**

**151 Bedford St.  
Stamford, CT 06901  
(203) 801-7577**

**116 Washington St.  
S. Norwalk, CT 06854  
(203) 295-8718**

**975 Farmington Ave.  
West Hartford, CT 06107  
(860) 351-7577**

**201 Crown St.  
New Haven, CT 06511  
(203) 691-9671**

### [Meli Melo](#)

**362 Greenwich Ave.  
Greenwich, CT 06830  
(203) 629-6153**

Meli Melo is a Greenwich mainstay. They make excellent crepes, and can easily make them gluten free using with buckwheat flour. And trust us, you'll never know the difference. Just be sure to inform your server before ordering. They're super careful with cross-contamination, but are not a dedicated gluten-free facility.

### [NewBrook Kitchen & Cooking School](#)

**37 Saugatuck Ave.  
Westport, CT 06880  
(203) 557-6087**

NewBrook Kitchen is 100% paleo, which means no grains, dairy, or legumes. Paleo is always gluten free, which means they're a dedicated gluten-free facility. The café is small, but the menu is inspired and fun, and the desserts are excellent – we know firsthand. NewBrook also has a small artisan market, where they sell their own products and other unique finds. They operate a cooking school as well, where you can learn the ins and outs of paleo cooking and baking. Definitely stop in if you're in the area – we love this place.

### [Quattro Pazzi Café](#)

**1599 Post Rd.  
Fairfield, CT 06824  
(203) 259-7417**

**269 Bedford St.  
Stamford, CT 06901  
(203) 324-7000**

Quattro Pazzi Café has been making safe, gluten-free pasta dishes for many years. Gluten-free meals are prepared safely and separately, making their two locations local favorites for celiac dining. And, every Wednesday is "Vegan Night."

### [Nutty Bunny](#)

**21 Isaacs St.  
Norwalk, CT 06850**

Nutty Bunny is a dedicated gluten-free & dairy-free ice cream brand made right here in Connecticut. It's available in many retail outlets, and they opened a dedicated gluten-free ice cream shop in Norwalk in

early 2020. The ice cream is nut based and 100% vegan, organic, non GMO, and plant based, and wait til you taste it!

### Savor Healthy Organic Pizza

**430 Main Ave.  
Norwalk, CT 06851  
(203) 939-1666**

At Savor Healthy Organic Pizza you'll, well, savor healthy pizza. They make all of their GF crusts, wraps, and dairy-free cheese in-house, and much of the menu is already GF and vegan, or can be made that way. Soups, wraps, pizza, lasagna, smoothies, and even dessert. They make eating healthy fun!

### Teff Stamford

**113 W. Main St.  
Stamford, CT 06902  
(203) 998-7474**

There is no gluten used in the kitchen at Teff, Stamford's only Ethiopian and Eritrean restaurant. In fact, their breads are made primarily using Teff, a small, nutty-flavored, gluten-free grain popular in this African region. The bread, called injera, doubles as a plate and utensils, and diners use their hands to eat, enjoying a meal, conversation, and community. The staff is well-versed in food allergens, and the food is excellent.

### Terrain Garden Café

**561 Post Rd. E.  
Westport, CT 06880  
(203) 226-2750**

Terrain is an upscale home and garden center with locations in California and the East Coast. They each operate a greenhouse café, where the mission is to "blur the line" between indoors and out. The menu rotates seasonally, but they serve brunch, lunch, and dinner, with plenty of gluten-free options. They can alter items to suit your dietary needs, and are super careful in the kitchen. Terrain is not a dedicated gluten-free facility, but they are quite well known for their safe kitchen practices.

### Toto Mediterranean Restaurant

**70 Reef Rd.  
Fairfield, CT 06824  
(203) 254-2070**

Toto is a casual Mediterranean restaurant in Fairfield, CT. Owner Antonio Ninivaggi is committed to using fresh seasonal ingredients with an Italian flare and a special focus on safe, gluten-free options. They use only gluten-free flour in the kitchen, and their fryers are dedicated gluten free, so calamari, french fries and arancini are always on the menu! The Spanish grilled octopus is popular, as are the pasta dishes, all of which can be made using GF cavatelli. Toto is located in an old house with plenty of red pillows and a wonderful open-air porch.

[Quattro Pazzi Café](#)

1599 Post Rd.  
Fairfield, CT 06824  
(203) 259-7417

269 Bedford St.  
Stamford, CT 06901  
(203) 324-7000

Quattro Pazzi Café has been making safe, gluten-free pasta dishes for many years. Gluten-free meals are prepared safely and separately, making their two locations local favorites for celiac dining. And, every Wednesday is “Vegan Night.”

## New London County

[Engine #6 Pizza](#)

195 W. Thames St.  
Norwich, CT 06360  
(860) 887-3887

Engine #6 Pizza is just plain fun. Housed in a defunct fire house, they make their own GF pizza dough for pizza, calzones, and breadsticks. Folks come from miles around with coolers to buy their pizza dough, and it’s clear why. (Be sure to read about the history of the fire house while you’re there!) Engine #6 prepares your meal separately to avoid cross-contamination, but is not a dedicated GF facility.

[Pizzetta](#)

7 Water St.  
Mystic, CT 06355  
(860) 536-4443

Pizzetta is located in an historic house with plenty of outdoor seating, smack dab in the middle of Mystic. They have a big gluten-free menu with lots of delicious pizza and panini options. They also offer a large vegan menu, with their vegan cheese available for any menu item. Pizzetta can prepare your meal safely and separately, but they are not a dedicated gluten-free facility.

[Red Lantern at Foxwoods](#)

240 Fox Tower Dr.  
Mashantucket, CT 06338  
(860) 312-8480

If you’re headed out to gamble, there’s no need to gamble on your meal as well. Red Lantern has a full gluten-free menu complete with sushi and fried rice dishes. They prepare their GF items separately and safely, although they are not a dedicated gluten-free facility.

[Right Path Organic Cafe](#)

147 Bank St.  
New London, CT 06320  
(860) 437-9700

Right Path is a 100% vegan café offering plenty of GF options. Each menu item is clearly labeled with ingredients and many are inherently gluten free anyway. And, with menu choices like Liberation, Breathe, and Calm Chowder, you really can't go wrong. They also have desserts!

## Fast Food

### [Jersey Mike's](#)

#### **21 Locations in CT**

If you're looking for a quick meal, Jersey Mike's has it. They offer small and large gluten-free grinders, and will gladly change gloves & prepare your order separately. They're not dedicated gluten free, but are a true favorite of the GF and celiac community for safety and quality.

### [Nardelli's Grinder Shoppe](#)

#### **15 locations in Connecticut**

Nardelli's is Connecticut's own chain of grinder shops. Locally owned and operated, they always have gluten-free rolls available and are happy to prepare your order separately. They usually have some GF desserts as well.

### [Chipotle](#)

#### **Multiple Locations throughout CT**

Chipotle uses so little gluten in their kitchen, they've become a mainstay for the celiac crowd. Of course, they're not dedicated gluten free, but the only flour used is in their flour tortillas. They'll gladly change to fresh gloves at your request, and [click here to read our recent review!](#)