



# The Celiac Scene™

Guides for the **Gluten Free**

## Safe French Fries & More in Victoria & Vancouver Island

*These locations only. Always confirm with server.*

- Bare Bones Fish & Chips** 4824 Johnston Rd, Port Alberni • Fries safe, fish must be grilled 250-720-0900
- Bard & Banker** 1022 Gov't St, Victoria • GF notations, gluten-removed beer. 250-953-9993
- Beacon Landing** 2537 Beacon Ave, Sidney 250-656-6690
- Big Wheel Burger** 341 Cook St 250-381-0050 • 703 Vernon Ave 778-265-5140 • 172 Wilson St 778-265-4805 • 601 Bruce Ave, Nanaimo (250) 591-8922 Dedicated GF prep station, wings & more
- Bin 4 Burger Lounges -** dedicated deep fryer! 716 Goldstream Ave 778-265-5464 • 3271 Maple St 250-590-6565 • 911 Yates St 250-590-4154 • 6750 Island Hwy, Nanaimo
- Bravocados** 368 Main St, Tofino • huge vegetarian, vegan menu 250-725-3667
- Breakwater Cafe** • 199 Dallas Rd, Victoria • GF fish & chips (250-386-8080)
- Brie & Barrel** 5059 Argyle, Port Alberni • same owners as Bravocados 250-724-0010
- Cornerstone Taphouse** 208 5th St, Courtenay • fries, yam fries, wings 250-871-8988
- Courtney Room** 619 Courtney St, Victoria 250-940-4090 • all deep-fried items breaded with tapioca + rice
- Dick's Fish & Chips** B-660 Island Hwy, Campbell River 250-287-3336
- Dockside Fish & Chips** 1003 Island Hwy, Campbell River 778.346.3474 • fish, chips, tartar sauce & coleslaw
- Dinghy Dock Pub** 8 Pirates Ln, Nanaimo 250-753-2373 • fish, chips, wings, burgers, yam fries ...
- El Faro Fusion 2305** Otter Bay Rd, Pender Island • fish & chips, tortilla chips, poutines + GF Beer 250-951-6224
- Eve Olive** 5281 Rutherford Rd, Nanaimo 250-585-5337
- Fish on Fifth** 9812 Fifth St, Sidney • GF batter, dedicated deep fryer, fish, chips, ONION RINGS GF vegan ice-cream, GF cones. Will not guarantee other menu items celiac-safe 250-656-4022
- Floating Fish Store** 12 Erie St • sorghum-flour battered fish, oysters 250-383-6462
- Harvest Road** 2451 Island View Rd Seasonal • behind Michell Farm, fresh corn & potatoes
- Irish Times Pub** 1200 Gov' St • GF beer, safe fries, can adapt menu items 250-383-7775
- Jones BBQ** 1725 Cook St, Victoria • 100% GF except for gluten buns & tacos 778-265-4227
- La Fogata Latina** 749 View St • deep-fried plantain & cassava GF Hot Dogs! 250-381-2233
- Long Beach Beach Lodge** 1441 Pacific Rim Highway, Tofino • Fish, chips & more 250-725-2442
- New York Fries** Bay Centre, Mayfair Mall, Hillside Mall, Woodgrove • fresh cut potatoes, ask for salt only
- Old Fork** 140 Trans Canada Highway, Duncan • dedicated fryer, chef is celiac 250-748-4311
- Oak Bay Seafood** 2024 Oak Bay Avenue • all batters GF, dedicated fryer 778-432-0227
- Penny Farthing** 2228 Oak Bay Avenue • Bard's Beer 250-370-9008
- Pirate Chips Nanaimo** 75 Front St • Fish, chips, deep-Fried S'mores! 250-753-2447
- Red Robin** 800 Tolmie Ave, Victoria 250-386-4440
- Rumrunners Pub & Restaurant** 9881 Seaport Pl, Sidney • yam fries, too 250-656-5643
- Six Mile Pub** 494 Old Island Hwy • **ONION RINGS**, yam fries, calamari, wings! 250-478-3121
- Tartan Toque** 1507 Pandora • deep-fried pickles & wings, ask for fresh burger toppings 778-265-9464
- Union Street Grill & Grotto** 477 5th St, Courtenay • Comprehensive GF menu 250-897-0081

\* If a restaurant does NOT appear on this list - there may be good reason. Contact [ellen@theceliacscene.com](mailto:ellen@theceliacscene.com) to learn more. Check back often at [bit.ly/2020SafeFriesList](http://bit.ly/2020SafeFriesList)

**Do you know a restaurant with a dedicated gluten-free deep fryer? Tell us about it!**