



The Celiac Scene™

Guides for the **Gluten Free**

Safe French Fries & More in Victoria & Vancouver Island

(be sure to confirm for yourself that deep fryer is still dedicated gluten free)

Avenue Bistro 2064 Comox Ave, Comox • notations menu, be sure to ask whether current fryer is GF. 250-890-9200

Bare Bones Fish House & Smokery 4824 Johnston Rd, Port Alberni • 100% gluten-free kitchen! 250-720-0900

Bard & Banker 1022 Gov't St, Victoria • *GF notations, gluten-removed beer.* 250-953-9993

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

NOTE: vegetarian burgers made with 'pure' oats

Bill Mattick's 5333 Cordova Bay Rd, Victoria • (250) 658-4271 • GF buns

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

Brentwood Bay Resort 849 Verdier Ave, Brentwood Bay • most items can be adapted to GF • 250-544-2079

Brie & Barrel 5059 Argyle, Port Alberni same owners as Bravocados 250-724-0010

Canadian Brewhouse 3500 Uptown Blvd Victoria, above Urban Trail 778-746-6816

Chorizo & Co 807 Fort St, Victoria • Spanish Tapas 250-384-6066

Church Street Taphouse 215 Church St, Comox 250-890-0675

Courtney Room 619 Courtney St, Victoria • all deep-fried items breaded with tapioca + rice 250-940-4090

Dick's Fish & Chips B-660 Island Hwy, Campbell River 250-287-3336

Dockside Fish & Chips 1003 Island Hwy, Campbell River • fish, chips, tartar sauce & coleslaw 778-346-3474

Dinghy Dock Pub 8 Pirates Ln, Nanaimo • fish, chips, wings, burgers, yam fries 250-753-2373

El Faro Market 631 Island Why E, Parksville • 100% gluten-free restaurant. **Onion Rings on Sundays!** 250-951-6224

Can you recommend a restaurant with a dedicated gluten-free deep fryer?

Tell us about it! ellen@theceliacscene.com @theceliacscene

Eve Olive 5281 Rutherford Rd, Nanaimo • menu almost entirely gluten free & vegan.

250-585-5337

Fairmont Empress Hotel • 721 Government St, Victoria • fine GF dining, afternoon tea \$\$\$\$.

250-384-8111

Fern & Cedar • 680 Berwick Rd, Qualicum Beach • fries, fish & chips, chicken wings, chicken tenders. Vegan options, too.

Floating Fish Store 12 Erie St (Fisherman's Wharf,) Victoria • sorghum-flour battered fish, oysters 250-383-6462

Harvest Road 2451 Island View Rd Seasonal • behind Michell Farm, fresh corn & potatoes

Jones BBQ 1725 Cook St, Victoria • 100% GF except for gluten buns, waffles & tacos

778-265-4227 • 731 Goldstream, Langford 250-590-1581

Lakehouse at Shawnigan Lake • 2460 Renfrew Rd • GF notations, GF specials, Care Bakery Buns 250-929-2555

L'Authentique Poutine & Burgers • Seasonal 1208 Wharf, Victoria • down the stairs from Finn's • hand-cut fries, local cheese, burgers & buns. All sauces GF, some vegan. Traveling food truck is not celiac safe. 778-432-2444

Long Beach Beach Lodge 1441 Pacific Rim Highway, Tofino • Fish, chips & more 250-725-2442

Longwood Brew Pub And Restaurant 5775 Turner Rd, Nanaimo • ALWAYS Check if fryer still GF 250-729-8225

Maggie's Fish & Chips 1277 Island Hwy, Nanaimo • all fries are GF, GF Fish batter may also contain nut flour (for flavor :) 250-591-0355

More Eatery 1901 Island Hwy, Campbell River • Breakfast & Lunch. Eat-in or take-out. 250-286-6650

New York Fries Bay Centre, Mayfair Mall, Hillside Mall, Woodgrove • fresh cut potatoes, ask for salt only

Oak Bay Seafood 2024 Oak Bay Avenue • all batters GF, dedicated fryer 778-432-0227

Old Fork 140 Trans-Canada Hwy • GF hamburger buns, enter via Ramada lobby 250-597-3027

Penny Farthing Pub 2228 Oak Bay Ave 250-370-9008

Quay West • 921 Island Hwy, Campbell River • New owners, GF menu, GF desserts! 250-286-9988

Red Robin 800 Tolmie Ave, Victoria 250-386-4440

Rock Cod Cafe • 1759 Cowichan Bay Rd, Cowichan Bay • Dedicated deep fryer, fish, chips & more 250-746-1550

Rove Wandering Kitchen Gourmet Food Truck • Comox Valley Marina & Cumberland • Fries are gluten-free except at Hallowe'en when they make deep-fried Mars Bars. Gluten on truck. Ask for GF options from dedicated area. 250-897-8064

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Rumrunners Pub & Restaurant 9881 Seaport Pl, Sidney • yam fries, too 250-656-5643

Shine Cafe Downtown 1320 Blanshard • Fries, toppings and onions celiac safe! 250-595-2134

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

The Hallway 1724 Douglas St, Victoria • GF, DF noted on menu. • 778-265-8988

Totchos Family Restaurant, Westshore Town Centre, across from Winners, Langford • .
250-590-2322

Van Isle Pouterie 100% Gluten-Free Food Truck • based in Nanaimo • Follow on [FB](#) or [IG](#) for locations.

Yalla Middle Eastern Street Eats • 1011 Blanshard St, Victoria • 250-384-0069

** If a restaurant does NOT appear on this list - there may be good reason. Contact ellen@theceliacscene.com to learn more. Check back often at bit.ly/IslandSafeFries*

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