

A NOTE (from David) - Dishes which contain: Mock duck, Mock Chicken, Mock beef etc., at Asian restaurants, ARE PURE GLUTEN! These are made from a substance called Seitan used in Macrobiotic recipes and Seitan is PURE WHEAT GLUTEN, it is NOT a soy product

FOODS WHICH CONTAIN GLUTEN

Bread and bread rolls	Rye bread, pumpernickel	Yorkshire pudding
Pretzels	Cakes	Stuffings (click here for gluten free stuffing recipes)
Muffins	Pastry or pie crust	Pancakes (click here for gluten free almond flour pancakes)
Biscuits or cookies	Pasta - macaroni, spaghetti, etc. (Click for dishes made with gluten free pasta)	Crispbreads
Bulgar wheat	Durham	Crumble toppings (click for a safe, tasty apple crumble topping)
Couscous	Pizza (click here for a safe pizza dough recipe)	Semolina
Scones	Anything in breadcrumbs	Some breakfast cereals (click here for a list of gluten free breakfast cereals)
All Bran	Sponge puddings	Breadcrumbed ham
Barley water drinks	Malted drinks, such as Horlicks	Muesli

FOODS WHICH CONTAIN HIDDEN GLUTEN

Sausages - <i>often contain rusk (and the machines used to make them are often cleaned out with bread)</i>	Luncheon meat - may contain fillers	Blue cheeses (may be made with bread)
Gravy powders and stock cubes such as OXO cubes	Matzo flour/meal	Shredded suet in packs (flour is normally used to keep the strands separate)
Seitan (doesn't contain gluten, it IS gluten!)	Hydrolyzed Vegetable Protein (HVP)	Baked beans (there may be gluten in the tomato sauce)
Farina	Meat and fish pastes	Pates and imitation crab meat
Self basting turkeys	Sauces - often thickened with flour	Alcoholic drinks - such as beer, ale, lager (click here for gluten free beers)
Soups - may be roux based (made with flour)	Mustard - dry mustard powder contains gluten	Instant coffee - may be bulked out with flour
Brown rice syrup	Cheap brands of chocolate	Potato crisps/chips - some are OK, read the ingredients!
Soy sauce - only Tamari is OK	Drinking chocolate	Licorice
Chutneys and pickles	Salad dressings	Curry powder and other spices (can be bulked out with flour)
White pepper	Malt vinegar	Play Dough click here for a cornflour recipe
Supplements	Some toothpastes	Some lipsticks
Some pharmaceutical products		