

Grocery and Specialty Shops	
Birthday Cakes & Special Celebrations The English Rose Cake Company specialty cakes from a dedicated gluten-free kitchen Sinsations by Radhika can accommodate special dietary orders (gluten, dairy, egg) Dedicated GF Bakeries Baking BakeHour Oh My Goodness Tiann's The Whole Kitchen	Brown Rice Paradise wide variety of gluten-free specialty items, mixes, and snacks Tanglin Mall
	Cold Storage gluten-free products throughout store island wide
	Fair Price gluten-free products throughout store island wide
	GlutenFreeSG.com large selection of gluten-free specialty products online
	Kiwi Kitchen gluten-free products imported from New Zealand online
	Marks & Spencer Staples, snacks, and frozen meals in food hall Wheelock Place
	Mustafa extensive selection of gluten-free flours and mixes Little India
	Phoon Huat/Redman gluten-free flours, mixes, and baking supplies islandwide
	Redmart large selection of gluten-free products online
	Ryan's Grocery gluten-free products, sausage Binjai Park, GWC
Supernature wide variety of gluten-free specialty items & mixes Forum Mall	

Dining Out

Here are a few of our favorite spots for a gluten-free meal. Remember to always discuss gluten-free protocol, hidden gluten, and cross contamination with the manager or chef before ordering. Learn more about gluten-free dining out in our [Gluten Free Bootcamp Course](#).

Amo	Italian food, GF menu available. Dedicated fryer, homemade gluten-free pasta.	Hong Kong Street	amorerestaurant.sg
The Butcher's Wife	Dedicated GF restaurant: order anything on the menu	Tiong Bahru	thebutcherswifesg.com
Caveman Food	Baked chicken, vegetables, Keto friendly.	Novena	cavemanfood@gmail.com
Entre-Nous Creperie	Buckwheat crepes. Specify GF when ordering.	CBD	entrenous.sg
F.O.C.	Tapas. GF options marked on menu. Be sure to request strictly gluten-free when ordering.	Hong Kong Street	focrestaurant.com
Five Guys	Burgers and fries. Order burger wrapped in lettuce. Freshly cut french fries in dedicated fryer.	Plaza Singapura, NEX	fiveguys.sg
Guzman Y Gomez	Mexican. Faves: burrito bowl, corn tacos.	Multiple outlets	gyg.com.sg
Kind Kones	Vegan ice cream. GF cones and treats available.	Forum Mall	kindkones.com
The Lokal	Cozy Australian Restaurant Bar	136 Neil Road	thelokalsingapore.com
Marché	Freshly made open kitchen; best choice: rosti, paella.	313 Somerset	marche-movenpick.sg
Margaritas	Mexican. Most dishes can be made with corn tortillas. Fajitas or quesadillas with corn tortillas.	Block 11, Dempsey Hill	margaritasrestaurante.com
The Living Cafe	Excellent gluten free and vegetarian options. All food & drinks are also dairy free.	Bukit Timah	thelivingcafe.com
The New Indian Curry House	Traditional Indian fare. See iGF blog post for more details and recommended dishes.	Bukit Timah	
Tiann's Bakery	Dedicated GF cafe: order anything on the menu.	Tiong Bahru	tianns.com.sg
The Whole Kitchen Cafe	Dedicated GF bakery: order anything on the menu.	East Coast	thewholekitchen.com.sg

Disclaimer: This guide is a tool to help you find the best options for your dietary needs and does not guarantee a safe gluten-free meal. It is the diner's responsibility to make an informed decision to determine if the restaurant, food, and preparation is safe for their individual requirements.

InternationalGlutenFree.com and **Gluten Free Singapore Support Group** strive to bring you the best information possible. Please visit our website to learn more about gluten-free learning and living.

Do you have a suggestion or update for our list? Drop us an email at Team@GlutenFree.sg and share your information.