

## **Twin Cities Area Gluten Free Dining**

This is just a sampling of restaurants in the metro area that are gluten-free friendly. Most restaurants will work with gluten-free dietary restrictions. BE ASSERTIVE and ask for the chef or manager if you have questions regarding ingredients or substitutions.

*(Do you have a favorite Twin Cities celiac-friendly restaurant that isn't listed yet? Please send in your referral with the following information: restaurant name, address(es), website address, and telephone numbers. Send to: [klgeronime@aol.com](mailto:klgeronime@aol.com)*

### **Amore Coffee**

[cathy@amorecoffee.com](mailto:cathy@amorecoffee.com)

917 Grand Avenue

St. Paul, MN 55105

651/222-6770

Bittersweet Baker Products

### **King & I Thai**

[www.kingandlthia.com](http://www.kingandlthia.com)

1346 LaSalle Ave

Minneapolis, MN

612/332-6928

Request items to be made gluten free.

### **Amore Victoria in Minneapolis**

[www.amorevictoria.com](http://www.amorevictoria.com)

(Uptown neighborhood) serves many of their Italian pasta dishes

with gluten-free noodles on request.

Call for reservations (612) 823-0250.

### **Leonardo's Pizzeria**

[www.leonardospizzeria.net](http://www.leonardospizzeria.net)

GF pizza crust available.

3150 Century Ave. N., Mahtomedi MN

55115

651.777.1200

### **Aprille's Showers Tea Room**

[www.aprilleshowers.com](http://www.aprilleshowers.com)

(will accommodate GF requests)

Stillwater

(651) 430-2004

### **Maggianos**

<http://www.maggianos.com/>

Edina (Southdale) GF Italian corn noodles on request.

### **Axel's Bonfire, St. Paul**

[www.axelsbonfire.com](http://www.axelsbonfire.com)

Ask for GF Menu.

### **Mandarin Yang**

[www.mandarinyang.com](http://www.mandarinyang.com)

(GF soy sauce on request;

knowledgeable staff)

3412 Highway 101

Minnetonka, MN 55391

(SW Corner of Minnetonka Blvd & 101)

952-473-1824

Request items to be made gluten free.

### **The Bayport Cookery**

[www.bayportcookery.com](http://www.bayportcookery.com)

will accommodate special dietary requests.

651-430 1066 call for reservations.

### **McHattie's Victorian Times Tea House**

<http://www.mchatties.com>

Woodbury

Seating by reservation only:

(651) 768-8753

### **Biaggi's Ristorante Italiano**

[www.biaggis.com](http://www.biaggis.com)

Gluten-Free Menu (call ahead)

8251 Flying Cloud Dr., #3010

Eden Prairie, MN 55344

(952) 942-8555

and

### **Midori's Floating World Café**

12051 Elm Creek Blvd.  
Maple Grove, MN 55369  
(763) 416-2225

### **Big Bowl Fresh Chinese & Thai**

[www.bigbowl.com](http://www.bigbowl.com)

Gluten-free menu available  
Three locations: Edina, Minnetonka,  
Rosedale Mall - Roseville

### **Black Woods Restaurant**

[www.blackwoods.com/index.htm](http://www.blackwoods.com/index.htm)

Proctor, Duluth, and Two Harbors  
Locations

### **Boston Market**

[www.bostonmarket.com](http://www.bostonmarket.com)

online GF/nutrition info.  
8 Twin Cities locations

Boston's in Maple Grove, MN at Arbor  
Lakes

12109 Main Street  
Maple Grove, MN 55369  
763/315-4334

[www.bostonsgourmet.com/?q](http://www.bostonsgourmet.com/?q)

### **Brasa Rotisserie**

600 E. Hennepin Ave, Minneapolis, MN  
55401

612/379-3030 or  
777 Grand Ave, St. Paul, MN 55105  
651/224-1302

[www.brasa.us](http://www.brasa.us)

### **Buca Di Beppo**

[www.bucadibeppo.com](http://www.bucadibeppo.com)

Chef will work with you  
Five metro locations

### **Café Agri**

[www.cafeagri.com](http://www.cafeagri.com)

(organic menu; some dishes GF. Check  
online menu)

4300 Bryant Avenue South  
Minneapolis, MN  
612.822.3101

### **The Capital Grill**

[www.floatingworldcafe.com/](http://www.floatingworldcafe.com/)

(Japanese, Gluten-free menu available  
on request)

612-721-3011

3011 27th Avenue South at East Lake  
Street

Minneapolis, MN 55406

### **Mongo's Grill**

11628 Fountains Dr N., Maple Grove, MN

[www.mongosgrill.com](http://www.mongosgrill.com)

### **Muffuletta**

<http://www.muffuletta.com/>

(no GF menu; call for reservations and  
specify your needs)

2260 Como Avenue  
Saint Paul, MN 55108  
651-644-9116

### **The Oceanaire Seafood Room**

[www.theoceanaire.com](http://www.theoceanaire.com)

1300 Nicollet Avenue  
Minneapolis

612/333-2277

gluten-free menu upon request

### **Original Pancake House**

[www.originalpancakehouse.com](http://www.originalpancakehouse.com)

(pancakes and crepes) (Maple Grove,  
Edina, Eden Prairie, and Wayzata  
locations)

### **The Old Spaghetti Factory**

[www.osf.com](http://www.osf.com) 233 Park Avenue

Minneapolis, MN

612/341-0949

### **Outback Steakhouse**

Gluten-Free menu on their website

[www.outbacksteakhouse.com](http://www.outbacksteakhouse.com)

Many Twin Cities locations

### **Park Tavern Bowl**

[www.parktavern.net](http://www.parktavern.net)

(St. Louis Park) They have been  
offering GF pizza and are developing a  
GF menu.

### **Pei Wei Asian Diner**

[www.thecapitalgrille.com](http://www.thecapitalgrille.com)

801 Hennepin Ave – LaSalle Plaza  
Minneapolis, MN 55402  
612/692-9000

### **Chevy's Fresh Mex**

[www.chevys.com](http://www.chevys.com)

GF menu available on request  
Bloomington, by the Mall of America

### **Chiang Mai Thai**

[www.chiangmaithai.com](http://www.chiangmaithai.com)

Recommended by the Celiac Sisters!  
Calhoun Square, Minneapolis 55408  
612/827-1606

### **Chianti Grill**

[www.chiantigrill.com](http://www.chiantigrill.com)

Gluten-free menu available at  
**Burnsville** and **Roseville** locations  
2050 North Snelling Ave.  
Roseville, MN 55113  
651-644-2808

and

14240 Plymouth Ave.  
Burnsville, MN 55337  
952-892-7555

### **Chili's**

[www.chilis.com](http://www.chilis.com)

(Twelve Twin Cities locations)  
Request a printout of their GF menu.

### **Chin's Asia Fresh**

[www.chins.com](http://www.chins.com)

GF list on website under "nutritionals"  
Plymouth, Minnetonka, St. Louis Park,  
and Woodbury locations.

### **Chipotle**

[www.chipotle.com](http://www.chipotle.com)

Tex-Mex; ingredient list available  
Check FAQ on website for gluten-  
intolerance info.  
Many Twin Cities locations

### **Christo's Greek Restaurant**

[www.christos.com](http://www.christos.com)

[www.peiwei.com](http://www.peiwei.com)

gluten-free menu available  
St. Louis Park  
952-656-9480

### **P.F. Chang's China Bistro**

[www.pfchangs.com](http://www.pfchangs.com)

Gluten-Free/Wheat-Free menu  
on their website. Edina (Southdale) and  
Maple Grove  
2700 Southdale Ctr.  
Edina, MN  
952/926-1713

### **Pizza Flame**

105th & Hanson Blvd, Coon Rapids, MN  
55433  
763/757-5100  
[www.pizzaflame.com](http://www.pizzaflame.com)

### **Pizza Luce**

[www.pizzaluce.com/glutenfree/luceglutenfreeweb.pdf](http://www.pizzaluce.com/glutenfree/luceglutenfreeweb.pdf)

Minneapolis, St. Paul, and Duluth  
Locations  
GF Tuesdays and Wednesdays  
651/288-0186

GF appetizers, salads, stuffed, buffalo  
wings, Antichoke dip with rolls, pasta,  
pizzas, beer & deserts Also offer  
dairy-free and meat-free menu items.

### **Q-Fanatic**

180 Miller Road, Champlin, MN 55316  
763/323-6550  
[www.qfanatic.com/index.html](http://www.qfanatic.com/index.html)

### **Red Robin**

[www.redrobin.com](http://www.redrobin.com)

Several Locations  
Shoreview—651/483-4022  
Accommodates GF

### **Red Savoy Pizza**

[www.redsavoyhugo.com](http://www.redsavoyhugo.com)

11468 Martin St NW  
Coon Rapids, MN 55433  
763-755-0590

### **Rice Paper (Vietnamese)**

Knowledgeable staff; GF menu available  
Three locations: Minneapolis, St. Paul, & Minnetonka

### **Crumb Gourmet Deli**

[www.crumbgourmetdeli.com](http://www.crumbgourmetdeli.com)

Gluten free bread, deli meat, cheese, and condiments as well as several gluten free salads and cookies.  
7910 Mitchell Road  
Eden Prairie, MN 55344  
952/934-1717

### **Culver's**

[www.culvers.com](http://www.culvers.com)

Food allergy info is on their website  
Many Twin Cities locations

### **Donatelli's Restaurant**

[www.donatellis.com/menu/glutenfree.htm](http://www.donatellis.com/menu/glutenfree.htm)

2692 East County Road E  
White Bear Lake, MN 55110  
Gluten Free Pizza, Lasagna, and Ravioli

### **Ecopolitan**

<http://www.ecopolitan.com/restaurant-minneapolis>

Eco raw food and restaurant; many GF options.  
2409 Lyndale Avenue South,  
Minneapolis, MN 55403

### **Flame Restaurant**

[www.flamerosedale.com](http://www.flamerosedale.com)

863 Rosedale Center Plaza, Roseville, MN  
651/315-5005

### **Fogo de Chao**

[www.fogodechao.com](http://www.fogodechao.com)

645 Hennepin Ave, Downtown  
Minneapolis  
612/338-1344  
Almost entire menu GF

### **French Meadow Bakery and Cafe**

<http://www.frenchmeadow.com/>

2726 W. 43rd St.  
Minneapolis (near Linden Hills Co-op)  
612-926-8650  
Reservations recommended

*Many GF items on the menu; be sure to let the wait-staff know your needs.  
Moderately priced.*

### **Ronnally's Pizza**

[www.ronnally.com](http://www.ronnally.com)

1560 Woodlane Drive  
Woodbury, MN 55125  
651-739-3823  
GF Medium Pizza & Lasagna

### **Roulette's Pizza**

1550 Arboretum  
Victoria, MN 55386  
952-443-4644  
dine in or carry out.

### **Salut Bar Americain**

No GF Menu, but knowledgeable & will work with you.  
[www.salutbaramericain.com](http://www.salutbaramericain.com)

### **Seward Café**

[www.sewardcafempls.net](http://www.sewardcafempls.net)

2129 E. Franklin Ave  
Minneapolis, MN 55404  
612/332-1011

### **Spasso Restaurant**

[www.spassomn.com](http://www.spassomn.com)

17523 Minnetonka Blvd  
Minnetonka, MN  
952/224-9555  
Italian, GF items marked on menu

### **St. Paul Hotel Grill**

[www.stpaulgrill.com](http://www.stpaulgrill.com)

350 Market Street (5th & Market)  
St. Paul, MN  
651/224-7455  
Very willing to accommodate GF Diet

### **Supatra's Thai Cuisine**

[www.supatra.com](http://www.supatra.com)

967 West 7th Street

(GF items on their Breakfast and Lunch menu)

2610 Lyndale Ave. S  
Minneapolis, MN 55408  
(612) 870-7855

### **Fresh Picked Pizza**

[www.freshpickedpizza.com](http://www.freshpickedpizza.com)

Hwy 96 & Lexington, Shoreview  
651/494.3706

### **Galactic Pizza**

[www.galacticpizza.com](http://www.galacticpizza.com)

2917 Lyndale Ave, S. Mpls  
612/824-9100

GF pizza crust available.

### **Godfather's Pizza**

[www.godfathers.com](http://www.godfathers.com)

Rochester, Burnsville, St.Cloud  
locations

952/435-9558

### **Harbor View Café**

[www.harborviewpepin.com](http://www.harborviewpepin.com)

Pepin, Wisconsin (southeast of the  
Twin Cities);

Chef is very accommodating  
(and talented!); no reservations.

### **Houlihan's Restaurant**

[www.houlihans.com](http://www.houlihans.com)

Richfield, Chanhassen, Eagan  
locations

### **Hubble House — Mantorville, MN**

[www.hubbellhouserestaurant.com](http://www.hubbellhouserestaurant.com)

(West of Rochester) comes highly  
recommended.

(507) 635-2331 call for reservations.

[GF Menu](#)

### **Jasmine 26**

[www.jasmine26.net](http://www.jasmine26.net)

8 East 26th Street  
Minneapolis, MN 55407  
612/870-3800

Vietnamese Restaurant--Most of menu  
GF, including Fish sauce, fried rice,  
spring rolls, most rice dishes and

St. Paul, MN 55102

651/222-5859

Owner recommends a number of menu  
items can be made Gluten-free, in  
additioin to GF beer.

### **TASTY ASIA TAKE-OUT**

<http://www.tastyasia.com/>

(gluten-free menu available)

26685 Faxton Avenue

Wyoming, MN 55092

Phone: (651) 462-1200

Fax: (651) 462-1221

### **Timberlodge Lodge Steakhouse**

[www.timberlodgesteakhouse.com/gluten-free.htm](http://www.timberlodgesteakhouse.com/gluten-free.htm)

Various Locations in Twin Cities w/GF  
Menu

### **Time Out Restaurants**

[www.timeoutrestaurant.com](http://www.timeoutrestaurant.com)

Elk River, MN

763/441-4443

### **Tobies**

[www.tobies.com/pageone.htm](http://www.tobies.com/pageone.htm)

504 Fire Monument Road

Hinckley, MN 5037

320/384-6174

### **Wayzata Eatery**

[www.wayzataeatery.com](http://www.wayzataeatery.com)

This "fine casual dining" spot will  
accommodate special dietary/menu  
requests.

1179-A East Wayzata Boulevard

952-288-2866

### **Wildfire**

[www.wildfirerestaurant.com](http://www.wildfirerestaurant.com)

Gluten-free menu available

3020 Eden Prairie Center

Eden Prairie, MN 55344

952-914-9100

### **Z Pizza**

[www.zpizza.com](http://www.zpizza.com)

1607 Cty Rd C, Roseville,

651-633-3131

noodle dishes.

111 South Broadway, Rochester

**Kincaid's**

[www.Kincaids.com](http://www.Kincaids.com)

St. Paul and Bloomington (no gf menu,  
but very accommodating and  
knowledgeable)

**Zebra Pizza**

[www.zebrapizza.info/Mis/Gulten.html](http://www.zebrapizza.info/Mis/Gulten.html)

14031 St. Francis Blvd, Ramsey, MN  
763-323-7303