

## GIG of Portland's 2019 Gluten-Free Restaurants in the Portland Area

49 different 100% gluten-free locations in Portland marked in **BOLD**.

<b>Back to Eden Bakery</b>	backtoedenbakery.com	<b>100% Gluten-Free</b>
2217 NE Alberta Street, Portland	503-477-5022	
4804 SE Woodstock Blvd (food cart)	503-477-5022	
Vegan bakery with vegan and gluten-free ice cream, donuts, cakes, cupcakes.		
<b>Back to Eden Bakery Cafe</b>	backtoedenbakery.com	<b>100% Gluten-Free</b>
2215 NE Alberta Street, Portland	503-477-5022	
Vegan café (next to bakery) with vegan, GF brunch, lunch, dinner, pizza, salads, GF beer & ciders.		
<b>Bang Bang</b>	bangbangpdx.com	<b>100% Gluten-Free</b>
4727 NE Fremont, Portland	503-287-3846	
Thai food, curries, dairy-free, cocktails. Caution: reports of reaction with only fried food despite 100% GF ingredients – working to finding the issue. Other menu items are safe. Open dinner Mon-Sun 5pm to midnight.		
<b>Bit House Saloon</b>	bithousesaloon.com	<b>100% Gluten-Free</b>
727 SE Grand, Portland		
Historic bar with happy hour. GF event space upstairs. Entire kitchen is GF. GF beers avail. Regular beers & alcohol on site.		
<b>Butterfly Belly</b>	Butterflybellyme.com	<b>100% Gluten-Free</b>
323 NW Park Ave	503-788-6455	
Pan-Asian, MSG-free. Paleo, soy-free and vegan options. GF pho, spring rolls, calamari. GF beers.		
<b>Canteen</b>	canteenpdx.com	<b>100% Gluten-Free</b>
2816 SE Stark St	503.922.1858	
Fresh, local, organic ingredient breakfast, bowls, salads.		
<b>Corbett Fish House</b>	corbettfishhouse.com	<b>100% Gluten-Free</b>
5901 SW Corbett, Portland	503-246-4434	
Fish and Chips. Menu 100% gluten free, except for oyster crackers. Same owners as Hawthorne Fish House.		
<b>Cultured Caveman</b>	CulturedCavemanPDX.com	<b>100% Gluten-Free</b>
8233 N Denver, Portland	971-254-4948	
100% GF, dairy/soy free; grass-fed beef & healthy meats/veg. Paleo.		
<b>Desi PDX</b>	Desipdx.com	<b>100% Gluten-Free</b>
4233 N Mississippi Ave, Portland	503-862-3374	
Pacific NW Indian food (eg: pork belly on chickpea waffle with chutney & hazelnut tamarind sauce). Food cart is also 90% dairy-free.		
<b>El Pilon Columbian Food</b>	503-415-9816	<b>100% Gluten-Free</b>
SW 2 <sup>nd</sup> and Oak (one block from Oak/SW 1 <sup>st</sup> MAX stop)		
Columbian street food cart: arepas, empenadas, pan de yuca and their signature dish patacon.		
<b>Flourish Plant Based Kitchen</b>	flourishthefoodtruck.com	<b>100% Gluten-Free</b>
7316 N Lombard St, Portland	503-754-5934	
GF, vegan food cart in St John's at St John's Beer Porch food pod.		
<b>Gluten-Free Chef</b>	gfchefpdx.com	<b>100% Gluten-Free</b>
NE 52 <sup>nd</sup> and Sandy, Portland	503-927-9880	
Food cart in Rose City food pod. 100% gluten-free, Daily specials. Previously SE 20 <sup>th</sup> and Everett. Fried chicken, pancakes, Reuben.		

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<b>Gluten Free Gem Bakery &amp; Café</b>	glutenfreegem.com 140 NE Broadway, Portland Bakery and café serving cakes, donuts, scones, quiche and coffeecakes.	<b>100% Gluten-Free</b>
<b>Ground Breaker Taproom &amp; Gastropub</b>	groundbreakerbrewing.com 2030 SE 7 <sup>th</sup> (& SE Lincoln), Portland Award-winning 100% GF beer (8 on tap), 100% gluten-free full menu. Happy hour all day Tuesdays. Fried chicken Sunday.	<b>100% Gluten-Free</b>
<b>Harlow</b>	harlowpdx.com 3632 SE Hawthorne, Portland Vegan with egg options for breakfast. Also serves lunch and dinner. Cocktails and smoothies.	<b>100% Gluten-Free</b>
<b>Hawthorne Fish House</b>	hawthornefishhouse.com 4343 SE Hawthorne, Portland. The same ownership and GF menu as Corbett's. Only gluten is in oyster crackers, malt vinegar and regular beers.	<b>100% Gluten-Free</b>
<b>Jouk Li Jou Haitian Food Cart</b>	portlandmercado.org/jouklijou/ 7238 SE Foster Rd, Portland (Portland Mercado) 340-244-4802 Gluten-free & dairy-free Haitian food. Roast chicken/rice/beans/slaw plates. Pork, oxtail, goat, griot. Renaming to Mathilde's Kitchen.	<b>100% Gluten-Free</b>
<b>Joul Crafted Nutrition</b>	joulecraftednutrition.com 4615 NE Sandy, Portland Serves fresh, delicious, "nutrition-based restaurant with a menu to support any special dietary needs"	<b>100% Gluten-Free</b>
<b>Jurassic Cart</b>	facebook.com/jurassiccart 5205 SE Foster Rd, Portland Gluten-free, soy-free, paleo food cart serving skewers, salads, sweet potato mash and more. Vegan options.	<b>100% Gluten-Free</b>
<b>Kyra's Bake Shop</b>	kyrasbakeshop.com 599 A Avenue, Lake Oswego Bakery/café serving breakfast and lunch. Sandwiches, soups, salads, 3 time Food Network Cupcake Wars winners.	<b>100% Gluten-Free</b>
<b>Leafy Dreams</b>	@leafydreamspdx on Instagram 7909 SE 13 <sup>th</sup> St (Sellwood) Organic gluten-free soup, salads, hand pies from a food truck, vegan options. Covered back patio. Across from Jade Teahouse.	<b>100% Gluten-Free</b>
<b>Liberated Baking</b>	liberatedbaking.com 16100 SE 82 <sup>nd</sup> Drive, Clackamas Pastries, custom cakes, breads, pie crust, coffee and lunch featuring soup or stew of the day.	<b>100% Gluten-Free</b>
<b>Little Bean</b>	littlebean.com 1241 NW Johnson St, Portland Garbanzo-based ice cream, waffles and sweet and savory pastries. Dairy-free, nut-free, soy-free, non-GMO.	<b>100% Gluten-Free</b>
<b>Mathilde's Kitchen Food Cart</b>	portlandmercado.org/jouklijou/ 7238 SE Foster Rd, Portland (Portland Mercado) 340-244-4802 Gluten-free & dairy-free Haitian food. Roast chicken/rice/beans/slaw plates. Pork, oxtail, goat, griot. Renaming from Jouk Li Jou.	<b>100% Gluten-Free</b>
<b>New Cascadia Traditional</b>	newcascadiatraditional.com 1700 SE 6 <sup>th</sup> Ave. Portland Dedicated 100% gluten free bakery & cafe. Pizza and hand pies, soups at lunch. Brunch on Sunday.	<b>100% Gluten-Free</b>

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<b>Petunia's Pies and Pastries</b>	petuniaspiesandpastries.com	<b>100% Gluten-Free</b>
610 SW 12 <sup>th</sup> Portland	503-841-5961	
Gluten-free sweets and lunch items, full bar, open early and late. Downtown location. Open Sundays.		
<b>Pollo Norte</b>	pollonorte.com	<b>100% Gluten-Free</b>
2935 NE Glisan, Portland	503-719-60-39	
Rotisserie chicken Mexico City-style. GF & dairy-free premises. GMO-free corn tortillas. Indoor & outdoor seating.		
<b>The Portland Press</b>	theportlandpress.com	<b>100% Gluten-Free</b>
1122 SE Tacoma, Portland	971-244-3527	
Savory and sweet waffle sándwich cart in Sellwood.		
<b>Prasad</b>	prasadpdx.com	<b>100% Gluten-Free</b>
925 NW Davis, Portland	503-224-3993	
Vegetarian and organic, vegan friendly. Shared space with Yoga Pearl. Indoor and outdoor seating.		
<b>Prasad East</b>	prasadpdx.com	<b>100% Gluten-Free</b>
21 NE 12 <sup>th</sup> Ave, Portland	503-231-3606	
Inside Portland Rock Gym and upstairs on the NW corner of NE 12 <sup>th</sup> /Burnside/Sandy. Vegetarian and organic, vegan friendly.		
<b>Schilling Cider House</b>	schillingciderhouse.com	<b>100% Gluten-Free</b>
930 SE 10 <sup>th</sup> Ave, Portland	971-352-6109	
Portland's largest cider house, 100% GFfood. 50 taps, bottle selection, growler fills, all 100% fruit & GF. GF pub food.		
<b>Tacovore</b>	tacovorePDX on FB	<b>100% Gluten-Free (for now)</b>
3707 NE Fremont	503-719-4898	
Favorite Eugene taco restaurant. Does not yet have tortas/sandwiches with gluten, so right now 100% GF a/o 3/2019.		
<b>Teote</b>	teotepdx.com	<b>100% Gluten-Free</b>
1615 SE 12 <sup>th</sup> Portland	971-888-5281	
2700 NE Alberta St Portland		
Latin American street food highlighting GF arepas (corn cakes) with fillings. Outdoor seating/picnic tables/firepit both locations.		
<b>Tiera del Sol</b>	tierradelcolpdx.com	<b>100% Gluten-Free</b>
7238 SE Foster Portland	503-975-4805	
GF food cart specializing in mole sauces & tacos. Hand-made blue corn tortillas. At the Mercado. Inside eating in inclement weather.		
<b>Tiffin Asha</b>	tiffinasha.com	<b>(100% Gluten-Free??)</b>
1670 NE Killingsworth St Portland	503.936.7663	
Portland, OR 97211		
South Indian food, most foods used are naturally gluten-free. Spring 2018 no-gluten menu. Dinner Thu-Sat, Sun brunch.		
<b>Tiny Moreso</b>	tinymoresopdx.com	<b>100% Gluten-Free</b>
4520 NE 42 <sup>nd</sup> Ave	503-602-4243	
Vegan, GF snacks, toasts, drinks, smoothies, juice without a soy base.		
<b>Verde Cocina</b>	verdecocinamarket.com	<b>100% Gluten-Free</b>
6446 SW Capitol Hwy, in Hillsdale	503-335-8233	
524 NW 14th, btw Glisan & Hoyt, Portland	503-894-9321	
5515 SW Canyon Rd, near the zoo	503-297-5568	
Fresh farmer's NW farm to table cuisine with a Mexican palate. Vegan and Paleo options. Wed. Shemasnski Park farmers market.		

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**The Whole Bowl** thewholebowl.com **100% Gluten-Free**  
3540 N Vancouver Ave Portland (restaurant) (503) 493-5991  
4411 SE Hawthorne Portland (restaurant) (503) 753-7071  
7 Carts: 240 SE Clay, 1515 NW 23<sup>rd</sup>, 1100 NW Glisan St, 4615 NE Sandy Blvd, 701 SW 6<sup>th</sup> Ave, SW 9<sup>th</sup> & Alder, 827 SW 2<sup>nd</sup> Ave,  
"Gluten, wheat, nut, hydrogenated oil and guilt-free." Vegan friendly option.

**Wholism** wholismpdx.com **100% Gluten-Free**  
4604 SE Hawthorne, Portland 503-263-1466  
Organic, plant-based, gluten & grain-free, sugar-free. Breakfast, lunch, superfood lattes and smoothies. Open 9am-5pm.

***The following restaurants do NOT have 100% gluten-free kitchens.***

***Cross-contact is highly likely.***

***If you have celiac disease, non-celiac gluten sensitivity or a wheat allergy, eat at your own risk.***

**Andina** andinarestaurant.com  
1314 NW Glisan, Portland 503-228-9535  
Innovative Peruvian cuisine using indigenous ingredients prepared with authentic flavor. Mixed kitchen/cross-contact likely.

**Bete Lukas** bete-lukas.com  
2504 SE 50<sup>th</sup>, Ste D (50<sup>th</sup> & Hawthorne) 503-477-8778  
Ethiopian cuisine with gluten-free injera bread. Upstairs. Dinner only, Tue – Sun. Mixed kitchen/cross-contact likely.

**Blossoming Lotus Café** blpdx.com  
1713 NE 15<sup>th</sup> St Portland 503-228-0048  
Vegan, some raw food options, mostly gluten-free. Mixed kitchen/cross-contact likely.

**Bob's Red Mill** bobsredmill.com  
13521 SE Pheasant Court, Milwaukie 503-607-6455  
Cafe sandwiches can be made with gluten free bread. Possible cross contamination issues. Mixed kitchen/cross-contact likely.

**Burgerville**  
Various locations.  
GF fryer, and GF buns (ask for the bun in the bag, not toasted). Mixed kitchen/cross-contact likely.

**Clarke's** clarkesrestaurant.com  
455 2<sup>nd</sup> St, Lake Oswego 503-636-2667  
Northwest cuisine providing menus with flavors from Bordeaux and Italy. Mixed kitchen/cross-contact likely.

**Dar Salam** darsalamportland.com  
2921 NE Alberta, Portland 503-206-6148  
Authentic Araqi/Middle Eastern. Only pita & baklava made off-site contain gluten. Charming garden seating. GF Iraqi breakfast.

**Deschutes Brewery** deschutesbrewery.com  
210 NW 11<sup>th</sup> Ave, Portland 503-296-4906  
Gluten-free menu. GF beer on tap. Mixed kitchen/cross-contact likely.

**FOMO Chicken** fomochicken.com  
113 SE 28<sup>th</sup> Ave, Portland 503-308-0258  
Gluten-free fryer for fried chicken – organic and locally sourced. Sauces are not gluten-free. Mixed kitchen/cross-contact likely.

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Garden Monsters gardenmonsters.net  
5029 SE Division Portland 503-688-8500  
Food cart; most of menu is GF except croutons, pita chips, wraps & breadsticks. Mixed kitchen/cross-contact likely.

Jade Bistro and Tea House jadeportland.com  
7912 SE 13th Avenue Portland 503-477-8985  
Gluten-free Asian food. GF beer, desserts. 90% of menu is GF. Mixed kitchen/cross-contact likely.

Khao San Thai Street Food khaosanpdx.com  
1435 NW Flanders Ste A Portland 503-227-3700  
15325 NW Central Dr Ste J12 Portland (Bethany) 503-352-5181  
Uses GF soy sauce, all on menu is GF but 2 items on dinner, 3 on lunch. Mixed kitchen/cross-contact likely.

Mi Mero Mole mmmtacospdx.com  
32 NW 5<sup>th</sup> Ave, Portland 971-266-8575  
Mexican street food made from scratch. Fresh ground tortillas. GF fryer. Mixed kitchen/cross-contact likely.

Mississippi Pizza Pub mississippipizza.com  
3552 N Mississippi, Portland 503-288-3231  
GF pizza, live music. Caution: regular pizza made on premises, so cross contamination very easy when eating in; safer to order to go.  
Crusts made in a separate GF facility.

Nong's Khao Man Gai khaomangai.com  
609 SE Ankeny St Ste C 503-740-2907  
417 SW 13<sup>th</sup> Ave, Portland 503-208-2402  
SW 10<sup>th</sup> and Alder (food cart) 971-255-3480  
Namesake chicken and rice wrapped in butcher paper. Easily made gluten-free. Ask for GF sauce.

Old Spaghetti Factory osf.com  
0715 SW Bancroft St Portland 503-222-5375  
Gluten free menu. Gluten free pasta for any pasta dish. Several locations in the wider metro area. Mixed kitchen/cross-contact likely.

Outback Steakhouse outback.com  
Big gluten free menu. Several locations in the wider metro area. Mixed kitchen/cross-contact likely.

Papa G's pappags.com  
2314 SE Division Portland 503-235-0244  
Vegan organic deli, rotating menu Seitan (100% gluten)served daily. Mixed kitchen/cross-contact likely.

Pastinis Pastaria pastini.net  
Pasta/Italian, substitute rice for pasta for any pasta dish. Several locations in the wider metro area. Mixed kitchen/cross-contact likely.

Portland Fish Market portlandfishmarket.com  
4404 SE Woodstock Blvd 503-477-6988  
100% GF fish and chips. One gluten item kept separately from fish preparation.

Rabbits Café (prev. Sonny Bowl cart) rabbitscafepdx.com  
SW 3<sup>rd</sup> and Washington Portland 971-285-6713  
Vegan. Macrobiotic bowls/salads/ smoothies made with fresh ingredients. 90% GF. Mixed kitchen/cross-contact likely.

Seasons and Regions seasonandregions.com

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6660 SW Capitol Hwy Portland 503-244-6400  
Gluten-free menu, vegetarian, brunch and lunch menus. Mixed kitchen/cross-contact likely.

Serratto serrato.com  
2112 NW Kearney Portland 503-221-1195  
Daily risotto, quinoa dishes, friendly to substitutions. Local. in season produce used. Mixed kitchen/cross-contact likely.

Slappy Cakes slappycakes.com  
4246 SE Belmont Portland 503-477-4805  
GF menu, vegan, make-your-own pancakes. GF batter avail., share same grill with reg pancakes. Mixed kitchen/cross-contact likely.

Swagat's swagat.com  
2074 NW Lovejoy Street Portland 503-227-4300  
Indian cuisine. GF pakoras/fried chickpea flour fritters, GF lentil bread. Buffet lunch labeled GF, DF. Mixed kitchen/cross-contact likely.

Vita Café vita-cafe.com  
3023 NE Alberta, Portland 503-335-8233  
Organic, vegan, free range, all natural, hormone free meats and eggs. Gluten-free French fries. Mixed kitchen/cross-contact likely.

Wilder wilderpx.com  
5501 NE 30th Ave  
GF fried chicken. Substitutes polenta for burger bun. Cocktails. Mixed kitchen/cross-contact likely.

Xico xicopdx.com  
3715 S.E. Division St, Portland 503-548-6343  
Grind organic corn daily, GF fryer at brunch, pork belly carnitas hash, quelites, sopes, chilaquiles. Mixed kitchen/cross-contact likely.

### Vancouver/Camas

Around the Table aroundthetable.net  
316 NE Dallas Street, Camas WA 360-834-0171  
Seasonal menu, local ingredients. Modify menu items in response to allergies/sensitivities. Mixed kitchen/cross-contact likely.

**Corbett Fish House** corbettfishhouse.com **100% Gluten-Free**  
19206 SE 1<sup>st</sup> St, Camas, WA 360-258-1609  
Fish and Chips. Menu 100% gluten free, except for oyster crackers. Same owners as Hawthorne Fish House.

**The Pines** pinescoffee.co **100% Gluten-Free**  
8086 E Mill Plain Blvd, Vancouver, WA 360 524 2748  
Coffee shop with occasional pop-up GF waffles on weekends. Watch their Facebook page for updates.

### Hillsboro

Cruise In Country Diner cruiseincountrydiner.com Veggie Grill  
9785 SW River Rd, Hillsboro 503-928-0500 2065 NW 185th Ave Hillsboro 503-466-034  
50's diner, natural/organic local food. GF buns & free-range burgers. Owner is a celiac. Gluten-free French fries and beer. Mixed kitchen/cross-contact likely.

Extreme Pizza Figaro's Pizza  
1888 NW 188th Ave Hillsboro 503-645-4200 123 NE 43rd Ave Hillsboro 503-844-7500

Front Row Bar & Grill Reedville Cafe  
22277 NW Imbrie Dr Hillsboro 503-430-8342 7575 SE Tualatin Valley Hwy Hillsboro 503-649-4643

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### **Salem**

**Marco Polo** **100% Gluten-Free**  
300 Liberty St SE, Salem marcopolosalem.com  
503-364-4833  
Asian, European, veggie/vegan, GF and special diets accommodated. Very safe for GF diners w/ separate GF kitchen.

### **Philomath/Corvallis**

**Eats and Treats Café** **100% Gluten-Free**  
1644 Main St, Philomath eats-treats.com  
541-307-0225  
100% GF eatery serving up just darn good food and BBQ in a relaxed, friendly atmosphere. On Hwy 20 towards Newport from I-5. Now includes Bierly GF Brewery inside the Eats and Treats Café. Restaurant closed Sundays and Mondays.

### **Eugene**

**Sundial Café** **100% Gluten-Free**  
2435 Hilyard St, Eugene sundialcafeeugene.com  
541-636-3838  
Organic, non-GMO, 100% GF breakfast, lunch, dinner. Also bakery items. Closed Monday.

### **Tacovore**

**Tacovore** tacovorePNW.com  
541-735-3518  
530 Blair Blvd, Eugene  
Favorite Eugene taco restaurant. Serves tortas/sandwiches with gluten on site. Mixed kitchen/cross-contact likely.

**The Gluten Intolerance Group of Portland  
meets every 2<sup>nd</sup> Saturday of the month 10am to noon  
at Providence Portland Medical Center in the Social Room  
See Facebook.com/GIGofPortland for schedule**