

Gluten Free Dining in the Twin Cities

A list of gluten friendly restaurants. Please verify that the restaurant is able to accommodate your needs prior to your visit. Let the restaurant staff/manager know you have Celiac disease.

Arby's

Gluten free menu items available.

Axel's Restaurant and Bonfire Wood Fire Cooking

Gluten free menu items available.

Blaine, Chanhassen, Eagan, Mankato, Mendota, Roseville, St. Paul, Savage, Woodbury

Brasa Premium Rotisserie

All food is gluten-free except sandwich rolls, sliced bread and cornbread.

Minneapolis and St. Paul

Biaggi's Ristorante Italiano

Offers a gluten free menu.

Big Bowl

Provides a gluten free menu and is willing to accommodate guests with dietary restrictions and food allergies.

Edina, Minnetonka, Roseville

Birchwood Café

Follows best practices to avoid cross-contamination when making gluten free items, but their kitchen is not completely gluten free.

Minneapolis

BitterSweet Gluten Free Bakery

Entirely gluten free bakery.

Eagan

Chianti Grill

Gluten free menu available.

Burnsville, Roseville

Chick-fil-A

Provides a gluten free bun as well as several other gluten free items that are sealed to prevent cross-contamination with other items.

Chipotle

All menu items are gluten free except the flour tortillas. Ask staff to change gloves prior to handling your food.



Crave

Offers 25 menu items that can be prepared gluten free. Items that can be prepared gluten free are marked "GF" on their menu.

Eden Prairie, Edina, Minneapolis, Mall of America, Roseville, St. Louis Park

Cravings Wine Bar and Grille

Large offering of gluten free items including desserts.

Woodbury

Culvers

Offers a gluten free bun warmed and served separately. The restaurant is not a gluten free environment therefore cannot guarantee items will be free of cross-contamination. Items cooked in the fryers may come into contact with wheat/gluten. Culver's burgers are cooked on a grill with bread.

Davanni's

Gluten free menu available and willing to accommodate food allergies.

Doolittle's

Separate gluten free menu available which aims to eliminate many hidden sources of gluten such as stabilizers and preservatives.

Eagan, Golden Valley

Five Guys Burger and Fries

French fries are prepared in a dedicated fryer.

Fogo de Chao Brazilian Steakhouse

Gluten free menu available.

Minneapolis

Freshii

Gluten free menu items available.

Minneapolis, St. Paul

French Meadow Bakery & Cafe

Offers a gluten friendly menu. Items that can be prepared gluten free are marked "GF".

Minneapolis, MSP airport, St. Paul

Ginger Hop

Follows best practices to avoid cross-contamination when making gluten free items, but their kitchen is not completely gluten free. Items that can be prepared gluten free are marked on the menu. They do not have a designated fryer.

Minneapolis



Grabbagreen

100% naturally gluten free. The restaurant is not “certified” gluten free, however anything made with oats is certified.

Edina, Maple Grove

Hola Arepa

All menu items are gluten free unless otherwise specified.

Minneapolis

Mad Jacks Sports Cafe

Offers a separate gluten free menu.

Vadnais Heights

Mill Valley Kitchen

Items that are or can be prepared gluten free are marked “gluten free” on the menu.

Minneapolis

Namaste café

Items that can be prepared gluten free are marked “GF” or “CG” on the menu.

Minneapolis

Olive Garden

Offers a “Gluten Sensitive” menu. According to their website, gluten free pasta is cooked in a sanitized kettle, rather than the pasta cookers used to cook regular pasta. This pasta is then held separately until ordered. At that time it is added directly to the sauté pan to avoid cross contact with other pasta or pasta water.

Outback Steakhouse

Gluten free menu items, all seasonings are gluten free. The restaurant provides gluten-free education to employees.

Bloomington, Burnsville, Coon Rapids, Inver Grove Heights, Maplewood, Roseville

Pazzaluna

Offers a “Celiac Friendly” menu.

St. Paul

Pei Wei

Has an online gluten free menu. Menu items can be prepared gluten free upon request.

Eden Prairie, MSP airport, St. Louis Park, Woodbury

People’s Organic

Offers gluten free menu items.

Eden Prairie, Edina, Minnetonka, Minneapolis (IDS Center), Uptown (Calhoun square)

P.F. Chang's

Not completely gluten free but has a gluten free menu with items that are either gluten free as prepared, or are modified to be gluten free. The marinades for beef, pork, chicken, shrimp and scallops are gluten free and contain cornstarch. Ask for gluten free soy sauce.

Edina, Maple Grove

Pizza Hut

Uses Udi's certified gluten free crust. Cheese-only and cheese-and-pepperoni pizzas can be made gluten free. The restaurant states they use special caution and procedures certified by the Gluten Intolerance Group (GIG) when making these pizzas.

Pizza Luce

Follows best practices to avoid cross-contamination when making gluten free items, but their kitchen is not completely gluten free. Gluten free items are marked on the menu.

Minneapolis (Downtown and Uptown locations), Duluth, Hopkins, Richfield, Roseville, Seward/University, St. Paul

Pub 819

Gluten friendly optional items are marked on the menu. The restaurant offers a gluten free bun.

Hopkins

Red Cow

Dedicated gluten free fryer and gluten free buns.

Minneapolis and St. Paul

Red Robin

Interactive allergen menu to check for gluten free and wheat free items. They also have a dedicated gluten free fryer and gluten free buns.

St. Cloud, Plymouth, Shoreview, Bloomington, Apple Valley

Restaurant Alma

Offers a prix fixe three course menu that has a dedicated gluten free version.

Minneapolis

Ruby Tuesday

Has an interactive allergen menu to check for gluten free and wheat free items.

Edina, Roseville, Inver Grove Heights, Shakopee

Sassy Spoon

An entirely gluten free restaurant.

Minneapolis

Smashburger

Has an interactive allergen menu to check for gluten free and wheat free items. They also offer a gluten free bun and have reformulated their burger seasoning to be gluten free. Most restaurants have a dedicated fryer for regular fries and sweet potato fries which are both gluten free.

Sunshine Factory Bar & Grill

Offers a gluten free menu. Items are prepared separately from regular menu items. The restaurant uses Lawry's Seasoned Salt in food preparations which has been declared gluten free by McCormick Spice Company.

Plymouth

The Capital Grille

Offers a "gluten sensitive dining" menu.

Minneapolis

The Old Spaghetti Factory

Offers a "Gluten Friendly" menu but the restaurant is not a gluten free establishment.

Minneapolis

Tria

Offers a "Gluten Sensitive" menu.

North Oaks

Twig's

Offers a full menu of gluten free items prepared in a dedicated gluten free kitchen. Gluten free items are prepared in a separate kitchen with dedicated utensils, preparation, and cooking appliances.

Rochester

Twin City Grill

Offers a separate gluten free menu.

Bloomington

Wendy's

Provides an online guide for gluten free restaurant choices. Wendy's does not have a dedicated fryer for French fries.

Wedge Table Café

Most menu items can be prepared gluten free.

Minneapolis

Wildfire

Gluten free menu available. Willing to accommodate guests with celiac disease. The restaurant has homemade gluten free pizza and homemade gluten free buns. According to their website,



when guests order from the gluten free menu, the server starts the gluten free procedure by informing a manager and filling out an allergy form and giving the form to the Chef. Separate utensils and bowls are used to prepare gluten free food.

Eden Prairie

Wok in the Park

Gluten free items and “gluten free upon request” items are clearly marked on the menu. Items that are prepared in a shared fryer are also marked.

St. Louis Park

ZZQ Smokehouse

Offers gluten free menu items. The restaurant is willing to cater to food allergies.

Eagan