

Dr. Hedberg's Gluten-free Asheville Guide

www.drhedberg.com

Now that you know you must avoid gluten you are probably wondering where you can eat? The best option is of course to cook your own food at home but the reality is that we all eat out sometimes. If you are going to be gluten-intolerant, Asheville is the place to be! There are a plethora of options for you to choose from and some of them will be quite surprising. Whether you want pizza, fine dining or yummy desserts, Asheville really delivers.

Pizza:

Standard Pizza Company in West Asheville
standardpizzacoasheville.com

Digable Pizza and Deli in West Asheville
digablepizza.com

Mellow Mushroom in Downtown Asheville
mellowmushroom.com

Brixx Pizza in Arden
brixxpizza.com

Acropolis Pizza in Arden
acropolispizza.com

West First Wood-Fired Pizza in Hendersonville
flatrockwoodfired.com

Restaurants/Pubs:

Downtown Asheville:

Posana Cafe
posanacafe.com (EVERYTHING ON THE MENU IS GLUTEN-FREE)

Green Sage
thegreensage.net

Kathmandu
kathmanducafeasheville.com

Chai Pani in Downtown Asheville
chaipani.net

Mela
melaasheville.com

Laughing Seed
laughingseed.jackofthewood.com

Doc Chey's Asian Kitchen
doccheys.com

Green Light Café
greenlightcafe.com

Heiwa Shokudo
heiwashokudo.com

Rosetta's Kitchen
rosettaskitchen.com

Tupelo Honey
tupelohoneycafe.com

Salsa's Mexican Caribbean
salsas-asheville.com

Simma Down Caribbean Cafe

Zambra
zambratappas.com

Village Wayside Bar & Grill
villagewayside.com

Suwana's Thai Orchid
suwanathaiorchid.com

Restaurant Solace
dineatsolace.com

Thirsty Monk (gluten-free beer and food)
monkpub.com

Over Easy Cafe
overeasyasheville.com

Greater Asheville:

Pomodoros Greek & Italian Cafe
Pomodoroscafe.com

Noi's Thai Kitchen

Neo Cantina
Neocantina.com

The Junction
Thejunctionasheville.com

Roots Cafe
Rootsfood.com

Urban Burrito
urbanburrito.com

Sunny Point Cafe
sunnypointcafe.com

Fiore's Ristorante Toscana
firoesasheville.com

Bonefish Grill
bonefishgrill.com

Boston Market
bostonmarket.com

Outback Steakhouse
outbacksteakhouse.com

Olive Garden
olivegarden.com

O'Charley's
ocharleys.com

Longhorn Steakhouse
longhornsteakhouse.com

Chili's Grill & Bar
chilis.com

Carrabba's Italian Grill
carrabbas.com

Blue Ridge Dining Room at the Grove Park Inn
groveparkinn.com

Frankie Bones Restaurant & Lounge
fbdining.com

Fig Bistro
figbistro.com

Fiore's South
south.fioresasheville.com

Homegrown
slowfoodrightquick.com

Morning Glory Cafe Black Mountain
themorningglorycafe.com

Stoney Knob Restaurant Weaverville
stoneyknobcafe.com

Roman's
romansasheville.com

Brioso Fresh Pasta in Arden
briosopasta.com

Grocers:

Earth Fare
earthfare.com

Greenlife/Whole Foods
wholefoodsmarket.com

Ingles
ingles-markets.com

Bakeries:

Short Street Cakes
Shortstreetcakes.com

World's Best Carrot Cake
worldsbestcarrotcake.com

Delicious Deceptions
gfdeliciousdeceptions.com

True Color Cooking
truecolorcooking.com

West End Bakery & Cafe
westendbakery.com

Well-Bred Bakery & Cafe Weaverville
well-bredbakery.com

True Confections Downtown Asheville
(Grove Arcade)

Ice Cream:

The Hop Ice Cream Cafe
thehopicecreamcafe.com

Ultimate Ice Cream
ultimateicecreamashville.com