



PRINT EDITION · OCTOBER 2026

Where to eat gluten-free in and around Salisbury

A free, independent guide to 80 pubs, restaurants, cafés, hotels and shops — what each one offers gluten-free, and how the kitchen handles it, in the venue's own words wherever they have given them. Written by a coeliac who lives here.

How the guide is organised

By place, then by type. The city centre comes first, with a map; then the edge of town, Wilton and the villages, Amesbury and Stonehenge, and a handful further afield. There is an A–Z index at the back.

What each entry tells you

What is gluten-free, and what to know before you order — the things a coeliac would ask at the counter, answered in advance where we can. Nothing here is a guarantee. Menus and kitchens change; a quick word with staff is always worth it.

The label under each name

Entirely gluten free — nothing containing gluten is made or sold there.

Coeliac UK accredited — the kitchen holds Coeliac UK's gluten free accreditation, which audits how gluten-free food is kept apart.

Dedicated GF fryer — the kitchen has told us fried food for coeliacs comes out of its own fryer.

Kitchen describes its process — the venue has told us how gluten-free orders are kept apart.

GF options — gluten-free dishes are offered; the kitchen has not described its handling.

No label — we know the venue caters, but not enough to say more yet.

"Checked" dates show when we last confirmed the entry. The website is updated as venues write back; this printout is a snapshot.



salisburygfguide.co.uk

The full guide, kept current — with maps, directions, venue pages and a feedback form.
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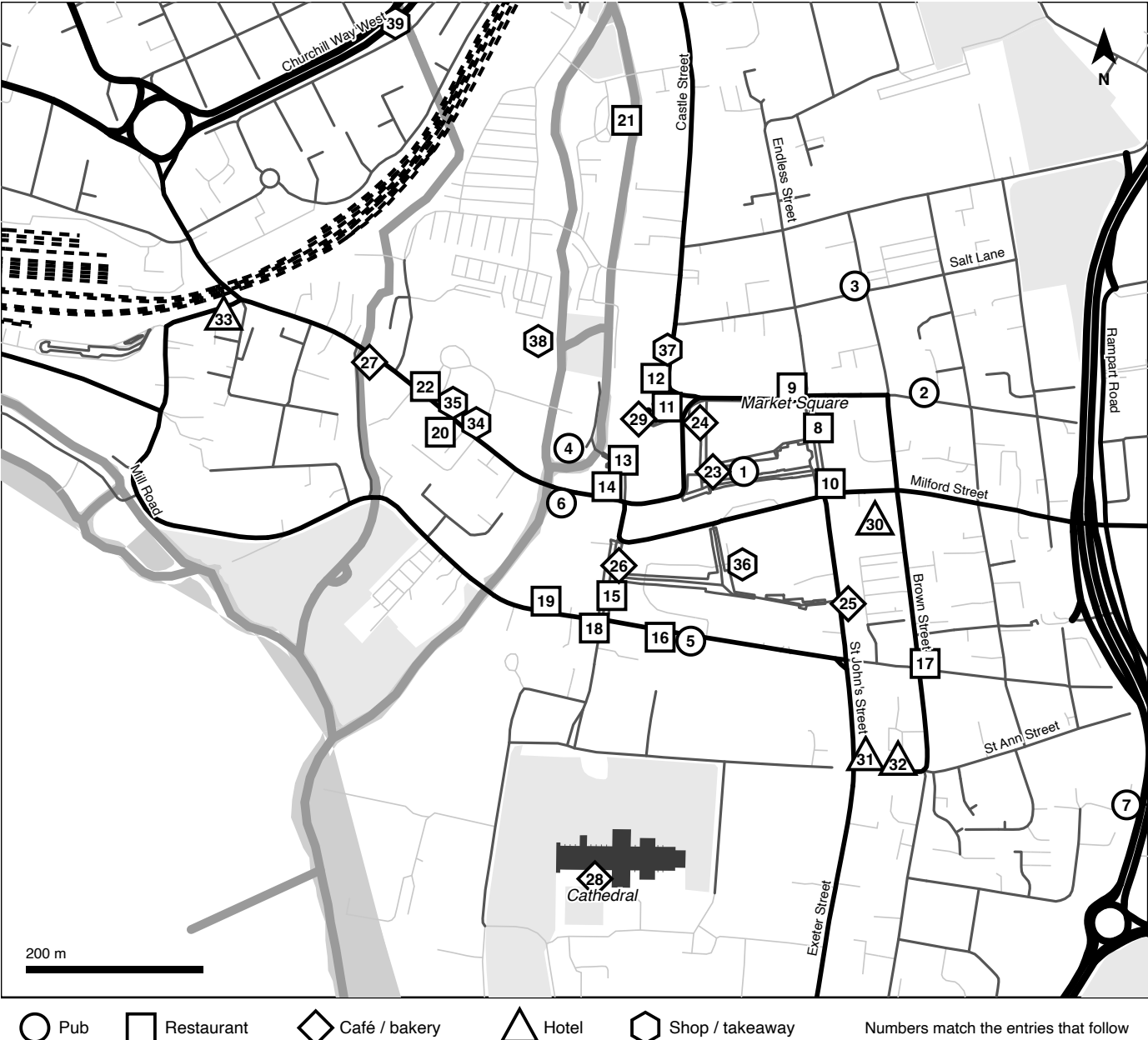
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A note on what this is. The Salisbury Gluten Free Guide started in 2026 as one coeliac's attempt to answer the question every coeliac asks before eating out: *can I actually eat there?* Every entry is built from what the venue publishes and, increasingly, from what its kitchen has told us directly. Where a venue has described how it keeps gluten-free food apart, the entry says so. Where it has not, the entry says that too, and leaves you to judge. We try hard to get things right and we correct entries the same day a venue tells us something is wrong — but this is a guide, not a promise.

Salisbury city centre

Everything within about half a mile of the Market Square. Numbers match the map.



PUBS

1 The Ox Row Inn

PUB · 10-11 Ox Row, SP1 1EU

Kitchen describes its process

Official menu pages carry Fuller's per-dish allergen matrix via viewthe.menu, with an Allergen Filter to exclude dishes that may contain selected allergens including cereals with gluten. Each dish lists Contains and May contain allergens; some dishes state they contain none of the listed allergens.

Before you order — Use the live Fuller's allergen matrix and gluten filter when choosing. Per-dish may-contain data is published, but no dedicated GF kitchen or fryer is claimed.

Checked June 2026

2 Coach & Horses Salisbury

PUB · 39 Winchester Street, Salisbury (per secondary listing)

Dedicated GF fryer

The kitchen has a separate gluten-free fryer, so the fish and chips, steak frites and loaded Greek fries are coeliac-friendly as standard. The burger buns are baked in a dedicated oven used only for gluten-free items. The lemon posset, sticky toffee pudding and crumble are also coeliac-friendly — and the chocolate brownie is gluten-free, though it's made in a factory that handles nuts.

Before you order — The team use a separate gluten-free fryer and a dedicated oven for the burger buns — but let staff know you're coeliac when you order so the right care is

taken. If nuts are a concern, note the chocolate brownie comes from a factory that handles them.

Checked June 2026

3 The Pheasant Salisbury

PUB · 19 Salt Lane, SP1 1DT

Kitchen describes its process

The main menu marks some dishes with a gluten-free icon, but the menu PDF also warns that food is prepared where nuts, gluten and other allergens are present.

Before you order — Ask staff which marked dishes are suitable and how they are prepared in the shared kitchen.

Checked June 2026

4 Bishops Mill

PUB · 7 The Maltings, SP1 1BD

GF options

Bishops Mill's Greene King menu includes a comprehensive online allergen filter — you can exclude gluten (and other major allergens) to see starters, mains and desserts that do not contain gluten as an ingredient. Seasonal menus also publish parallel dishes made without gluten-containing ingredients with many classics (for example turkey roast, duck and chive mash, smoked salmon, soups and desserts). This is a broad published offer, not a dedicated coeliac menu — Greene King states kitchens handle gluten and cannot guarantee dishes are completely free from traces.

Before you order — Use the live menu allergen filter when choosing. Greene King advises telling staff about allergies before ordering; ingredients can change and kitchens prepare food where gluten and nuts are present.

Checked June 2026

5 The New Inn Salisbury

PUB · 41-43 New Street, SP1 2PH

GF options

Sunday set menu uses GF, CGF (can be modified gluten-free) and VG markers. Examples include king prawn and crayfish cocktail (CGF), wild mushrooms on sourdough (V/CGF), 8oz rump steak (GF), Sicilian lemon tart (GF, VG) and red lentil soup (VG). Weekday set lunch also runs Mon–Fri 12–3pm — ask staff for current GF options.

Before you order — Speak to staff about allergies before ordering. Menu key: (GF) = gluten free, (CGF) = can be modified to be gluten free.

Checked June 2026

6 The King's Head Inn

PUB · 1 Bridge Street, SP1 2ND

GF options

Wetherspoon publishes allergen and dietary information for every dish through its app and website. Use the King's Head menu there to filter for gluten before ordering.

Checked June 2026

7 The Dust Hole (Railway Inn)

PUB · SP1 2FA

As a Dark Revolution tap, this is a city-centre outlet for their gluten-free beer — "Reboot", a gluten-free pale, sits among the rotating keg and can lines, alongside occasional guest gluten-free options, so ask what's on when you visit. As of July 2026 there's no kitchen and no food vendors running here any more — food on site is limited to shop-bought crisps and snacks, so treat this as a drinks stop rather than a gluten-free food option.

Before you order — This is a beer destination, not a food one: there's no kitchen and no visiting food vendors on site, just crisps and snacks, so there's no food cross-contact process to check. For the beer, confirm which gluten-free line is on when you visit, and — if it matters to you — whether it's naturally gluten-free or gluten-removed from a barley base.

Checked July 2026

RESTAURANTS

8 Wildwood Salisbury

RESTAURANT · 18 Queen Street, SP1 1EY

GF options

Experience Salisbury lists gluten-free and vegan options at Wildwood. The chain allergen page directs diners to select a restaurant and speak to staff for location-specific allergen information — ask at the Salisbury branch which dishes suit you.

Before you order — Use Wildwood's location allergen guide with staff when choosing.

Checked June 2026

9 PizzaExpress Salisbury Blue Boar Row

RESTAURANT · 50 Blue Boar Row, SP1 1DA

Coeliac UK accredited

PizzaExpress's allergen guide says their gluten-free range is accredited by Coeliac UK. Pizzetta and Classic pizzas can be ordered on a gluten-free base from their dedicated gluten-free bakery and are served with a gluten-free sticker. Gluten-free Dough Balls are also available with a GF sticker. To help reduce cross-contamination, PizzaExpress states they only use loose gluten-free rice flour in their kitchens.

Before you order — Tell staff about your coeliac needs when you order — the guide asks you to do this every visit. Coeliac UK accreditation applies to dine-in and collection at the restaurant; third-party delivery is not covered. PizzaExpress also notes that busy kitchens handle multiple allergens and cannot guarantee any dish is completely allergen-free.

10 Nando's Salisbury

RESTAURANT · SP1 1AH

Kitchen describes its process

Nando's online menu can be filtered for gluten and cross-contamination. With both filters on, the remaining choice is mainly flame-grilled chicken (butterfly, thighs, wings, quarter/half/whole), halloumi starters, weekday Sol Bowl, spicy rice and Mediterranean salads, sharing platters, nandinos kids meals and many sides — but all burgers, pittas, wraps and veggie mains are excluded.

Before you order — Use the live allergen filters on nandos.co.uk when choosing. The menu notes that PERinaise bottle ingredients can vary, so check the label. Burgers, pittas and wraps do not survive the gluten-and-cross-contamination filter.

Checked June 2026

11 Giggling Squid Salisbury

RESTAURANT · 32 Market Walk / Market Place, SP1 1TL

GF options

Giggling Squid's website menu has a gluten filter showing a wide choice of dishes: satay and sharing plates, Thai curries (red, green, paneang and massaman), pad thai, drunken noodles, stir fries, rice sides and several showstopper mains. This is ingredient-level filtering on the chain menu, not a separate coeliac-accredited offer.

Before you order — Thai kitchens commonly use soy sauce, shared woks and fryers. The online filter excludes gluten-containing ingredients, but does not confirm dedicated preparation or cross-contact controls.

Checked June 2026

12 Zizzi Salisbury

RESTAURANT · 1-3 Castle Street

Kitchen describes its process

Official branch page states Zizzi caters to dietary needs including gluten-free and vegan options. Zizzi publishes a dedicated gluten-free menu and digital allergen guidance via its national chain hub.

Before you order — Non-gluten pizza and pasta are available, but chain policy says allergen-free cannot be guaranteed. Use the live Zizzi allergen hub when choosing.

Checked June 2026

13 Côte Salisbury

RESTAURANT · 8 St Thomas Square

Coeliac UK accredited

Côte has been a Coeliac UK accredited partner since 2016 and holds the Gluten Free Accreditation (GFA) award. The chain says 72% of the menu is GF or GFO (gluten-free optional), with GF and GFO symbols on every Salisbury menu. GF dishes include tuna niçoise, pan-fried salmon, moules marinière, every steak and sauce, roast chicken, beef bourguignon, pistou gnocchi, frites and several desserts; GFO dishes can be adapted (for example swapping to GF toast). The kitchen uses dedicated GF counter spaces, equipment and utensils, and GF orders are marked at the pass so the team can see the allergy.

Before you order — Tell your server you need gluten free — a trained team member will help and can show the allergen tablet. GFO dishes need a small ingredient swap; the published guide lists exactly what changes. This is chain policy at every Côte brasserie, including Salisbury.

Checked June 2026

14 Wagamama Salisbury

RESTAURANT · 8-10 Bridge Street, SP1 2LX

Kitchen describes its process

Wagamama's published non-gluten menu lists dishes without gluten in the ingredients — including build-your-own donburi (chicken, duck, beef, prawn or tofu), raisukaree curry and grilled chicken ramen, plus sides and a chocolate brownie made with gluten-free flour. The online menu also has a gluten-free filter and a full allergen guide per dish.

Before you order — Chain policy applies at the Salisbury branch. Food is prepared in busy open kitchens — Wagamama takes care to limit cross-contact but cannot guarantee dishes are free from gluten. Some items carry may contain marks; tell your server before you order on every visit and check the live allergen guide.

Checked June 2026

15 Tinga Salisbury

RESTAURANT · 19-21 High Street, SP1 2NJ

Kitchen describes its process

Menu PDF marks many dishes GF, including tacos (for example al pastor, steak & cheese, chicken tinga, king prawn), burrito bowls, guacamole and several sides. The official allergen page says to ask your waiter before ordering and to check allergen information.

Before you order — Tinga cannot guarantee any product is free from traces of nut or flour. Food is cooked fresh to order — ask your waiter about allergy needs before ordering and check the allergen information provided.

Checked June 2026

16 Cosy Club Salisbury

RESTAURANT · 49 New Street, SP1 2PH

GF options

Cosy Club Salisbury publishes a dedicated gluten-free menu PDF with separate breakfast, lunch and dinner sections. Examples include GF classic breakfast, Cosy butcher's brunch, garden brunch, eggs Benedict, GF toast, Malvani chicken curry, salmon fillet, Caesar salad, GF house and smash burgers on GF buns, steaks, sandwiches on GF rolls, and sides.

Before you order — The GF menu asks you to speak to a team member before ordering if you have allergies or intolerances, and states they cannot guarantee any dish is 100% allergen-free. Use the QR-linked allergen statement when choosing.

Checked June 2026

17 Rai d'Or

RESTAURANT · 69 Brown Street, SP1 2AS

Kitchen describes its process

Official menu and dedicated allergy page mark dishes with a (GF) Gluten free label and an allergen-icon legend (gluten, soya, fish, sesame, egg, mollusc, crustacean, peanuts/nuts). Some dishes can be adapted for allergies, but the site warns some ingredients may contain traces beyond their control.

Before you order — Thai kitchens commonly use soy sauce and shared woks. The published trace note acknowledges shared-kitchen risk — no dedicated GF area is claimed.

Checked June 2026

18 Prezzo Salisbury

RESTAURANT · 52 High Street

Coeliac UK accredited

Prezzo marks dishes as GF (gluten-free) or GF* (gluten-free option available). Its allergen guide states that processes for making gluten-free dishes are accredited by Coeliac UK, with strict kitchen controls and meals intended to be gluten-free at under 20ppm. The guide covers a range of Italian mains and sides — check the live allergen menu for current GF and GF* choices.

Before you order — Tell staff about your coeliac needs before you order, and check the allergen guide each visit — ingredients can change. Prezzo prepares all food in shared kitchens handling multiple allergens and cannot guarantee any dish is completely free from gluten or cross-contamination.

Checked June 2026

19 Cafe Diwali

RESTAURANT · 90 Crane Street, SP1 2QD

GF options

Cafe Diwali's official lunch and dinner menus mark many dishes GF — across nibbles, starters, curries, Malabar biriyani and sides (for example poppadums, onion bhaji, fish amrisari, chicken tikka, Kerala curries and dum biriyani).

The menu states that many dishes are gluten free and asks guests with food allergies or intolerances to speak to a member of staff before ordering.

Before you order — This is an Indian kitchen with naan, porotta and other wheat-based items on the menu. The GF mark is menu-level guidance, not a dedicated coeliac kitchen — follow the restaurant's advice and check suitability with staff on the day. The menu also notes items may contain traces of nuts.

Checked June 2026

20 Lah Koh

RESTAURANT

Kitchen describes its process

The standout thing here for a coeliac is that Lah Koh publishes a full allergen list, dish by dish, with a gluten column — so you can work out where you stand before you arrive rather than at the table. The bibimbap ricebowls are the pick of it: the menu itself marks the sweet teriyaki sauce as gluten-free, and the allergen list agrees, putting the gluten in the chilli gochujang alternative rather than in the bowl. Crisscut fries, sticky sushi rice, kimchi and the fried aubergine with Thai basil are all listed without gluten, as are the avocado asparagus maki and the tiger maki. Korean and East Asian cooking is naturally rich in gluten-free dishes, and a coeliac who ate here regularly before the fire recommends the place warmly.

Before you order — Two things are worth knowing before you order. The allergen list was put together in November 2025, before the reopening, and the menu being cooked now is a shortened one — so some dishes on the list may not be available, and newly reinstated ones can run ahead of it. Worth asking whether the list matches what the kitchen is cooking that day. The other thing will strike you as soon as you read the menu: nothing is badged gluten free, and that is a deliberate choice rather than a gap. The managing director told us his understanding is that a kitchen handling gluten cannot put those words on a dish at all, so Lah Koh does not use them — while telling us in the same breath that the fried items go in separate baskets and that they would never cook a dish made without gluten-containing ingredients on equipment contaminated with gluten. Read the allergen list rather than hunting for a label, and say you are coeliac when you order.

Checked September 2026

21 Elai

RESTAURANT · SP1 3TA

GF options

South Indian cooking is naturally rich in gluten-free food, and Elai is a strong choice for it: the menu marks gluten as an allergen on every dish, so the many naturally gluten-free options — dosas and idli, a wide range of curries, rice dishes and a big vegetarian and vegan selection — are easy to pick

out, and gluten-free diners report eating well here. The breads (naan, paratha and roti) and a few fried items are the main things that contain gluten.

Before you order — Elai doesn't publish cross-contact or kitchen detail, so for a dish that isn't marked as containing gluten it's worth a quick word about how it's prepared, and whether anything is fried in shared oil. Say coeliac, not just gluten-free.

Checked June 2026

22 Anokaa

RESTAURANT · SP2 7RB

GF options

Gluten-free diners are accommodated and the kitchen is used to allergen requests; most rice-based mains open up while the breads (naan, paratha, chapati) are off-limits; there's no dedicated gluten-free menu or published cross-contact detail, so phone ahead; consistently recommended in the Salisbury coeliac community.

Before you order — Not a dedicated gluten-free kitchen; phone ahead (01722 414142) to confirm; skip the bread course.

Checked June 2026

CAFÉS AND TEA ROOMS

23 Stones Kitchen

CAFÉ · SP1 1EU

GF options

Stones Kitchen is well regarded by local coeliacs: the café keeps gluten-free rolls and ciabatta, and even gluten-free sausages, and reviewers describe switched-on staff happy to prepare most of the menu gluten-free — one coeliac mentioned eating there twice in a week.

Before you order — There's no published allergen sheet, so the strength here is willing, clued-up staff rather than a written system — it's worth saying you're coeliac and checking how a gluten-free roll or order is kept separate from the wheat bread.

Checked June 2026

24 Joanna's Gelato / Bee Friendly Bakes

CAFÉ · Salisbury Market Place / stall context

Entirely gluten free

This is a coeliac find: everything is gluten-free. The Bee Friendly Bakes cakes are all gluten-free, handmade by Joanna, and the gelato van's offer is entirely gluten-free — so there's no picking around a menu. Find them at Salisbury Market Place on Tuesdays and Saturdays (trading can be seasonal, so it's worth checking they're out).

Before you order — Because the whole offer is gluten-free, the usual cross-contact worry is largely removed — though as a market stall it's still worth a quick word about how the cakes

are stored and served. Trading days are typically Tuesday and Saturday, so confirm they're at the market before making a special trip.

Checked June 2026

25 The Antelope Café

CAFÉ · SP1 2DH

GF options

The homemade soups are made to order and gluten-free, and also vegan — a reliable gluten-free light lunch — and the café comes recommended in the local coeliac community and is listed on gluten-free dining guides. A relaxed spot for soup, coffee and cake while antiquing.

Before you order — It's a small café kitchen with no published allergen detail beyond the soups, so it's worth asking which of the cakes and lunches are gluten-free on the day and how they are kept separate.

Checked June 2026

26 Boston Tea Party Salisbury

CAFÉ · Old George Mall, 13 High Street, SP1 2NJ

Kitchen describes its process

Spring 2026 menu marks NGO (non-gluten option) dishes — ask at the till. Boston Tea Party uses NGO rather than a blanket gluten-free claim across the menu.

Before you order — Menu footer: busy cafés cannot guarantee absence of nuts or other allergens, and ingredients may be substituted. Ask how your non-gluten order is handled.

Checked June 2026

27 Culture Coffee

CAFÉ · 69 Fisherton Street

GF options

Their local page says vegan and gluten-free options are available among the breakfast, brunch, lunch and cake offer.

Checked June 2026

28 Salisbury Cathedral Refectory and Bell Tower Tea Rooms

CAFÉ · SP1 2EF

Kitchen describes its process

Salisbury Cathedral's official Food and Drink page says both the Refectory and Bell Tower Tea Rooms offer gluten-free cakes and gluten-free sandwich options, alongside vegan cakes, daily vegan soup at the Refectory, and oat or soy milk.

Before you order — The Refectory is open year-round (Mon–Sat 9.30am–4.45pm, Sun 10am–3.45pm). Bell Tower Tea Rooms run in summer with a smaller menu — check which outlet is open on your visit. Kitchen cross-contact detail is not published online.

BAKERIES

29 Dilightful

BAKERY

Entirely gluten free

The whole range is gluten-free — croissants, cinnamon and maple-pecan buns, cookies, focaccia and artisan breads — with dairy-free, vegan and nut-free options on many items. Because the entire stall is gluten-free, a coeliac can buy anything on it.

Before you order — Adrian, one of the two bakers, confirmed in September 2026 that no gluten is used in their kitchen — the dedicated gluten-free kitchen their website describes. That is the bakers' own word rather than a formal accreditation. As a market stall it is worth checking they are at Salisbury Market that week, as they also do festivals and other markets.

Checked September 2026

HOTELS

30 The Red Lion Hotel

HOTEL · 4 Milford Street, SP1 2AN

GF options

Official FAQ says breakfast options include full English, vegetarian, gluten-free, vegan and continental choices.

Before you order — Hotel breakfast and buffet service can involve toast, shared utensils, and shared serving areas.

Checked June 2026

31 The Chapter House

HOTEL · 9-13 St John's Street, SP1 2SB

Kitchen describes its process

Official à la carte and set-lunch menu PDFs use GF and CGF markers (for example rump steak and Sicilian lemon tart). Set lunch says most dishes can be prepared gluten-free on request. The hotel breakfast menu lists gluten-free bread and milk alternatives — ask your server for today's choices.

Before you order — Menu evidence is useful for dining, but kitchen cross-contact detail is not published — confirm how your gluten-free order is handled. For breakfast, ask how toast, buffet items and shared serving utensils are managed for gluten-free guests.

Checked June 2026

32 Mercure Salisbury White Hart Hotel

HOTEL · St John Street, SP1 2SD

Kitchen describes its process

Breakfast is where this hotel is strongest. There is a separate gluten free table set away from the main buffet, carrying bread, cereals and cereal bars, with a completely separate toaster. If you would rather not go near the hot buffet at all, the chef will cook a fresh hot breakfast in the kitchen instead, specifically to avoid cross-contact from shared serving utensils. In the kitchen, separate knives and boards are kept for gluten free preparation. For lunch and dinner the hotel holds allergy sheets for every menu it serves, updated whenever a supplier changes a product, and the chef will adapt dishes where he can — flour is rarely used in the sauces.

Before you order — This is a hotel kitchen that handles gluten, not a gluten free one. Say you are coeliac when you book or check in, so the kitchen can cook your breakfast to order rather than leaving you to the buffet — that is the offer here, and it is worth taking. Nothing has been said about the fryer, so ask about anything fried before you order it. The hotel confirmed all of the above directly in August 2026.

Checked August 2026

33 Caboose Salisbury

HOTEL · 115 South Western Road, SP2 7RR

GF options

Official breakfast menu PDF says gluten-free bread and milk alternatives are available. Ask your server for today's choices — the PDF date is older but remains the official source.

Checked June 2026

TAKEAWAYS

34 Pizza Hut Delivery Salisbury

TAKEAWAY · Salisbury delivery area

Kitchen describes its process

Pizza Hut UK offers a gluten-free base at the majority of delivery huts and restaurants. Which sauces and toppings are suitable must be checked in the live allergen and nutritional guides — some contain gluten.

Before you order — Chain policy applies UK-wide. GF base availability is hut-specific, so confirm your local hut offers it. Use the delivery or restaurant allergen guide before ordering — suitability varies by sauce and topping, and takeaway kitchens use shared preparation areas.

Checked June 2026

35 Domino's Salisbury

TAKEAWAY · Salisbury store

Kitchen describes its process

Domino's UK has offered gluten-free pizza for over 10 years. Small pizzas on a Coeliac UK-accredited Dr Schär base (under 20ppm) use dedicated in-store handling: sealed base pouches, cleaned equipment, pizzas not cut, and a GF sticker

on the box. Which toppings are suitable must be checked in the live allergen guide — most sides, desserts and standard bases are not GF.

Before you order — Chain policy applies UK-wide at the Salisbury store. Domino's prepares food in-store with shared equipment and states it cannot guarantee any product is wholly free from cross-contact, despite GF procedures. Use the website or app allergen guide or in-store leaflet when ordering.

Checked June 2026

SHOPS

36 M&S Salisbury / Made Without Wheat

SHOP · Salisbury M&S / Foodhall context

GF options

M&S publishes a Made Without Wheat product range — check in-store packaging and labels for what is available at this branch.

Before you order — For packaged food, the product label is the main safeguard. For any café or counter items, ask how they are handled.

Checked June 2026

37 Tesco Express Salisbury

SHOP · 21-25 Castle Street, SP1 1TT

GF options

Tesco stores stock a range of packaged gluten-free foods including bread, snacks and free-from lines — check product labels on the shelves for allergen information.

Before you order — Standard supermarket retail: read packaging labels. No in-store kitchen meals are prepared for eating on site at Express format stores.

Checked June 2026

38 Sainsbury's Salisbury

SHOP · Salisbury supermarket

GF options

Sainsbury's stocks a wide range of packaged gluten-free and free-from products in store — check product labels on the shelves for allergen information.

Before you order — Standard supermarket retail: read packaging labels. No separate kitchen-process review applies to packaged goods.

Checked June 2026

39 Waitrose Salisbury

SHOP · SP2 7TS

GF options

Waitrose stocks packaged gluten-free foods including bread, snacks and free-from lines — check product labels on the shelves.

Before you order — Read packaging labels for allergen information. This is a supermarket, not a sit-down restaurant.

Checked June 2026

Edge of town

Harnham, Fisherton, the Wilton Road and the ring road — a short drive or a longer walk.

PUBS

Dark Revolution Brewery (Taproom)

PUB · SP4 6FB · 2 miles north of Salisbury

This is one of the stronger gluten-free beer signals around Salisbury: a brewery that markets gluten-free beer on its own site, not just a token cider. Its "Reboot" hazy pale (4.2%) is a core beer, gluten-free and on tap whenever stock lasts, with tropical, citrus and stone-fruit notes. Its Verve lager has just been certified gluten-free too, from the next batch of cans onward. Guest gluten-free beers from other breweries turn up occasionally on the rotating lines. If you're eating, the taproom itself has no kitchen — food comes from a changing lineup of food vendors Thursday to Sunday, each running their own allergen information.

Before you order — There's no kitchen on site, so there's no fryer or food cross-contact to assess for the venue itself — that sits with whichever food vendor is in on the day (Thursday to Sunday), so check their own allergen info before ordering. For the beer, Reboot and the newly-certified Verve lager are both confirmed gluten-free by the brewery directly; it's still worth asking whether either is naturally gluten-free or gluten-removed from a barley base if that distinction matters to you.

Checked July 2026

Radnor Arms

PUB · SP5 4HS · 3 miles south of Salisbury

Dedicated GF fryer

The pub runs a dedicated gluten free menu, printed as the full carte with anything containing gluten shown in red to avoid, so you can see your whole choice on one sheet rather than asking dish by dish. It reaches every course. Tapas include sardines, gambas al ajillo, chorizo a la cidra, patatas bravas, Spanish chicken wings, garlic and thyme mushrooms, hummus and whipped feta, with gluten free bread and oil to add. Salads, the lemongrass tofu meatballs, the Barnsley lamb chop, pork belly, sirloin steak and the ploughman's with gluten free bread are all available. The classics section includes battered fish of the day with Koffman's chunky chips, which the kitchen makes with cider rather than ale and cooks in its gluten free fryer, and there is a children's battered cod too. Chips, petite fries, polenta-coated sweet potato fries and the house salad are all on.

Before you order — Ask for the gluten free menu when you sit down; it is a separate sheet and it is what starts the kitchen's separate preparation. The red print is the part to read carefully, because several dishes are gluten free only once a component is dropped: the croutons come off the Caesar, the granary bread off the prawns, the onion rings off the steak and the hoisin off the pork belly bites. The shortcrust pie, the Radnor burger, the spanakopita, the salmon linguine, the

squid and the whitebait are out altogether. The menu's own footer asks anyone with coeliac disease to speak to a staff member before ordering. The pub is clear it is not a gluten free kitchen.

Checked August 2026

The White Horse

PUB · SP2 9AS · 2 miles west of Salisbury

GF options

The current menu carries several items labelled GF, including prawn cocktail, goat's cheese and beetroot salad, halloumi sticks, 100% pork sausages with herb mash and onion gravy, ham egg and chips, honey and garlic pork belly, and chocolate brownie with chocolate sauce. Sandwiches can be made gluten free on request, and the menu footer states that some dishes can be adapted on request. The seniors lunch menu also lists several GF desserts including honeycomb cheesecake and handmade carrot cake. The pub's own website describes a good selection of GF dishes, and a June 2026 Instagram post for the new menu confirms gluten free options are available.

Before you order — No allergen policy page, dedicated GF menu, fryer statement, or cross-contamination detail has been found on the venue website or any linked source. The GF markers on the menu are the kitchen's own assertions, not backed by a published process. The kitchen now runs both Thai and British dishes and there is no information about how allergen handling is managed across those two cooking styles. Worth a conversation with the kitchen before you order about how GF dishes are prepared and whether the fryer is shared with breaded items.

Checked June 2026

RESTAURANTS

Harvester The Old Castle Salisbury

RESTAURANT · Old Castle Road, SP1 3SF · 2 miles north of Salisbury

Kitchen describes its process

Harvester publishes an interactive Mitchells & Butlers allergen guide with gluten and cereal filters. TripAdvisor reviews for this branch mention gluten-free options. Use the live chain guide when choosing — hours and dish availability vary by site.

Before you order — Chain allergen policy is published, but anecdotal reports of cross-contact at Harvester branches exist. Filter the M&B guide for gluten and confirm with staff before relying on a dish.

Checked June 2026

The Old Mill Salisbury

RESTAURANT · Old Mill Hotel, Harnham · 0.7 miles from the centre

GF options

The Old Mill's kitchen is notably accommodating: its menu says nearly every dish can be made gluten-free on request, and diners have reported entire gluten-free buffets laid on for groups. For staying guests, a gluten-free breakfast can be provided on request. The site has also hosted Orbis, a dedicated 100% gluten-free restaurant (currently paused) — so gluten-free is well understood here.

Before you order — Gluten-free is made to order rather than a separate menu, so tell the kitchen what you need and check how it's prepared. For breakfast, ask how toast, buffet items and shared serving utensils are handled for gluten-free guests. Cross-contact detail isn't published, so it's worth a quick word on the day.

Checked June 2026

CAFÉS AND TEA ROOMS

Charlotte's Tea Room (Salisbury Garden Centre / In-Excess)

CAFÉ · SP2 8PR · 2 miles west of Salisbury

Kitchen describes its process

Charlotte's here is part of the wider In-Excess group, and their Area Catering Manager confirmed directly that gluten-free options — cake, mains or light lunches — are available at every one of their four Charlotte's cafés, including this one. Each site keeps its own allergen folder covering all 14 major allergens, and every new dish added to the menu is checked to make sure a gluten-free version exists alongside it.

Before you order — This site is one of the group's two smaller tea-rooms: there's no fryer at all and the kitchen mostly assembles rather than cooks, which keeps frying cross-contact out of the picture by design. All the scones are bought in — including gluten-free scones from a supplier — and the gluten-free cakes come from external bakeries (their gluten-free Dorset apple cake, from Berry's Bakery, is stocked at every site). Group-wide, staff complete a level 2 allergen-awareness course on top of food hygiene training, and allergen prep uses colour-coded (purple) knives, boards and tongs. A new menu is in development group-wide, so check what's current when you visit.

Checked July 2026

HOTELS

Premier Inn Salisbury North Bishopdown

HOTEL · Pearce Way · 2 miles north-east of Salisbury

Kitchen describes its process

The Social — the on-site restaurant at this Premier Inn — publishes a seasonal allergen and nutrition guide listing Contains and May contain for each dish, including cereals containing gluten. Some mains show no listed gluten in

Contains (for example gammon steak, sirloin and grilled chicken with chips; tomato soup with non-gluten bread). Many other dishes contain gluten — check the current guide for your meal.

Before you order — Whitbread policy: kitchens have no dedicated allergen-free zones; significant cross-contamination risk in buffet areas and deep-fat fryers; cannot guarantee any order is 100% free from allergenic ingredients. Check both Contains and May contain lines for cereals with gluten before ordering.

Checked June 2026

TAKEAWAYS

Britz Salisbury

TAKEAWAY · 207 Wilton Road, SP2 7JY · 1.2 miles from the centre

Kitchen describes its process

Britz runs a gluten-free session every Tuesday from 4pm to 8pm, and the in-shop menu for it is marked suitable for coeliacs: battered cod, haddock and plaice, gluten-free chips, chicken strips, pea fritter, jumbo sausages, kids meals and sides such as mushy peas, beans, curry sauce and gravy. It is all cooked in a pan that is emptied of oil, degreased and refilled with fresh oil at 2.30pm, before the session opens, and takes nothing but gluten-free food for the rest of the evening. The owners have reworked the gluten-free batter so it tastes like the standard one, and the same gluten-free menu can now be ordered through Deliveroo and Just Eat during Tuesday session hours.

Before you order — Gluten-free food here is a Tuesday arrangement, from 4pm to 8pm, so it is worth planning a visit around that window — the rest of the week the same equipment is in general use. Through the session the gluten-free food has its own oil and its own hot box, kept apart from the standard menu. Delivery orders through Deliveroo and Just Eat run to the same Tuesday hours.

Checked July 2026

SHOPS

Tesco Salisbury Extra

SHOP · Southampton Road · 1.0 miles from the centre

GF options

Tesco stocks packaged gluten-free foods including bread, snacks and free-from lines — check product labels on the shelves.

Before you order — Read packaging labels for allergen information. This is a supermarket, not a sit-down restaurant.

Checked June 2026

Wilton and the villages

Within about six miles: the Nadder, Wylye, Avon and Bourne valleys, and the downs in between.

PUBS

The Bridge Inn

PUB · SP4 6NX · 5 miles north of Salisbury

Dedicated GF fryer

The official Summer Menu marks gluten-free choices with a per-dish (GF) symbol and a clear key — "gluten-free option available" — and asks you to let the team know about any allergies. Plenty of the menu carries the marker: honey-glazed ham, egg and chips; the beef and halloumi burgers; sirloin steak; a Caesar salad; a Thai Penang curry; and several gluten-free sandwiches (tuna mayo, fish goujon, BLT, prawn Marie Rose). VisitWiltshire also lists it for gluten-free meals. The beer-battered haddock uses a gluten-free batter — gluten-free Peroni, soda water and Freee gluten-free flour — and a separate fryer is used for all gluten-free options, confirmed by the team.

Before you order — The gluten-free markers are printed on the menu rather than just offered verbally, which is a good sign — and the team uses a separate fryer for all gluten-free orders. Specials and Sunday roasts change regularly and aren't covered by the fixed menu's key, so ask about those on the day.

Checked June 2026

The Fox and Goose

PUB · SP5 4LE · 3 miles south-west of Salisbury

Dedicated GF fryer

The Summer and Sunday menus mark gluten-free dishes with a (Gf) key. Two mains carry it — a vegetable and nut paella, and a cranberry and cashew nut roast — and a gluten-free roll is available as a side. The marked options are vegan-friendly too, but that's the extent of the gluten-free coding on the menu. The kitchen uses a separate fryer for chips when preparing a gluten-free order — mention it when you arrive. Sunday roasts are served gluten-free, with no Yorkshire pudding and gluten-free gravy, and the specials boards often carry gluten-free options too.

Before you order — Tell the team you need a gluten-free order when you arrive — they'll use the separate chip fryer and point out what's gluten-free on the boards. The battered cod and scampi go in the other fryer, so being explicit matters.

Checked June 2026

The Green Dragon

PUB · SP5 3AW · 3 miles south-east of Salisbury

GF options

Nothing on the pub's new June 2026 menu is labelled gluten-free, but the pub itself has told us gluten-free options are available — Tia at the Green Dragon confirmed it by email and sent the new menus so this entry could be written from them. Reading those menus, the likeliest candidates to adapt are the salads (crispy duck, smoked chicken chop, hot-smoked salmon — croutons and dressings aside), the ploughman's with the bread swapped or skipped, and simpler mains such as the burger without its bun. The kitchen decides dish by dish, so treat the menu as a starting point for a conversation rather than a list of safe choices. A gluten-free diner who ate here in late July 2026 had the burger and said it was fine, which puts a real meal behind that reading — but also found the gluten-free choice limited, so come expecting an option or two rather than a range.

Before you order — The menus carry an advise-your-server line but no gluten-free symbols and no published allergen guide, so every order runs through a staff conversation — and by one first-hand account a good one: a gluten-free diner who ate here in late July 2026 was talked through the menu by the manager. That same diner was told the kitchen keeps no separate fryer, so the chips and fries are out; the tempura battered fish and chips was never a gluten-free dish here either. Come expecting to eat without chips. The Sunday roasts are not marked gluten-free: they come with Yorkshire pudding and gravy as standard, so whether a roast can be plated gluten-free is a kitchen question, not a menu promise. Booking ahead and saying coeliac gives the kitchen its best chance to look after you.

Checked August 2026

The Pelican

PUB · Warminster Road, Stapleford, SP3 4LT · 6 miles north-west of Salisbury

Kitchen describes its process

Their official gluten-free page says chefs take gluten-free seriously, and the allergen information references specialised gluten-free and NGCI menus with allergen filters.

Before you order — Pub allergen wording is promising, but still confirm coeliac-grade handling with staff before ordering.

Checked June 2026

Pembroke Arms Wilton

PUB · Wilton / Wilton House area · 3 miles west of Salisbury

GF options

Official food and drink page states the pub caters to gluten-free diets and accommodates dietary requirements. No dish-level GF menu is published online.

Before you order — GF catering is stated on the official site but kitchen process detail is not published — ask staff and check the seasonal menu on arrival.

Checked June 2026

Porton Local - The Old Railway Hotel

PUB · SP4 0LA · 5 miles north-east of Salisbury

GF options

Several sources from 2025 to 2026 reference gluten-free choices on the menu. The venue's own Facebook page has promoted a gluten-free roast on Sundays. A Salisbury notice board post describes a wide range of dishes catering for gluten-free diners. A Three Cuts Burger pop-up collaboration at the pub described a coeliac-safe bowl of loaded fries and tater tots. A community thread quoted a gluten-free menu packed with flavour. Menus are posted on social media rather than the website, so the full current menu was not available to review.

Before you order — The coeliac-safe claim for loaded fries and tater tots appeared in the context of a guest burger operator's event rather than the pub's own regular kitchen, so dedicated fryer use for the pub's own menu has not been confirmed. The Sunday roast GF option is promoted by the venue, but it is worth asking whether the gravy is gluten-free and how the roast is plated to avoid contact with the standard menu. No allergen page is published on the website.

Checked June 2026

The Royal Oak (Rude Giant)

PUB · SP2 0PD · 5 miles north-west of Salisbury

Kitchen describes its process

The gluten-free draw here is the beer. All Rude Giant cask ales served at The Royal Oak are laboratory-certified gluten-free, testing below the 20ppm legal threshold — proprietor-confirmed. The beers are brewed from gluten-containing grains (barley, wheat and oats) but the brewing process brings them into the scientifically recognised gluten-free band. Food runs to crisps, nuts and olives (all pre-packaged and allergen-marked, so no cross-contamination risk) and Purbeck ice creams, which the pub believes are all gluten-free. There is no active kitchen at present. This is a gluten-free pint, not a meal.

Before you order — This is a wet-led pub with no active kitchen — food is limited to pre-packaged crisps, nuts, olives and ice creams. The Rude Giant beers are proprietor-confirmed to be laboratory-certified gluten-free (below 20ppm), but if you have any doubts about your sensitivity, seek medical advice rather than relying solely on brewery assurance.

Checked June 2026

The Silver Plough

PUB · 4 miles east of Salisbury

GF options

The pub does not mark gluten free on its menus, so you will not identify your options by reading one. What it publishes instead is a promise about its people: its teams are trained to handle allergen information and will guide you through suitable options, and it asks you to raise any needs when you book. Diners report that this works well in practice. A coeliac who eats here regularly, most recently in August 2026, reports separate fryers, gluten free fish and chips and a gluten free Sunday roast including cauliflower cheese, and reviewers separately describe staff being clear about the gluten free choices and recommending puddings. None of that is confirmed by the pub itself yet.

Before you order — Book ahead and say coeliac when you do, because that is the route the pub itself points you down. Two of the three menus carry a cross-contact line: staff will tell you about allergens but cannot fully guarantee against cross-contamination. The separate fryers come from diners rather than from the kitchen, so confirm the fryer arrangement when you order. The sourdough pizza dough is made off-site with no gluten free base, so pizza is not an option.

Checked August 2026

The Wheatsheaf

PUB · SP4 6NQ · 3 miles north of Salisbury

GF options

Hall & Woodhouse runs separate Gluten Friendly versions of both its main and Sunday menus, so you can see at a glance what's available. Dishes that can be adapted are marked "GFMA" — meaning the kitchen can modify them to exclude gluten-containing ingredients — and the online allergen filter lets you exclude cereals containing gluten and surface the gluten-free choices. The chain also lists gluten-free oats and barley separately.

Before you order — The kitchen's own notice is candid: food is prepared and cooked in areas where cross-contamination can occur, and deep-fried food may share fryers with gluten-containing items. Hall & Woodhouse also adapts dishes only from an approved modifications list, so it's worth confirming your specific order in person.

Checked June 2026

The Winterbourne Arms

PUB · SP4 6EW · 3 miles north-east of Salisbury

Kitchen describes its process

A real highlight for coeliacs is the Wednesday and Sunday roast, which can be served gluten-free — gluten-free gravy included — and the staff are well clued-up about getting it right. The regular menu also marks a few dishes gluten-free (chips, fries, and a three-bean chilli with rice), and the in-house menu changes regularly, so it's worth asking what else can be done on the day.

Before you order — The kitchen is gluten-free aware and the roast can be done gluten-free with gluten-free gravy — a strong sign for a coeliac. It's still worth a quick check on the fryer side: the menu has battered and fried items (cod, scampi, whitebait), and there's no published statement on whether the gluten-free chips and fries are cooked in a separate fryer, so confirm that if it matters to you.

Checked June 2026

RESTAURANTS

The Greyhound Inn Wilton

RESTAURANT · 4 Market Place, Wilton, SP2 0HT · 3 miles west of Salisbury

GF options

Gluten-free diners speak warmly of the Greyhound: reviewers describe the staff handling gluten-free needs attentively and professionally — one newly-diagnosed coeliac was able to eat right across the menu, and another singled out a gluten-free ginger cake with vanilla ice cream. A gluten-free breakfast is offered for those staying over, and gluten-free options are listed on TripAdvisor.

Before you order — The online menu isn't marked gluten-free, so the strength here is attentive, clued-up staff rather than a published allergen list — it's worth asking what's gluten-free that day and how it's prepared.

Checked June 2026

Wilton House Garden Centre — Kipling Parlour (Blue Diamond)

RESTAURANT · SP2 0BJ · 3 miles west of Salisbury

GF options

Gluten-free is a genuine, marked provision across the Blue Diamond menu. Gluten-free bread is available throughout — with soup, sandwiches and Sunday lunch — and there's gluten-free Peroni on the drinks list. Naturally gluten-free options include plated salads, poached salmon, a frittata and roast dinners (check the gravy, stuffing and Yorkshire). A gluten-free fish and chips appeared at launch but isn't on the current core menu, so ask in-centre whether it's still served.

Before you order — The chain's allergen policy asks you to tell staff on arrival and before ordering, and notes that while every care is taken, food may have come into contact with the major allergens — so there's no dedicated gluten-free area. It's a large open kitchen handling battered fish, scampi and paninis, so gluten-free bread is the most concrete safe item, and the safety model relies on you telling front-of-house and them relaying to the kitchen. Menus can vary by location, so confirm Wilton's exact line-up.

Checked June 2026

CAFÉS AND TEA ROOMS

Cafe Blend

CAFÉ · SP2 0HA · 3 miles west of Salisbury

Gluten-free is offered and the staff are switched on to it: the café lists gluten-free options, and one coeliac visitor described the team explaining the gluten-free menu and moving tables to accommodate them. There's no published menu online, so the exact gluten-free range isn't documented — but the signs are that it's handled helpfully in person.

Before you order — There's no published allergen statement or cross-contact information, and it's a small café with a single open kitchen doing cooked breakfasts and paninis, so cross-contact is the default assumption until you check. Gluten-free here runs through a conversation with staff rather than a written system, so it's worth talking through your needs when you arrive.

Checked June 2026

Wilton House Café

CAFÉ · Wilton visitor area · 3 miles west of Salisbury

Kitchen describes its process

Menu says gluten-free and dairy-free options are available on request, including gluten-free homemade focaccia while stocks last. Ask for additional allergen information.

Before you order — Kitchen contains nuts and other allergens; at very busy times they may not accommodate serious allergies due to cross-contamination risk.

Checked June 2026

HOTELS

The Stones Hotel

HOTEL · SP4 6AT · 4 miles north of Salisbury

GF options

The Core Menu prints a dietary legend covering both gluten-free dishes and "gluten-free alternative available on request," so the kitchen runs a marker system with outright-GF and adaptable options. The menu is broad — steaks, grilled fish, salads and burgers — giving a solid base of naturally gluten-free mains. Which specific dishes carry the marker is best confirmed on the menu in person or by asking.

Before you order — The menu asks you to tell your server about allergies, and allergen detail by dish is available on request. There's no separate-fryer statement, and the kitchen fries camembert, chicken bites and a children's battered haddock, so assume a shared fryer for fried items. Breakfast for overnight guests isn't published with gluten-free detail, so ask ahead if you're staying.

Checked June 2026

Amesbury and Stonehenge

About eight miles north — for anyone visiting the stones.

PUBS

The New Inn, Amesbury

PUB · SP4 7DQ · 7 miles north of Salisbury

GF options

The pub's own menu marks a good number of dishes gluten-free — gammon egg and chips, the classic steak, chilli with rice, and a (GF) option on the sausages, chicken, fish and chips and camembert sharer — and sandwiches can be made on gluten-free bread. A coeliac who ate here for a birthday reported staff made gluten-free onion rings from scratch for them, so the kitchen will cook to order.

Before you order — This is a shared-kitchen pub, not a dedicated gluten-free facility — the menu uses (GF) labels but publishes nothing on cross-contamination or fryer separation, and Find Me Gluten Free notes it may not be safe for coeliacs. Battered and fried items likely share a fryer unless you ask. Call ahead and say coeliac, not just gluten-free.

Checked June 2026

RESTAURANTS

The Bell Amesbury (J D Wetherspoon)

RESTAURANT · 13-15 Salisbury Street, Amesbury, Wiltshire SP4 7AW · 7 miles north of Salisbury

GF options

Wetherspoon publishes allergen and dietary information through its app and website for every dish. Check The Bell Amesbury menu there before ordering; ask staff about kitchen handling if you need coeliac-grade separation.

Checked June 2026

CAFÉS AND TEA ROOMS

A Date With Thyme

CAFÉ · Unit 6, Stonehenge Walk, Amesbury, Wiltshire SP4 7DR · 7 miles north of Salisbury

Kitchen describes its process

A Date With Thyme offers a gluten-free Full English Breakfast with gluten-free bread and gluten-free sausages, a popular gluten-free Afternoon Tea (please give at least 2 hours' notice when booking), and around 60 per cent of their dishes can be made gluten-free by swapping in gluten-free alternatives. Gluten-free cakes and bakes are made fresh every other day, so there is usually a good selection on the counter.

Before you order — This is not a 100% gluten-free kitchen — gluten-containing ingredients are used — but the team takes cross-contact seriously. Single-use air-fryer paper inserts are kept exclusively for gluten-free orders, individual toaster

bags are used for gluten-free bread, and gluten-free cakes are baked after the cafe closes using separate tins and utensils. Tell staff you are coeliac when you order so the right steps are taken.

Checked June 2026

Stonehenge Visitor Centre Café

CAFÉ · SP4 7DE · 8 miles north of Salisbury

Kitchen describes its process

English Heritage says the café offers gluten-free sandwiches, salads, soups, biscuits and cakes, and visitor Q&A material mentions free-from options.

Before you order — Busy visitor-centre café with varied counter food — ask what is available today and how it is handled.

Checked June 2026

HOTELS

Holiday Inn Salisbury - Stonehenge

HOTEL · Amesbury / Stonehenge visitor area · 8 miles north of Salisbury

Kitchen describes its process

A main menu dated May 2021 marks several dishes (gf), including smoked chicken salad, superfood salad, grilled halloumi (gf available), pan-fried sea bass, chicken Kiev, pork ribs, gammon steak, rib-eye and rump steak. Menu key: (gf) dishes use non-gluten-containing ingredients. Confirm which dishes are still marked (gf) on today's menu.

Before you order — Inform staff before dining if you have a food allergy or intolerance. The menu states all food is prepared in an area where allergens are present — (gf) labelling is ingredient-level, not a coeliac guarantee.

Checked June 2026

Further afield

Worth the drive, or on the way somewhere else.

PUBS

The Bell Inn

PUB · BA12 0QP · 10 miles north-west of Salisbury

Dedicated GF fryer

There's a strong, specific gluten-free signal here. The kitchen states all its chips and fries are gluten-free and cooked in a dedicated fryer with no cross-contamination. The menu marks plenty of dishes gluten-free too: ham, egg and chips; bangers and mash; chilli and rice; vegetable chilli and curry; a chestnut roast; and a gluten-free burger roll on request. Sunday roasts come with gluten-free gravy, and there are gluten-free puddings such as a salted pistachio semifreddo and sticky toffee pudding. The chef cooks fresh to order and says most of the menu can be adapted.

Before you order — The dedicated gluten-free fryer covers chips and fries — but the battered and breaded items aren't gluten-free, since the cod, fishburger and scampi are cooked in the pub's own beer batter and go in the standard fryer. Pies, naan, Yorkshire puddings and stuffing are the usual gluten items to swap or omit. Cooking is chef-led and allergen-aware, though there's no published coeliac cross-contact policy, so it's worth confirming the details for your order.

Checked June 2026

The Fighting Cocks

PUB · SP6 2LH · 10 miles south of Salisbury

GF options

The pub publishes its own allergens menu marking dishes 'NGC' (Non-Gluten Containing) — nachos, halloumi fries, chips, seasonal veg, slaw, corn, side salad and several sauces, with an asterisk for items that can be made gluten-free on request. An independent review notes an extensive chalkboard with gluten-free choices, and TripAdvisor lists gluten-free options among its features.

Before you order — This is a busy general pub kitchen, not a dedicated or accredited gluten-free one. The allergen menu marks which dishes are non-gluten-containing, but the site publishes no coeliac or cross-contamination policy and no fryer statement — and fried items like fish and chips are not marked NGC, implying shared frying. Call ahead and state coeliac, not just gluten-free.

Checked June 2026

The Green Dragon, Brook

PUB · SO43 7HE · 13 miles south-east of Salisbury

Dedicated GF fryer

The pub's own site says it caters for gluten-free diners, and coeliac reviewers go further: they report a separate printed gluten-free menu — gluten-free burgers, fish and chips, steak, gluten-free bread and buns, and gluten-free starters and desserts, plus gluten-reduced beer and cider — and a dedicated gluten-free fryer.

Before you order — This is a shared kitchen, not a dedicated gluten-free one. The dedicated gluten-free fryer is reported by a coeliac diner rather than published by the pub, so confirm it is in use on the day, and there is no allergen menu online to check ahead — ask for the separate gluten-free menu when you arrive.

Checked June 2026

The King's Head, Chitterne

PUB · BA12 0LJ · 13 miles north-west of Salisbury

Dedicated GF fryer

The standout is a gluten-free battered cod and chips, and the proprietors have confirmed it's cooked in a dedicated gluten-free fryer, kept separate from anything breaded. Gluten-free and gluten-free-option dishes are marked clearly across a broad menu, and the Sunday roast can be served gluten-free with gluten-free gravy (there's no gluten-free Yorkshire pudding). The menu refreshes seasonally, so the exact gluten-free dishes change through the year, but the fish and chips is a fixture. The kitchen is genuinely clued-up — co-owner Jo is gluten-intolerant herself and makes sure there's always something on for her.

Before you order — The menu refreshes seasonally, so the gluten-free choices change through the year — the gluten-free fish and chips is the constant — and it's a fair drive out on Salisbury Plain, so it's worth checking the current menu before making the trip.

Checked June 2026

The Malthouse (Gastro Pub)

PUB · SO51 0NG · 13 miles east of Salisbury

GF options

All four current menu PDFs carry GF and GFO markers. On the main evening menu: Ham, Egg and Chips (GF), Chicken Wings (GF), 10oz Rump Steak (GF), Chicken and Ribs (GF), Fish and Chips (GFO), and Prawn Cocktail (GFO). The Sunday menu marks most roasts as GFO with herb-roasted potatoes and Malthouse gravy, and lists a fully GF Nut Roast and GF Chicken Caesar Salad. The OpenTable listing, which also reflects a Spanish tapas offer, confirms Gluten-free Options as a venue feature and marks prawns, chicken skewers, tortilla, grilled vegetables, Patatas Bravas, and a Chocolate Brownie as GF. The kitchen has stated it can cater for gluten-free diners.

Before you order — The lunch menu notes that dishes may contain traces of allergens, which means the kitchen is not operating as a controlled allergen environment. GFO dishes involve swapping out a component — worth asking how substitutions are handled and whether there is any cross-contact risk during plating. Fryer-sharing status is not stated on any menu, which matters for the fried dishes.

Checked June 2026

Mill Arms

PUB · SO51 OJX · 11 miles east of Salisbury

Dedicated GF fryer

The June 2025 menus mark a broad range of dishes gf or gf* (gluten-free option available): Ham Egg and Chips (gf), Thai Red Vegetable Curry (gf), Grilled Smoked Bacon Chop (gf), 12oz Grilled Rump Steak (gf), three-egg omelettes (gf), jacket potatoes (gf), and a small house salad (gf). Gluten-free sandwiches are available at lunch, and all burgers have a gluten-free option. Community sources list Fish and Chips, Fries, and approximately six GF desserts including sticky toffee pudding. Atly notes a separate GF menu is available and ranks the pub highly for coeliac-friendliness. TripAdvisor reviewers describe an extensive gluten-free menu.

Before you order — The menu carries a standard cross-contamination disclaimer noting that foods may be at risk from other ingredients in the kitchen — this is a boilerplate note rather than a confirmed controlled-allergen process. One fryer is dedicated solely to gluten-free use — so the fish and chips is also gluten-free.

Checked June 2026

RESTAURANTS

The George

RESTAURANT · SP6 1RL · 10 miles south of Salisbury

Dedicated GF fryer

The menu uses a clear two-tier key: (gf) for dishes that are gluten-free as served, and (gfo) where a gluten-free option is available — and a lot is covered. Gluten-free as served includes a Spanish frittata, slow-roast beef short rib, prosciutto-wrapped chicken, ham, egg and chips, a smoked trout salad, and several puddings (passionfruit Eton mess, a praline brownie, brown-butter peaches). Gluten-free options extend to soup with bread, fish and chips, sirloin steak, the beef burger, a fried-chicken burger, sliders, Caesar salad and a children's menu.

Before you order — Everything is freshly cooked to order, and the kitchen has a dedicated gluten-free fryer used exclusively for chips and gluten-free options — so the fried gluten-free dishes can be prepared safely. No broader allergen-process statement is published, so it's still worth a word with staff about other cross-contact controls. The Sunday roast isn't marked gluten-free.

Checked June 2026

CAFÉS AND TEA ROOMS

Charlotte's Restaurant @ Landford Garden Centre (In-Excess)

CAFÉ · SP5 2BE · 10 miles south-east of Salisbury

Dedicated GF fryer

Charlotte's here is part of the wider In-Excess group, and their Area Catering Manager confirmed directly that gluten-free options — cake, mains or light lunches — are available at every one of their four Charlotte's cafés, including this one. Each site keeps its own allergen folder covering all 14 major allergens, and every new dish added to the menu — including cooked breakfasts — is checked to make sure a gluten-free version exists alongside it.

Before you order — This is one of the group's two full restaurants, and the fryer setup is confirmed from their Area Catering Manager directly: dedicated fryers for gluten-free fish and gluten-free chips. One caution — scones here are baked in-house and are NOT gluten-free; gluten-free scones are bought in from a supplier instead, and gluten-free cakes come from external bakeries, so ask for the bought-in gluten-free options by name. Group-wide, staff complete a level 2 allergen-awareness course and allergen prep uses colour-coded (purple) equipment. A new menu is in development group-wide, so check what's current when you visit.

Checked July 2026

Kimbridge Barn

CAFÉ · SO51 0LE · 12 miles east of Salisbury

GF options

The March 2026 menu labels several dishes gf or gfa: Kimbridge Fried Chicken (gf), Gammon Egg and Chips (gf), Bubble and Squeak (gfa), Soup of the Day (gfa), Spiced Vegan Koftas (gfa), and several Hasselback Potato toppings. The breakfast menu marks the Kimbridge Full and Kimbridge Vegan Breakfast as gfa. AfternoonTea.co.uk formally lists the venue as offering a gluten-free afternoon tea option with advance notice. The in-house pastry chef makes cakes, some of which cater for gluten-free preferences.

Before you order — Advance notice is stated as required for a gluten-free afternoon tea. The venue operates wood-fired pizza on Fridays and bakes its own bread and cakes on site, so flour is in heavy use in the kitchen — worth discussing cross-contact directly with staff, particularly on pizza nights. No allergen page or process statement is published on the website beyond the per-dish menu labels.

Checked June 2026

Kingfisher Cafe (Langford Lakes)

CAFÉ · SP3 4PA · 8 miles north-west of Salisbury

Kitchen describes its process

The café actively caters for coeliacs, with a process built up over three and a half years. Many dishes can be prepared gluten-free, and the team makes in-house gluten-free Scotch eggs and usually has gluten-free (and dairy-free and vegan) cakes available. Because the menu changes daily, phoning ahead is the most reliable way to check what's on — but the chef is used to the conversation.

Before you order — The café is not a wholly gluten-free kitchen, so cross-contact risk can't be fully eliminated — the team are candid about this and recommend a word with the duty chef on arrival so they can take the right precautions. In practice they use a separate prep area, a dedicated chopping board and utensils, a separate butter for gluten-free prep, and one side of the fryer exclusively for chips. Staff are trained in gluten-free preparation. Groups of six or more need to book ahead.

Checked June 2026

Pantry Barn Cafe Bar

CAFÉ · 7 miles south of Salisbury

Kitchen describes its process

Everything is plated to order and the kitchen describes its menu as completely adaptable across breakfasts, lunches and snacks, so what can be made gluten-free is a conversation with the kitchen rather than a short fixed list — and the published menu names gluten-free bread outright. When a gluten-free order comes in, staff ask whether the diner is coeliac as a matter of routine. There are always at least two cakes in made with gluten-free ingredients, baked by outside professional bakers rather than on site.

Before you order — The café has set out how it keeps a coeliac order apart: the gluten-free bread goes into a toaster bag rather than through the shared toaster, the food is put together in a separate preparation area, and there is separate cutlery with spreads kept aside for coeliac orders. Saying you are coeliac is what starts that routine, so it is worth being explicit when you order. The cakes are the one thing the café holds back on: they come in from professional bakers and carry a very low gluten label rather than a gluten-free one, because the café cannot vouch for airborne cross-contact in a bakery it does not run. If that distinction matters to you, the label on the day is the thing to look at.

Checked August 2026

FARM SHOPS

The Old Forge Farm Shop & Cafe

FARM SHOP · 7 miles north-west of Salisbury

Kitchen describes its process

Every item on the breakfast menu has a gluten-free option, and there is always gluten-free bread and at least two gluten-free cakes. The quiche is currently made gluten-free, the ketchup and brown sauce are gluten-free, gluten-free pizza is available on Friday pizza nights, and gluten-free scones and

afternoon tea can be made with 48 hours' notice. The farm shop also sells gluten-free flour, biscuits, pasta and frozen goods from Chunk.

Before you order — Georgia, one of the owners, set out how the kitchen handles gluten-free food in September 2026. It is prepared in a separate area of the kitchen; gluten-free toast and toasties have their own toastie machine; gluten-free breakfasts are cooked in separate pans; gluten-free cakes are kept apart from the others on the deli counter; and purple cutlery and tongs are used only for gluten-free food. Staff are allergen trained. The owners say they cannot guarantee against cross-contamination, because the kitchen also handles gluten. A dedicated gluten-free fryer was due to be installed but was not yet in use, so ask before ordering anything deep-fried. Order gluten-free scones or afternoon tea 48 hours ahead. There is no website; phone or message through Facebook.

Checked September 2026

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