



No need to miss out!

BY LOUISA KIDDELL

The Norfolk Gluten Free Co. Ltd.

As a gluten avoider you can miss out on so many things, and at the gluten free café we have an important gap to fill – delicious lunchtime snacks and treats just like everyone else. We are really well known for our fabulous toasties with a range of fillings, and you can also take away a made to order roll or wrap to enjoy in the sunshine, or grab a pie, sausage roll or scone to share with friends or enjoy at your desk too. We also do a great cooked breakfast and selection of light meals, and the coffee and cake is well worth taking a break for.

Combined with our shop which sits above the café, you can choose from our best sellers including free-from flours for your baking needs, gravies, sauces and chutneys, cereals, gluten free bread which is almost too good to be true, biscuits, doughnuts and naughty treats. Everything we do is gluten free, but lots of it is also dairy free, egg free or vegan for those who have more than just grains to worry about. We're on hand to give plenty of advice too, so do feel free to ask for help when you pop in.



**THE
GLUTEN FREE
SHOP & Café**
The Norfolk Gluten Free Co. Ltd.

21 Timber Hill, Norwich NR1 3JZ
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