The excellent list below is from www.The-Gluten-Free Chef.com

> ANOTE (from David) Dishes which contain: Mock duck, Mock Chicken, Mock beef etc., at Asian restaurants, ARE PURE GLUTEN! These are made from a substance called Seitan used in Macrobiotic recipes and Seitan is PURE WHEAT GLUTEN, it is NOT a soy product

FOODS WHICH CONTAIN GLUTEN

| Bread and bread rolls | Rye bread, pumpernickel | Yorkshire pudding |
| :--- | :--- | :--- |
| Pretzels | Cakes | Stuffings (click here for <br> gluten free stuffing <br> recipes |
| Muffins | Pastry or pie crust | Pancakes (click here for <br> gluten free almond <br> flour pancakes |
| Biscuits or cookies | Pasta - macaroni, <br> spaghetti, etc. (Click for <br> dishes made with gluten <br> free pasta) | Crispbreads |
| Bulgar wheat | Durhą | Crumble toppings (click for <br> a safe, tasty apple <br> crumble topping) |
| Couscous | Pizza (click here for a <br> safe pizza dough <br> recipe) | Semolina |
| Scones | Anything in breadcrumbs | Some breakfast cereals <br> (click here for a list <br> of gluten free <br> breakfast cereals) |
| Bran water drinks | Malted drinks, such as <br> Horlicks | Muesli |
| Sponge puddings | Breadcrumbed ham |  |


| Sausages - often contain rusk (and the machines used to make them are often cleaned out with bread) | Luncheon meat - may contain fillers | Blue cheeses (may be made with bread) |
| :---: | :---: | :---: |
| Gravy powders and stock cubes such as OXO cubes | Matzo flour/meal | Shredded suet in packs (flour is normally used to keep the strands separate) |
| Seitan (doesn't contain gluten, it IS gluten!) | Hydrolyzed Vegetable Protein (HVP) | Baked beans (there may be gluten in the tomato sauce) |
| Farina | Meat and fish pastes | Pates and imitation crab meat |
| Self basting turkeys | Sauces - often thickened with flour | Alcoholic drinks - such as beer, ale, lager (click here for gluten free beers) |
| Soups - may be roux based (made with flour) | Mustard - dry mustard powder contains gluten | Instant coffee - may be bulked out with flour |
| Brown rice syrup | Cheap brands of chocolate | Potato crips/chips - some are OK, read the ingredients! |
| Soy sauce - only Tamari is OK | Drinking chocolate | Licorice |
| Chutneys and pickles | Salad dressings | Curry powder and other spices (can be bulked out with flour) |
| White pepper | Malt vinegar | Play Dough click here for a cornflour recipe |
| Supplements | Some toothpastes | Some lipsticks |
| Some pharmaceutical products |  |  |

