New Forest

PRINT EDITION · OCTOBER 2026

Where to eat gluten-free in the New Forest

A free, independent guide to 215 places: 71 pubs, 33 restaurants, 50 cafés and tea rooms, 1 bakery, 2 farm shops, 15 hotels, 10 takeaways, 33 shops. What each one offers gluten-free, and what to know before ordering. From the team behind the Salisbury Gluten Free Guide.

How the guide is organised

By area, then by type. The Forest overview and town maps come first, followed by Lyndhurst area; Brockenhurst & Beaulieu; Lymington & coast; Ringwood & Burley; Fordingbridge & north; Bramshaw, Brook & north-east; Totton, Hythe & the Waterside; New Milton & Barton-on-Sea. There is an A–Z index at the back. Pin numbers match the maps and index.

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/new-forest/

The full guide, kept current — with maps, directions, venue pages and a feedback form.
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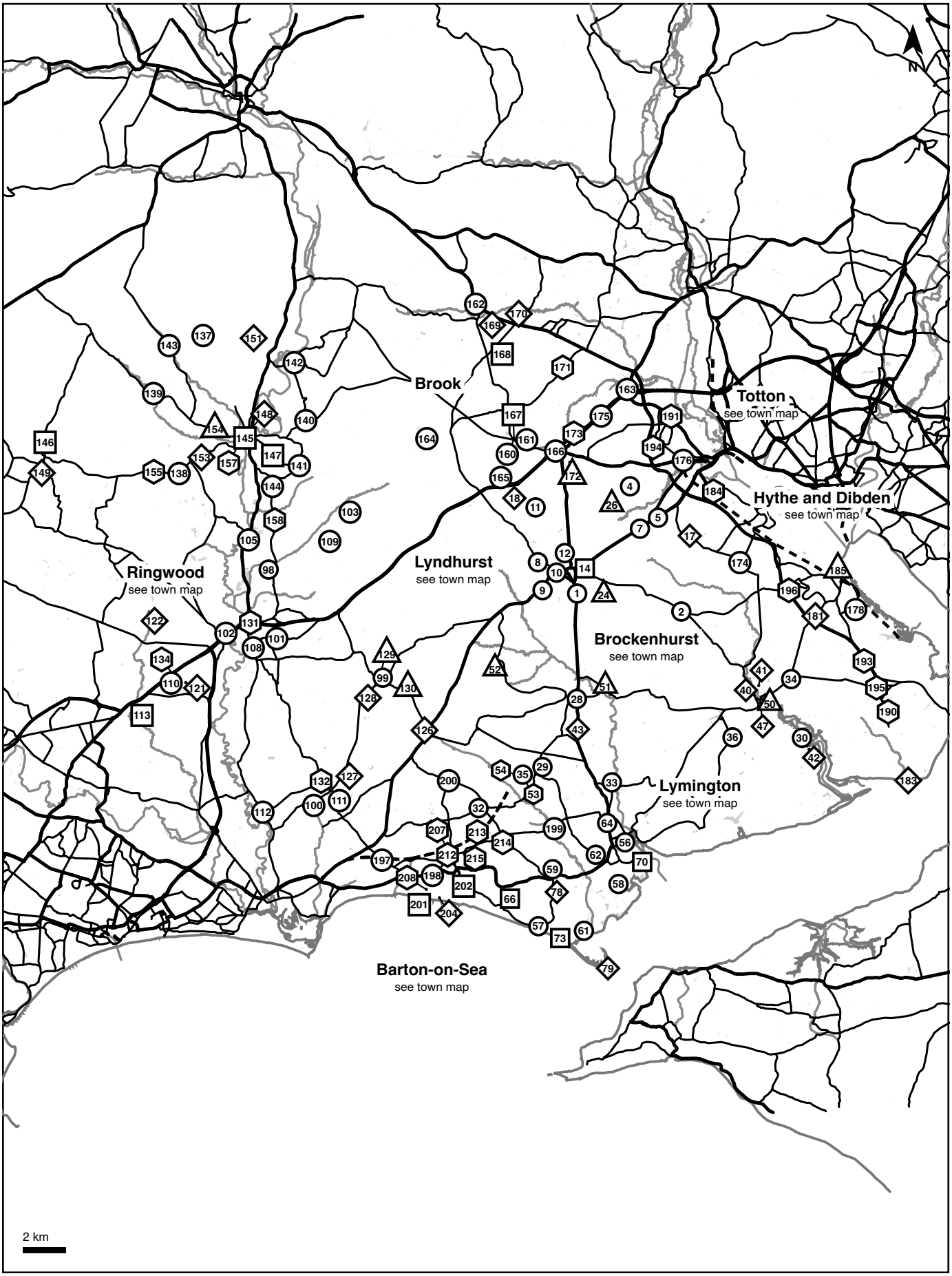
Distances are straight-line miles from the town named in each entry. Numbered pins use checked positions where available, otherwise postcode centres. Check the venue address before travelling. Map data © OpenStreetMap contributors.

Find your area



Pub · Restaurant / attraction · Café / bakery · Hotel · Shop / takeaway

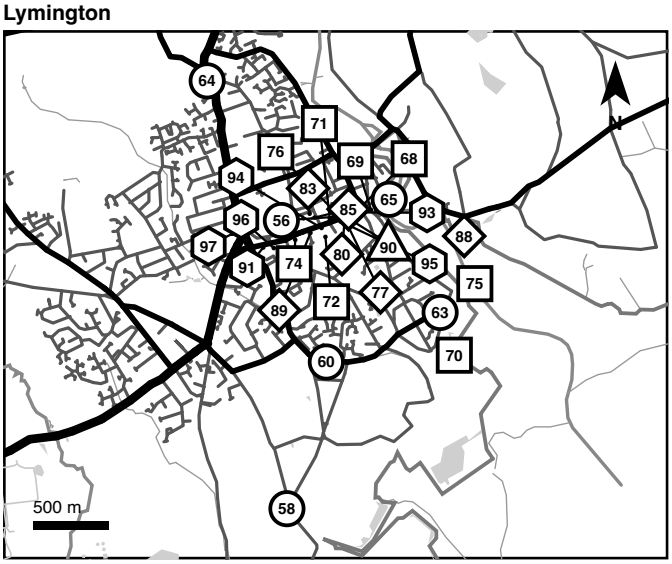
Numbers match the entries that follow

Busy towns show selected pins here. See town maps for all their pins. Every venue is in the A-Z index.

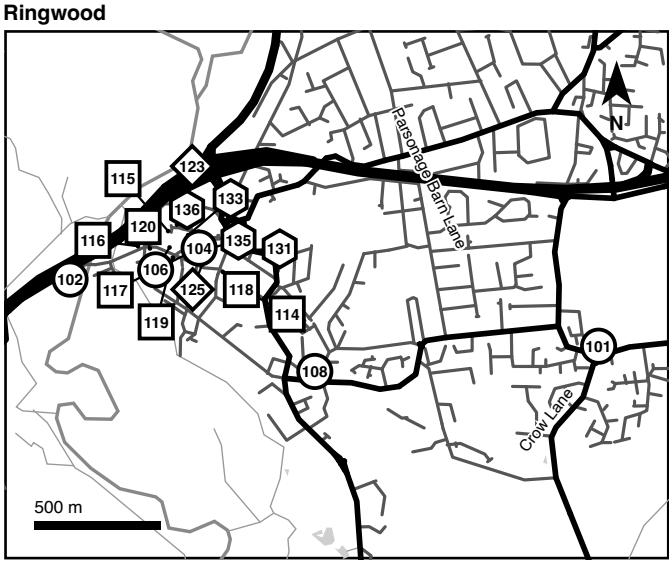
Town maps

Pin numbers match the entries and index.

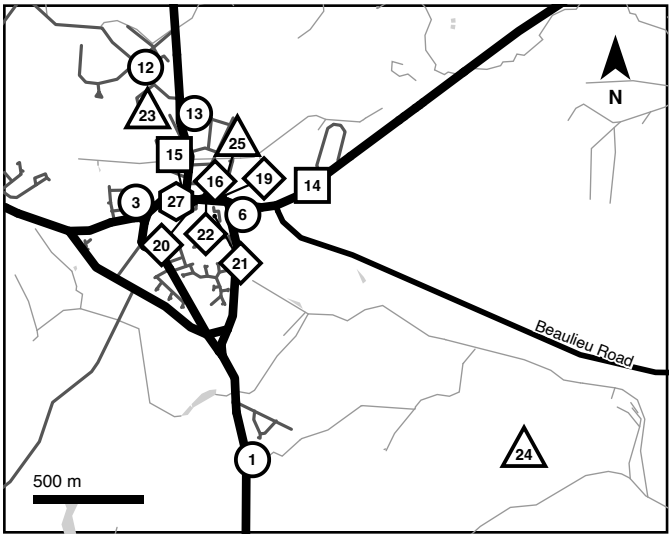
Lymington



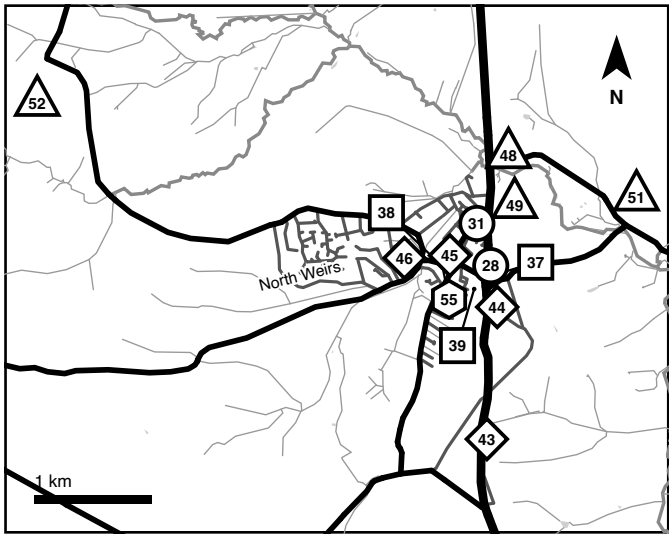
Ringwood



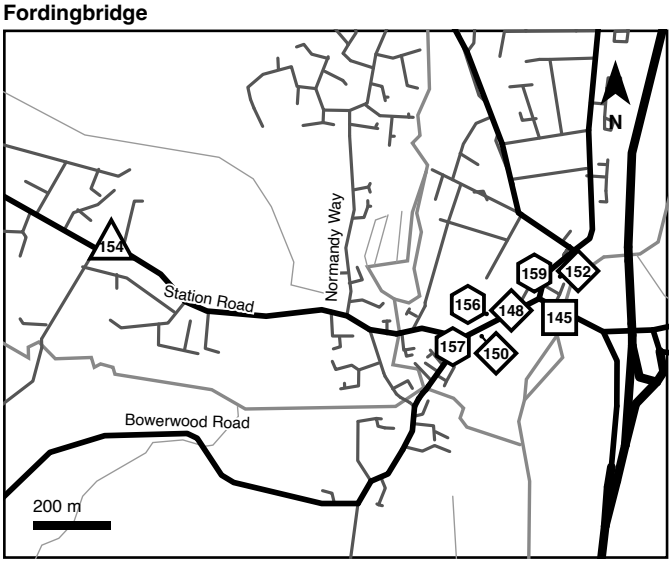
Lyndhurst



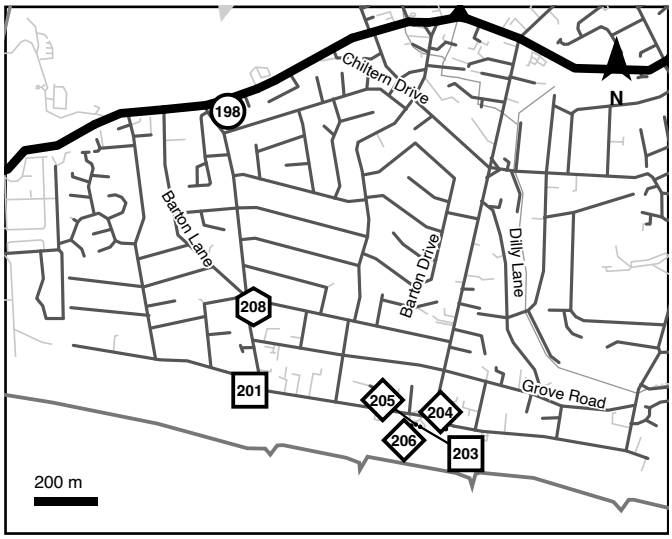
Brockenhurst



Fordingbridge



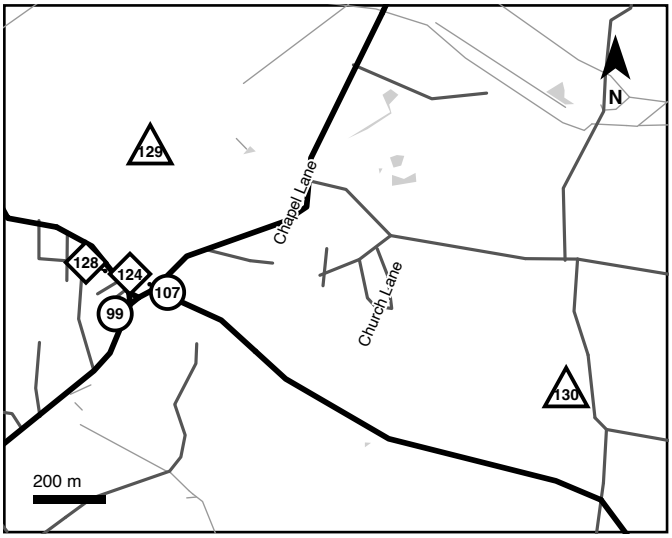
Barton-on-Sea



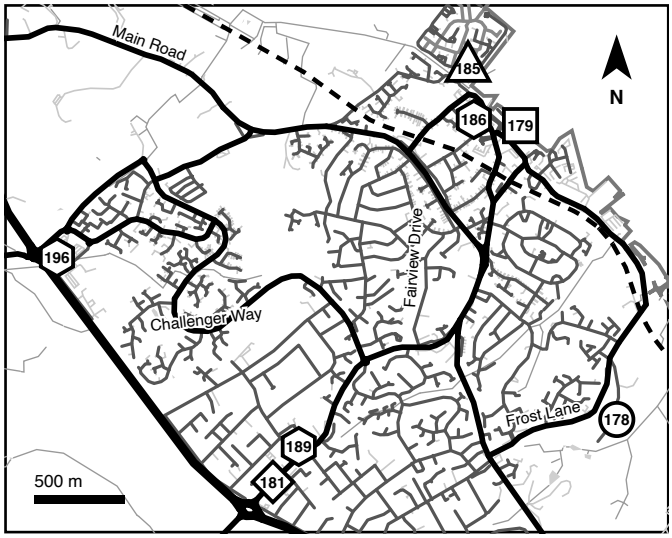
Town maps

Pin numbers match the entries and index.

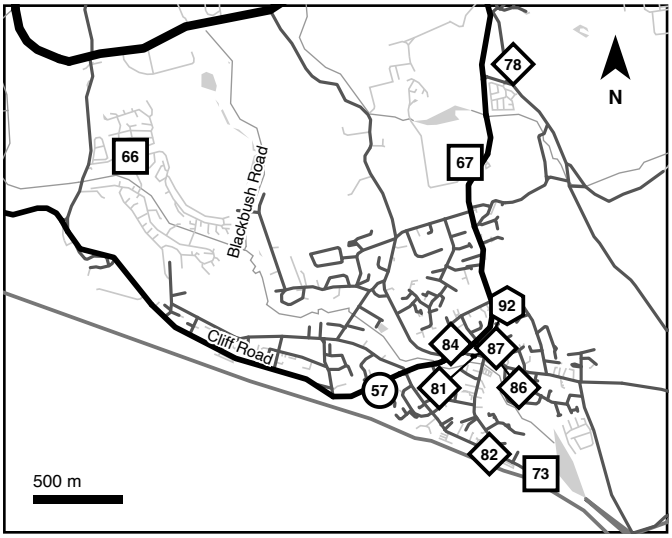
Burley



Hythe and Dibden

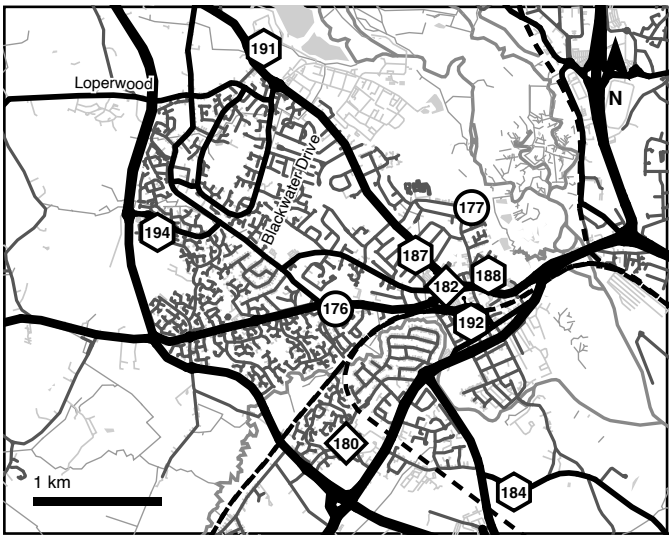


Milford-on-Sea



New Milton

Totton



Lyndhurst area

PUBS

1 The Crown Stirrup

PUB · Clay Hill · 0.8 miles from Lyndhurst

Kitchen describes its process

The menu marks chilli, ham and eggs, hunters chicken and syrup sponge gluten free. The pub says its pizza bases are gluten free and that a gluten-free pizza is prepared separately from ordinary ones. Sandwiches and several Sunday roasts have gluten-free adaptations.

Before you order — For pizza, the pub says the gluten-free bases are prepared separately. Tell staff you have coeliac disease when ordering, and ask how a coeliac roast is kept apart from gluten.

Checked October 2026

2 The Drift (Beaulieu Hotel)

PUB · Beaulieu Road · 3.3 miles from Lyndhurst

GF options

The August 2026 menu offers gluten-free bread and adaptations for fish and chips, burgers, chicken tikka and several starters. Nachos and ice cream are marked gluten-free, and bottled gluten-free Peroni is listed.

Before you order — Adaptations need to cover the whole plate, including bread and sides. Discuss the fryer and bread handling for a coeliac order.

Checked September 2026

3 The Fox & Hounds

PUB · 22 High Street · 0.1 miles from Lyndhurst

GF options

Diners report gluten free choices including pasta and gluten free buns, though the pub's own sample menus carry no gluten free markings. Fuller's publishes this pub's menus on Good Food Talks, which is the place to check current dishes before visiting.

Before you order — Nothing from the pub or from Fuller's describes cross-contact handling here, and with pizza and ordinary pasta in the same kitchen the practical risk depends on processes no source we found explains. Treat the gluten free reports as diner experience, not a kitchen commitment, and ask on the day.

Checked August 2026

4 The Gamekeeper

PUB · 268 Woodlands Road · 2.8 miles from Lyndhurst

GF options

The menu marks fish and chips, chilli, Malaysian curry, mushroom risotto and several desserts gluten-free. Soup and mackerel pâté have gluten-free adaptations.

Before you order — The menu says cross-contact may occur because of the kitchen size and layout. Discuss preparation and frying arrangements for a coeliac order.

Checked September 2026

5 The Happy Cheese

PUB · 189 Lyndhurst Road · 2.6 miles from Lyndhurst

Kitchen describes its process

The pub says its chips are gluten free and cooked in a chip fryer separate from any other product. The menu marks chilli, sausage and mash, ham and eggs, hunter's chicken and several jacket-potato fillings gluten free. It says onion rings and sticky Thai beef are not gluten free. The menu is changing soon, with gluten-free pies due back.

Before you order — The menu changes twice a year and is about to be reprinted, so check the dishes against the current menu. The pub asks about allergies with every food order, and the QR code on the menu goes to an allergens page that lists each dish. Tell staff you are coeliac when you order.

Checked October 2026

6 The Mailmans Arms

PUB · 71 High Street · 0.0 miles from Lyndhurst

GF options

The January 2026 menu marks ham, eggs and chips gluten-free, alongside chips, seasonal vegetables and grilled chicken as a salad addition.

Before you order — Worth discussing how a coeliac order is kept apart from gluten during preparation and service.

Checked September 2026

7 The New Forest

PUB · Lyndhurst Road, Ashurst · 2.4 miles from Lyndhurst

GF options

The pub's sample menus carry no gluten free markings, and as a Fuller's house current dish and allergen detail sits on the Good Food Talks accessible-menu platform. Diners report gluten free options being available in practice.

Before you order — One visitor describes the kitchen wiping down a preparation area for each gluten free order under strict house allergen rules — with the trade-off of a long wait — and the management's reply confirms they are strict because cross contamination is always possible in their kitchen. That is encouraging but rests on a single dated-unknown exchange, so confirm what the kitchen will do on the day and allow extra time.

Checked August 2026

8 The New Forest Inn

PUB · Emery Down, near Lyndhurst · 0.9 miles from Lyndhurst

GF options

The Spring 2026 menu marks plenty as not containing gluten: warm artisan breads, chimi buffalo chicken wings, paprika corn ribs, harissa sweet potato skins, Mexican totchos, pan fried lambs liver and pork tomahawk, with the baked feta pot, glazed ham, chips and fries all marked gluten free available. Diners on FindMeGlutenFree also report a dedicated fryer for gluten free orders.

Before you order — The menu is upfront that everything is prepared in a kitchen where gluten and other allergens are present, and full allergen information is available on request. The dedicated fryer is a diner report rather than the pub's own claim, so confirm it — and the chips — when you order.

Checked August 2026

9 The Oak Inn

PUB · Pinkney Lane, Bank · 1.1 miles from Lyndhurst

GF options

The Summer 2026 menu marks gluten free dishes across every course: olives and duck salad to start, pork belly, Thai vegetable curry and seabass among mains, all three burgers available gluten free, fries and most sides marked gluten free, and a gluten free sticky toffee pudding. The pub offers allergen information in advance of a visit.

Before you order — The menu is honest that food may be prepared in the presence of gluten-containing ingredients, and diner experience is mixed: one coeliac describes a knowledgeable chef talking through options, while another reports being served an ordinary bun on a promised gluten free burger before it was corrected. Confirm the details of your order when it reaches the table, especially buns and fried items.

Checked August 2026

10 The Swan Inn

PUB · Swan Green, Lyndhurst, Hampshire · 0.6 miles from Lyndhurst

GF options

The sample menu marks cauliflower bites, whitebait and a haddock and salmon fishcake gluten free. Gluten-free rolls are available for several dishes.

Before you order — Worth discussing preparation of the fried dishes and roll substitutions. The dessert menu asks you to request gluten-free accompaniments explicitly.

Checked September 2026

11 The Trusty Servant Inn

PUB · Minstead, near Lyndhurst · 2.1 miles from Lyndhurst

Dedicated GF fryer

The current menu marks plenty as not containing gluten: serrano ham, peach and feta salad, fiery prawn cocktail, crab and avocado tian, hot honey chicken bites and BBQ brisket tacos among starters, then glazed ham, lambs liver, steak of the week, lamb rump, chargrilled tuna and a crispy chicken schnitzel among mains, with gluten free options on the ploughman's and avocado sourdough. Full allergen information is available on request. The pub keeps separate fryers for gluten free food, with their own oil, and uses gluten free flour for some dishes. A new autumn and winter menu starts in October with more gluten free choices.

Before you order — The menu says plainly that everything is prepared in a kitchen where gluten and other allergens are present. The fryers are separate; say you are coeliac when you order so the rest is handled with the same care. The menu changes in October, so check the day's markings.

Checked September 2026

12 The Waterloo Arms

PUB · Pikes Hill · 0.4 miles from Lyndhurst

Dedicated GF fryer

Gluten free items are cooked in a fryer of their own, apart from the ordinary battered ones — the pub's own confirmation, given in answer to that question. The current menu marks gluten free or gluten free option dishes throughout: soup, prawn cocktail and pate among starters, honey roasted ham, chilli con carne, curry and pan fried chicken among mains, a chicken burger in a gluten free option, most sides, gluten free choices on the Sunday roast, and stone baked pizza with gluten free bases Monday to Saturday. Diners on FindMeGlutenFree also report gluten free bread and battered fish and chips.

Before you order — The separate fryer covers the fried items, but beyond it the pub has not described what changes in the kitchen when a gluten free order comes in, and the menu's allergen note asks you to tell staff about allergies without saying what happens when you do. The stone baked pizza is worth a word too: whether the gluten free bases are kept apart from the ordinary dough has not been confirmed. Say you are coeliac when you order.

Checked September 2026

13 The White Rabbit

PUB · Romsey Road · 0.2 miles from Lyndhurst

GF options

A separate no-gluten-containing menu lists starters and main meals, including chicken liver pâté, bangers and mash, and roast lamb rump.

Before you order — The menu describes ingredients without intentional gluten and warns that traces may be present. Discuss your coeliac requirements before ordering.

Checked September 2026

RESTAURANTS

14 La Pergola

RESTAURANT · Southampton Road, Lyndhurst, Hampshire · 0.3 miles from Lyndhurst

GF options

Gluten-free pasta is available on request. The published pasta menu includes Bolognese, carbonara and other sauces; discuss the sauce for your order.

Before you order — Worth discussing how a coeliac order is kept apart from gluten during preparation and service.

Checked September 2026

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15 Passage To India

RESTAURANT · 3-5 Romsey Road · 0.1 miles from Lyndhurst

GF options

The restaurant publishes that gluten-free options are available. Individual dishes and accompaniments need a discussion when you order.

Before you order — Worth discussing how a coeliac order is kept apart from gluten during preparation and service.

Checked September 2026

CAFÉS AND TEA ROOMS

16 The Forage Deli & Eatery

CAFÉ · 39-41 High Street · 0.0 miles from Lyndhurst

The printed evening menu marks a single gluten free dish, a carrot cake dessert, and the daytime menu carries no gluten free markings at all. Diners report gluten free toasties and cakes being available in practice, so the kitchen appears to do more than the menus advertise.

Before you order — Nothing first-party describes how gluten free food is prepared or kept apart, and the menus carry no allergen note. One TripAdvisor visitor describes staff as well informed on cross contamination, but that is a single attributed report, not the venue's own claim. Ask the kitchen directly what they can safely offer.

Checked August 2026

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17 Forest Kitchen Cafe

CAFÉ · New Forest Wildlife Park, Deerleap Lane · 3.5 miles from Lyndhurst

GF options

Forest Kitchen lists a selection of gluten-free products alongside its snacks and drinks. It does not name those products online.

Before you order — For food served unwrapped, worth checking how it is kept apart from sandwiches and pastries.

Checked September 2026

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18 Furzey Gardens Tea Rooms

CAFÉ · SO43 7GL · 2.6 miles from Lyndhurst

GF options

The tea rooms list gluten-free options among their cakes and light lunches. Availability varies.

Before you order — Worth checking how gluten-free food is handled around the ordinary sandwiches and bakes.

Checked September 2026

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19 The Greenwood Tree Cafe

CAFÉ · 65 High Street · 0.0 miles from Lyndhurst

GF options

The cafe's own site lists a combined vegan and gluten free menu, and Coeliac Sanctuary records a gluten free menu including sandwiches, breakfasts, jacket potatoes, omelettes and cream teas.

Before you order — Neither the website nor any listing we found says anything about how gluten free food is kept apart from the rest of the kitchen's baking and bread, so treat handling as unverified and ask when you order.

Checked August 2026

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20 The Lyndhurst Tea House

CAFÉ · 26 High Street · 0.1 miles from Lyndhurst

Kitchen describes its process

The tea house makes its gluten free bakes in house, including plain, fruit and cheese scones, and offers gluten free cream teas, a selection of gluten free cakes and any sandwich toasted on gluten free bread. All the sausages are gluten free, so a cooked breakfast does not depend on a substitution being remembered. Community listings add breakfasts, toasties, jacket potatoes and main meals.

Before you order — The tea house is straight that it is not a gluten free kitchen, and it has set out what it does instead: gluten free baking done at the start of the day, stored apart from the gluten-containing bakes, kept on the top shelf of the cake fridge and cut with separate knives, a separate toaster sited away from the others, and gluten free orders cooked on separate trays in their own area. Fries can be done in a separate pan if you ask. Earlier visitor reports of the handling were mixed and one described a scone served as gluten free that was not, so it is still worth confirming at the counter which items are gluten free on the day.

Checked August 2026

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21 New Forest Heritage Centre Café

CAFÉ · SO43 7NY · 0.1 miles from Lyndhurst

GF options

The cafe publishes gluten-free options alongside its sandwiches, soups, cakes and scones. Individual gluten-free choices are not named on the cafe page.

Before you order — Worth checking how a coeliac order is kept apart from other food.

Checked September 2026

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22 Peggy May's Cafe

CAFÉ · 49 High Street, Lyndhurst, Hampshire · 0.0 miles from Lyndhurst

GF options

The cafe publishes that gluten-free options are available with lunch. Individual dishes and bread substitutions need a conversation with the team.

Before you order — Worth discussing how a coeliac order is kept apart from gluten during preparation and service.

Checked September 2026

HOTELS

23 Forest Lodge Hotel

HOTEL · Pikes Hill · 0.3 miles from Lyndhurst

GF options

The June 2026 menu offers gluten-free pizza options and gluten-free adaptations of dishes including fish and chips and burgers.

Before you order — Discuss your choice with the team and confirm how a coeliac order would be prepared.

Checked September 2026

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24 Lime Wood Hotel (Hartnett Holder & Co)

HOTEL · Beaulieu Road · 1.1 miles from Lyndhurst

The hotel no longer offers a gluten free afternoon tea: its own website says the kitchens handle gluten throughout preparation and it cannot safely guarantee the absence of cross-contamination. The current restaurant menus carry no gluten free markings or allergen note, though the kitchen invites guests to discuss alternative dining options for dietary needs. An older account from a gluten free blogger, from 2015, describes homemade gluten free bread and proactive staff, but that long predates the current position.

Before you order — Take the hotel at its word: this is a kitchen that has decided it cannot guarantee gluten free afternoon tea, which is honest and worth respecting. For restaurant dining, nothing current confirms what the kitchen will do for a coeliac, so contact reservations before booking and ask specifically what they can and cannot accommodate.

Checked August 2026

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25 The Stag Hotel, Restaurant and Bar

HOTEL · 69 High Street · 0.0 miles from Lyndhurst

GF options

The current menu marks plenty: buffalo cauliflower bites, home roasted ham, truffle chips and seasonal vegetables are labelled gluten free, steaks come with a gluten free option, the katsu curry is offered gluten free across chicken, prawn and jackfruit versions, most hot-rocks accompaniments are marked, sandwiches come on gluten free bread, and the soup has a gluten free option. The kitchen states its chefs are happy to adjust dishes for dietary requirements.

Before you order — The menu asks you to speak to the team about allergies but describes no separation or fryer arrangements, so items like chips — marked gluten free — depend on kitchen practice the hotel does not publish. A gluten free katsu also implies a substitute coating worth confirming. Ask how your dish is kept clear of gluten when you order.

Checked August 2026

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26 Woodlands Lodge Hotel

HOTEL · Bartley Road · 2.3 miles from Lyndhurst

GF options

The dinner menu marks goat’s cheese salad and pigeon breast gluten-free. It also offers gluten-free bread and pasta on request; the children’s menu marks chocolate brownie gluten-free.

Before you order — Worth discussing the preparation of your order with the team, particularly any fried food.

Checked September 2026

SHOPS

27 Tesco Lyndhurst Express

SHOP · 43-47 High Street · 0.0 miles from Lyndhurst

Gluten free range

Tesco publishes a Free From range including packaged gluten-free bread and groceries. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — Stock varies; the Tesco app can check individual products. The locator lists Costa Coffee. Check allergen information for drinks and any loose or prepared food separately from sealed gluten-free groceries.

Checked September 2026

Brockenhurst & Beaulieu

PUBS

28 The Foresters Arms

PUB · 10 Brookley Road · 0.2 miles from Brockenhurst

GF options

The menu marks tiger prawn risotto and coconut-braised spiced beef curry as gluten-free; gluten-free sandwich options are also available.

Before you order — The menu does not describe separate preparation for its risotto, curry or bread alternatives. Discuss how the kitchen handles a coeliac order.

Checked September 2026

29 The Hare & Hounds

PUB · Durnstown, Sway · 2.4 miles from Brockenhurst

GF options

The menu marks a genuine spread of dishes gluten free, from stuffed chicken breast in stilton sauce and lamb's liver with crispy bacon to homemade beef chilli, ham egg and chips and a Keralan vegetable curry, with chips and cheesy chips also listed gluten free. Prawn cocktail, Caesar salad and jacket potatoes can be adapted.

Before you order — The menu is honest that the kitchen handles wheat and cannot guarantee against contact between allergens. Chips are marked gluten free, which hints at careful frying, but the arrangement is not spelled out, so raise it when you book.

Checked August 2026

30 Henry's (Master Builder's House)

PUB · Master Builder's House, Buckler's Hard · 7.0 miles from Brockenhurst

GF options

Henry’s marks fish and chips, roast lamb, sea bream and sticky toffee pudding as gluten-free. Some other dishes can be adapted.

Before you order — Ask about kitchen and frying arrangements before ordering from the marked menu.

Checked September 2026

31 The Huntsman of Brockenhurst

PUB · Lyndhurst Road · 0.3 miles from Brockenhurst

Dedicated GF fryer

The pub keeps separate fryers, and its fish and chips is gluten free — confirmed by the general manager. The menus mark gluten free and gluten-free-option dishes throughout: steaks, grilled chicken, trout and sea bream, triple cooked chips, and the cyder battered haddock. Diners also report a gluten free sticky toffee pudding.

Before you order — The fryer is the part the pub has confirmed. It has not described what happens elsewhere in the kitchen, where dishes share a grill and a prep area, so say you are coeliac when you order. Menus are labelled as samples and change, so check the day's gluten free marking.

Checked August 2026

32 The Plough Inn

PUB · Sway Road, Tiptoe · 4.1 miles from Brockenhurst

GF options

The menu marks cider-battered South Coast fish gluten-free and says all pasta dishes are available with gluten-free pasta.

Before you order — Ask about separate cooking water, utensils and frying oil when ordering for someone with coeliac disease.

Checked September 2026

33 The Red Lion

PUB · Rope Hill, Boldre, Lymington · 2.8 miles from Brockenhurst

GF options

The pub says its standard menu identifies gluten free dishes and that a gluten free version of the menu is available, with the kitchen willing to add gluten free dishes to the specials board for diners who mention it at booking. Recent visitors report coeliacs eating well here.

Before you order — The pub asks you to mention the gluten free requirement when booking and again as you order each course, which suggests dishes are adapted to order. Nothing published describes how the kitchen keeps those orders clear of cross-contact, so ask directly.

Checked August 2026

34 The Royal Oak (Hilltop)

PUB · Hilltop · 6.4 miles from Brockenhurst

GF options

The menu marks fish and chips, ham and eggs, lambs liver and nachos as not containing gluten, and offers gluten-free sandwich options. Bottled gluten-free Peroni is listed.

Before you order — The menu notes a kitchen where gluten is present; ask about preparation for coeliac diners.

Checked September 2026

35 The Silver Hind

PUB · Station Road · 2.7 miles from Brockenhurst

GF options

The menu marks five bean chilli with rice gluten-free, and uses a GF mark for salmon or chicken additions to its risotto.

Before you order — The GF marks do not describe how orders are kept apart during preparation. It is worth discussing the kitchen's handling of a coeliac order.

Checked September 2026

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36 The Turfcutters Arms

PUB · Main Road, East Boldre · 4.8 miles from Brockenhurst

Dedicated GF fryer

The pub keeps a gluten free fryer and cooks the chips in it, and it makes its own gluten free batter. Asked whether the gluten free battered fish goes through that same gluten free fryer, the pub answered yes. The menu marks the kitchen's chilli, mushroom stroganoff, sticky toffee pudding, chocolate brownie and sorbets gluten free, while the beer battered fish of the day, ham egg and chips and the ploughman's can all be made gluten free on request. Diners describe the staff as very accommodating to coeliacs.

Before you order — The fryer and the batter are both accounted for, which covers the fried side of the menu. Nothing published describes how gluten free dishes are kept apart away from the fryer, so say coeliac when you book — the pub asks for allergy requirements at that point — and say it again when you order.

Checked August 2026

RESTAURANTS

37 Albero

RESTAURANT · Lyndhurst Road · 0.3 miles from Brockenhurst

Kitchen describes its process

The restaurant makes gluten-free fettuccine as the first pasta of the day, once the machine is clean, then portions it, wraps it and puts it away before any ordinary pasta is made. It is cooked in separate water, and the pasta sauces are described as gluten-free on the menu. There is always a meat dish and a fish dish suitable for a gluten-free diet, either among the specials or on the main menu.

Before you order — There is no gluten-free bread or pizza, because it would have to share an oven with ordinary pizza. The kitchen also makes ordinary pasta and pizza, so tell staff you are coeliac when you order.

Checked September 2026

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38 Commoners Bar & Kitchen

RESTAURANT · 66-68 Brookley Road · 0.0 miles from Brockenhurst

GF options

Some dishes can be made gluten-free, subject to availability.

Before you order — Worth discussing how a coeliac order is prepared alongside the sourdough pizzas.

Checked September 2026

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39 Enzee Brockenhurst

RESTAURANT · Station Approach · 0.2 miles from Brockenhurst

GF options

Gluten-free pasta and pizza dough are available.

Before you order — Worth checking how pizza and pasta are kept apart from ordinary flour and cooking water.

Checked September 2026

CAFÉS AND TEA ROOMS

40 The Beaulieu Bakehouse

CAFÉ · High Street, Beaulieu · 5.5 miles from Brockenhurst

Kitchen describes its process

The breakfast menu marks the full Bakehouse Breakfast and avocado on toast as available gluten free, and coeliac diners report a decent choice among the sandwiches, breakfast baps and brunch dishes. Gluten free bread goes in its own toaster, never the one used for ordinary bread. The kitchen lead is gluten free herself and has a hand in the gluten free dishes, including new ones added to the menu.

Before you order — The toaster is accounted for, which covers the most common risk in a breakfast cafe. This is still a bakery-style kitchen handling ordinary bread and cakes all day, and nothing has been said about how the cakes and bakes are kept apart, so say you are coeliac when you order.

Checked September 2026

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41 Brabazon Restaurant

CAFÉ · National Motor Museum, Beaulieu · 5.5 miles from Brockenhurst

Dedicated GF fryer

There is no separate gluten-free menu. The head chef told the guide the kitchen keeps allergen folders and uses them to identify dishes that can be adapted to avoid gluten-containing ingredients: soup of the day without its sourdough roll, jacket potatoes with suitable fillings, and loaded fries with suitable toppings. The kitchen has a separate fryer for fries and chips.

Before you order — The chef describes these as dishes adapted to avoid gluten-containing ingredients, not as a gluten-free preparation, so tell the team you are coeliac and ask how your dish will be prepared.

Checked October 2026

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42 The Captain's Table

CAFÉ · Buckler's Hard Village, Beaulieu · 7.1 miles from Brockenhurst

Nothing published by the cafe or the attraction mentions gluten free food, and we found no reliable diner reports for this site either, so what a coeliac could safely eat here is simply unknown.

Before you order — With no allergen information published at all, treat this as an unresearched kitchen: ask to see their allergen records before choosing anything, or eat at the Master Builder's House Hotel next door, which at least appears on gluten free listing sites.

Checked August 2026

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43 The Daisy Tea Garden at Setley Ridge (Vineyard & Farm Shop)

CAFÉ · Setley Ridge, Lymington Road · 1.0 miles from Brockenhurst

Kitchen describes its process

The menu advertises gluten free options throughout: gluten free toast, a gluten free plain home-made scone for cream teas, gluten free sausages on the vegetarian cooked breakfast, and diners on FindMeGlutenFree report gluten free bread for sandwiches. The farm shop alongside stocks local produce that can extend the picnic options.

Before you order — The kitchen keeps separate chopping boards and knives for gluten free orders and cleans the surfaces before preparation starts, and it is straight about the limit: gluten is handled in the same kitchen, so it will not promise there is no cross-contact. Whether the gluten free toast and scone get their own toaster and tongs has not been settled, so that is worth a quick word when you order. Afternoon tea is pre-booking only and the team ask to discuss allergens when you reserve, which is the moment to sort it out.

Checked August 2026

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44 Esme's Tea Rooms

CAFÉ · Thatched Cottage Hotel, 16 Brookley Road · 0.2 miles from Brockenhurst

Kitchen describes its process

The menu advertises gluten free options across its daily cakes and bakes, including scones with a gluten free option, and diners report gluten free bread for sandwiches plus plain and fruit gluten free scones. A reader told My Gluten Free Guide in February 2026 of a wonderful gluten free cooked breakfast and cake here.

Before you order — Diners report that gluten free items are kept separately and marked up, that the kitchen has separate areas to avoid cross-contact and that a chef is coeliac — encouraging, but none of this appears in the venue's own published wording, which promises only to accommodate allergies where required. The afternoon tea is a set menu, so raise gluten free needs when booking.

Checked August 2026

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45 The Paddle in the Forest

CAFÉ · 76 Brookley Road · 0.0 miles from Brockenhurst

GF options

The menu marks minted peas on homemade nut and seed loaf as available gluten-free, and hot chocolate as gluten-free.

Before you order — Worth asking how the gluten-free adaptation of the minted-peas dish is prepared alongside ordinary bread.

Checked September 2026

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46 Rosie Lea Tea House & Bakery

CAFÉ · 76 Brookley Road · 0.0 miles from Brockenhurst

GF options

Diners and the My Gluten Free Guide community repeatedly recommend Rosie Lea for gluten free cream teas, with gluten free scones and cakes reported as regularly available; a local directory lists gluten free and dairy free options as standard. TripAdvisor reviewers have called it gluten free heaven. The venue's own website could not be reached to confirm its current menu wording.

Before you order — Nothing published describes how gluten free bakes are made or kept apart from the wheat-flour baking on site. In a working bakery airborne flour and shared equipment are real risks, so ask before choosing.

Checked August 2026

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47 Steff's Kitchen (Fairweather's Garden Centre)

CAFÉ · Fairweather's Garden Centre, High Street, Beaulieu · 5.5 miles from Brockenhurst

Kitchen describes its process

The kitchen keeps a separate small fryer, always on, just for gluten free customers — the chef's own confirmation. The menu marks most of its main dishes as gluten free available, including the chargrilled burgers, soup of the day, ham egg and chips and nearly all the toasties, with every jacket potato marked gluten free outright. The kids' menu carries the same markings on the mini burger and picnic platter.

Before you order — The kitchen is honest that it is small and busy and cannot fully guarantee dishes are free from allergen traces. Gluten free bread and buns are swapped in for the available dishes, so tell the counter team you are coeliac when you order.

Checked September 2026

HOTELS

48 Balmer Lawn Hotel (Beresfords)

HOTEL · Lyndhurst Road · 0.7 miles from Brockenhurst

GF options

Beresfords marks grilled plaice, chicken salad, steaks and kumquat pavlova as gluten-free. Gluten-free afternoon tea is available on request.

Before you order — Mention coeliac requirements when booking, particularly for afternoon tea.

Checked September 2026

49 Careys Manor Hotel & SenSpa (Cambium, Zen Garden, Le Blaireau)

HOTEL · Lyndhurst Road · 0.4 miles from Brockenhurst

GF options

The breakfast menu names a gluten free sausage and gluten free cereals, and the hotel keeps an allergen guide covering every dish across its restaurants, available from staff on request. Diners on OpenTable report the Cambium team adapting dishes for coeliac guests. Beyond breakfast, no dish on the published menus is marked gluten free.

Before you order — The all-day menu states the kitchen cannot guarantee against cross-contamination between allergens, and the hotel asks for dietary needs to be declared when booking rather than at the table. The afternoon tea menu lists no gluten free version, so raise it in advance if that is the plan.

Checked August 2026

50 The Montagu Arms Hotel

HOTEL · Palace Lane, Beaulieu, New Forest · 5.5 miles from Brockenhurst

Dedicated GF fryer

Monty's serves gluten free fish and chips cooked in a gluten free fryer — the hotel's own confirmation. Staff hold an allergen guide listing the fourteen key allergens for every dish and drink in the hotel, and bottled gluten free Estrella Galicia is stocked. Diners also report a gluten free menu in the Terrace Restaurant and a breakfast team willing to adapt almost anything.

Before you order — The hotel is upfront that its kitchens use a wide range of ingredients and cannot guarantee against cross-contamination. Ask for the allergen guide when you arrive and say you are coeliac when you order.

Checked September 2026

51 The Pig

HOTEL · Beaulieu Road · 1.1 miles from Brockenhurst

GF options

Nothing on the daily menu is marked gluten free, but the cooking is ingredient-led and many dishes are built on meat, fish and garden vegetables rather than pastry or bread. My Gluten Free Guide's readers repeatedly recommend it as a treat meal that caters ably for coeliacs. Allergen information is held by the team and via a QR code on the menu rather than printed against dishes.

Before you order — The menu itself says the kitchen cannot guarantee any dish is completely allergen free, and it changes daily, so what was adaptable last week may not be this week. Raise coeliac disease when booking and again at the table so the team can walk the day's menu with you.

Checked August 2026

52 Rhinefield House Hotel (The Armada Restaurant)

HOTEL · Rhinefield Road · 2.3 miles from Brockenhurst

Kitchen describes its process

The hotel publishes a full gluten free afternoon tea menu alongside its classic one. The menu changes with the season, and the hotel says there are always gluten free options available: gluten free bread sandwiches, a smoked salmon tortilla wrap, plain and fruit scones with clotted cream and jam, and gluten free sweet treats including lemon drizzle cake and a triple chocolate brownie. The gluten free scones are bought in; the gluten free cakes are baked in the hotel kitchen. Both are kept in their own containers, stored above the other bakes. The local Coeliac UK New Forest group recommends it for gluten free cream teas, cakes and sandwiches.

Before you order — The hotel is straight about the limits: the gluten free cakes are baked in the same area as the standard cakes, and the menu states that all food is prepared in a kitchen where gluten is present. The bought-in scones avoid the shared baking. The menu changes, so check the hotel's website for the current one. Book the gluten free tea in advance rather than asking on the day, and say you are coeliac when you book.

Checked September 2026

SHOPS

53 The New Forest Hamper Company

SHOP · The Estate Office, Station Road · 2.6 miles from Brockenhurst

Gluten free range

The shop stocks a selection of products labelled gluten-free by their producers, and staff will help pick them out in store. The website has a dietary filter that shows the products currently listed as gluten-free. Everything is sold in its original sealed packaging, and the shop says no loose or unpackaged food is handled when a hamper is put together, so each item goes into the hamper as it came from the producer. Hampers can be built in the shop or online, with nationwide delivery.

Before you order — The wider range includes products containing gluten, and stock and hamper contents change. Check each pack's own label and allergen information, and say you are coeliac when ordering a hamper so any substitution is suitable.

Checked October 2026

54 Sway Butchers

SHOP · Station Road · 2.6 miles from Brockenhurst

Kitchen describes its process

The shop sells gluten-free farmhouse sausages, supplied frozen. Its ingredients page also lists gluten-free sausagemeat, chipolatas, cocktail sausages and pigs in blankets; ask about current stock. The butchers say they follow strict separation procedures: the gluten-free sausages are the first batch made each day, before any other product. They are then individually blast frozen, packed and kept in a display freezer for sale.

Before you order — The shop describes how it makes the sausages, but the gluten-free claim does not cover the whole counter, so check the ingredients of anything else you buy. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Checked October 2026

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55 Tesco Brockenhurst Express

SHOP · 29-31 Brookley Road · 0.0 miles from Brockenhurst

Gluten free range

Tesco publishes a Free From range including packaged gluten-free bread and groceries. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — Stock varies; the Tesco app can check individual products. The locator lists Costa Coffee. Check allergen information for drinks and any loose or prepared food separately from sealed gluten-free groceries.

Checked September 2026

Lymington & coast

PUBS

56 The Angel & Blue Pig

PUB · High Street · 0.1 miles from Lymington

GF options

The pub markets a carefully curated gluten free menu described as NGCI, from starters through to puddings. Diners on gluten free directories report separate kitchen areas, a chef who is coeliac and front-of-house staff who pass a gluten free request to the kitchen, though these reports are undated and we could not verify them with the venue.

Before you order — The pub is straightforwardly honest on its own menus page: food is prepared in a shared kitchen and, while they take care, they cannot guarantee dishes are allergen free. Treat the menu as gluten free by ingredients rather than guaranteed for coeliacs, and talk to the team about how your dish will be handled.

Checked August 2026

57 The Beach House

PUB · Park Lane, Milford-on-Sea · 3.4 miles from Lymington

GF options

The pub's menu can be filtered against all fourteen major allergens through its online matrix, and staff bring allergen data to the table on a tablet on request. Diners mention gluten free rolls with some dishes, though that detail comes from their reports rather than the pub.

Before you order — Hall & Woodhouse ask coeliac diners to say so at booking and will only adapt dishes that are on an approved modifications list, while stating plainly that food is prepared where cross-contamination can occur. Review the matrix before you choose rather than relying on staff recommendations, which policy prevents them giving.

Checked August 2026

58 The Chequers Inn

PUB · Ridgeway Lane, Lower Woodside · 1.2 miles from Lymington

GF options

The June 2026 menu offers a gluten-free lasagne alternative and marks chilli con carne with rice gluten-free.

Before you order — Tell staff when ordering gluten-free food, as the menu requests. Check how the lasagne and its accompaniments are prepared for coeliac diners.

Checked September 2026

59 The Crown Inn

PUB · Old Christchurch Road · 2.2 miles from Lymington

GF options

The summer menu marks salmon with new potatoes, ham and eggs with chips, Penang curry and chicken Thai green curry gluten-free. A burger adaptation is also marked.

Before you order — Ask how the kitchen keeps a coeliac order apart from gluten, including any chips or other fried accompaniments.

Checked September 2026

60 The Fisherman’s Rest

PUB · All Saints Road · 0.6 miles from Lymington

GF options

The autumn menu marks pan-roasted chicken breast, braised lamb faggots and venison bourguignon gluten-free, with gluten-free adaptations for some other dishes.

Before you order — The published menu is labelled autumn 2025. Check the current dishes and preparation before placing a coeliac order.

Checked September 2026

61 The Gun Inn

PUB · Keyhaven Road, Keyhaven, Milford-on-Sea · 2.7 miles from Lymington

Dedicated GF fryer

The pub has confirmed it runs a separate fryer for the gluten free fish and chips, and a further fryer added since means the beef dripping chips are gluten free again too, so the whole plate is within reach rather than half of it. Gluten free flours are kept in separate locations. The menu marks a wide sweep of dishes gluten free, from the battered haddock to sea bass, dressed crab, catch of the day, steaks and the chocolate brownie, while the burgers and several starters can be made gluten free with a Bakehouse 24 gluten free bun swap.

Before you order — The kitchen is straight about where the separation stops: the gluten free batter is not kept in a completely separate area, but clean utensils are used for every gluten free dish, and the flours are stored apart. Fryer arrangements have changed recently in your favour, so if you were told fries only on a past visit, that has moved on. Say coeliac when you order.

Checked August 2026

62 The Lion and Lamb

PUB · 26 North Street · 0.8 miles from Lymington

Dedicated GF fryer

The pub told the guide which dishes it can do gluten-free: loaded potato skins, prawn cocktail without the ciabatta, jacket potatoes, wholetail scampi as a gluten-free option, the house scotch egg without its Guinness chutney, skewered chicken kebab, moules mariniere without the ciabatta, slow-braised barbecue ribs, syrup sponge pudding with custard,

and the house crumble, currently made with gluten-free flour. All the fries are cooked in a gluten-free fryer, the homemade onion rings are battered with gluten-free beer, and the burger comes on a gluten-free bun rather than the pretzel bun. The drinks list also carries gluten-free bottled beer and lager.

Before you order — The chutney served with the burger and the scotch egg is not gluten-free, so ask for those without it. The kitchen checks dietary requirements when you book and again at the table, so say you are coeliac when you order.

Checked October 2026

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63 The Mayflower

PUB · King's Saltern Road · 0.7 miles from Lymington

Kitchen describes its process

The pub has confirmed a separate fryer kept for gluten free items, so chips and other gluten free fried food are not cooked in oil shared with battered or floured products. Gluten free dishes are prepared separately, then identified and served separately so the right plate reaches the right person. A QR code on the menu opens a live per-dish allergen lookup covering everything served. Butcombe Gold, the pub's own beer, is brewed to below 10 parts per million of gluten, so a gluten free pint is a realistic prospect.

Before you order — The kitchen describes real separation, but no dish is marked gluten free on the printed menu, so the allergen lookup is how you find your options. The pub uses gluten free Butcombe Gold in the batter for its fish and chips, so a gluten free fish and chips looks like a realistic order here — confirm it when you book, as the pub has not spelled it out in writing.

Checked August 2026

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64 Monkey Brewhouse

PUB · 167 Southampton Road · 0.7 miles from Lymington

GF options

The main menu marks crispy popcorn chicken and sea bream gluten-free, with gluten-free adaptations for other dishes.

Before you order — The menu includes fried GF dishes alongside ordinary pub food. Check how a coeliac order is prepared and whether the fryer is kept apart.

Checked September 2026

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65 The Ship Inn

PUB · The Quay, Quay Road · 0.3 miles from Lymington

GF options

The gluten free menu runs to soup, pate with oatcakes, steaks with chips, smoked haddock in cheese sauce, lamb casserole, gluten free battered fish and chips, two gluten free penne dishes with optional gluten free garlic bread, salads without croutons and a sundae. The pub asks you to tell your server you are gluten free because most of these dishes are shared with the normal menu.

Before you order — The gluten free menu is undated and its prices suggest it has not been refreshed recently, so confirm what is currently offered. Nothing describes how the kitchen separates gluten free batter and chips from the ordinary fryers, which is the key question at a busy chip-serving pub.

Checked August 2026

RESTAURANTS

66 The Beachcomber at Shorefield Country Park

RESTAURANT · Shorefield Country Park, Shorefield Road · 3.6 miles from Lymington

GF options

The summer lunch menu offers gluten-free versions of sandwiches and pizzas, marks several jacket potatoes gluten-free and lists adaptable burgers and salads.

Before you order — Discuss your coeliac requirements before ordering, including how any bread, fried food or adapted dishes will be prepared.

Checked September 2026

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67 The Cedar Tree at South Lawn Hotel

RESTAURANT · Lymington Road · 2.6 miles from Lymington

GF options

The Cedar Tree Restaurant offers gluten-free options and asks diners to explain dietary requirements when booking.

Before you order — Book ahead and discuss the actual dishes and coeliac preparation requirements. Gluten-free availability is published, but separate equipment and cross-contact controls are not described.

Checked September 2026

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68 Eat Pizza

RESTAURANT · 9 Gosport Street · 0.2 miles from Lymington

GF options

Eat Pizza says all its pizzas can be made gluten-free.

Before you order — Pizza preparation and oven arrangements are not described. Tell the team your order is for coeliac disease and discuss how they keep it apart from ordinary dough.

Checked September 2026

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69 The Elderflower

RESTAURANT · 4–5 Quay Street · 0.2 miles from Lymington

GF options

The restaurant says its tasting menu can cater for gluten-free requirements with advance notice, and asks diners to tell it when booking.

Before you order — Arrange the gluten-free menu before your visit. The booking notice does not explain preparation or cross-contact measures.

Checked September 2026

70 The Haven Bar & Restaurant

RESTAURANT · King's Saltern Road, Lymington Yacht Haven · 0.8 miles from Lymington

Dedicated GF fryer

The manager has confirmed that the fries are cooked in separate fryers from anything battered, which makes them gluten free — the question that decides most pub meals. The menu is marked throughout: several dishes such as the Indonesian seafood curry, whole sea bream and all the sides including fries carry a plain GF mark, and many more — from the burger and ribeye to soup, moules and most puddings — are marked as available gluten free on request. The kitchen states its chefs can tweak the majority of dishes for gluten free customers. Diners on gluten free directories report the fryers are dedicated gluten free and one sensitive coeliac describes repeated visits without problems, though those reports are undated.

Before you order — Beyond the fryers, the venue has not described how gluten free orders are kept apart during prep and plating, so that part is still unverified. GF on the menu often means a dish can be made gluten free on request, so say what you need when ordering rather than assuming it arrives that way.

Checked August 2026

71 Huddle

RESTAURANT · 102–103 High Street · 0.1 miles from Lymington

GF options

The gluten-aware menu lists hash-brown waffles, focaccias and burgers made without gluten-containing ingredients. It explicitly says its pizzas are not suitable for coeliacs.

Before you order — The menu warns about heavy flour use from pizza-making and says a gluten-free environment cannot be guaranteed. Discuss any non-pizza coeliac order before ordering.

Checked September 2026

72 Lanes of Lymington

RESTAURANT · Ashley Lane · 0.1 miles from Lymington

GF options

The restaurant confirms gluten free is accommodated. The menus carry no gluten free marks by design: Nicola Leyland-Jones says the kitchen prefers to discuss allergens and preferences with each guest individually, on the grounds that one menu does not cater for everyone. Diners on gluten free directories describe a good choice of dishes and an accommodating kitchen.

Before you order — Ring ahead and say you are coeliac — that is how this kitchen wants to work, and the phone is answered by the owners. Nothing published describes how gluten free dishes are kept apart from the crumbed and pastry dishes on the same menu, so ask what changes in the kitchen when your dish is cooked. The published menus are samples and change.

Checked August 2026

73 The Lighthouse

RESTAURANT · Hurst Road · 3.2 miles from Lymington

GF options

Gluten-free toast is available. The menu also marks seafood and chorizo paella, catch of the day, summer salad and several desserts gluten-free, alongside chips and fries.

Before you order — The menu describes a kitchen that handles several allergens. For a coeliac order, check the toaster and frying arrangements before choosing toast or chips.

Checked September 2026

74 Prezzo Italian Lymington

RESTAURANT · 55 High Street · 0.1 miles from Lymington

Entirely gluten free

Prezzo lists gluten-free pizzas and a gluten-free menu. Coeliac UK lists this branch as gluten-free accredited.

Before you order — Tell the team that your order is for coeliac disease so they use the gluten-free ordering procedure.

Checked September 2026

75 Royal Lymington Yacht Club

RESTAURANT · Bath Road · 0.7 miles from Lymington

GF options

The July 2026 club menu marks gluten-free adaptations, including smoked trout and a double smash cheeseburger. Visitors arriving by land or sea are welcome; non-member card purchases carry a surcharge.

Before you order — Arrange your visit with the club and explain coeliac requirements when booking. The menu does not describe separate preparation equipment.

Checked September 2026

76 Solento Lounge

RESTAURANT · 21/22b High Street · 0.1 miles from Lymington

Kitchen describes its process

The branch has confirmed that several fryers in its kitchen are kept for gluten free fried items, so chips and other fried dishes do not share oil with battered food. A dedicated gluten free menu mirrors much of the main menu: all-day breakfasts, tapas, salads, burgers on gluten free buns and puddings. A QR code at the table opens the allergen menu, where may-contain warnings for gluten can be filtered in or out, so you can see the dishes that carry no may-contain at all. The chain states that allergy orders are managed by a senior team member, food is prepared in a separate area, and dishes are delivered by senior front-of-house staff.

Before you order — The branch is clear that a mistake is always possible despite the process, and recipes change, so use the QR allergen menu on each visit rather than relying on a remembered dish. Say coeliac when you order so the senior-staff process starts.

Checked August 2026

CAFÉS AND TEA ROOMS

77 Babelas

CAFÉ · 20 High Street · 0.1 miles from Lymington

GF options

The food and sandwich menus offer gluten-free bread alternatives. The food menu also labels its tomato and basil frittata gluten free.

Before you order — Check the complete dish as well as the bread replacement, and discuss preparation with staff before ordering.

Checked September 2026

78 Braxton Gardens and Tea Rooms

CAFÉ · Lymore Lane · 2.3 miles from Lymington

GF options

The menu offers gluten-free bread for sandwiches and cheese toasties, plus gluten-free scones, cream teas and cakes. The tea rooms say the gluten-free cakes and scones are baked and cooled in the same equipment, oven and racks as gluten-containing products. Cakes sit on clean glass domes at the front of the tea room, and scones are kept frozen in a separate box. Sandwiches and toasties are made with items kept separate where possible, but the grill that makes the toasties is also used for gluten products, on a clean tray with greaseproof paper.

Before you order — The kitchen is small and the tea rooms say they cannot guarantee that cross-contamination does not occur. Warmed scones and bread go on a separate tray in an oven that may also hold gluten products. Weigh that against your own sensitivity and talk to staff before ordering.

Checked October 2026

79 Hurst Castle Café

CAFÉ · SO41 0TP · 3.6 miles from Lymington

Kitchen describes its process

The cafe offers a selection of gluten-free cakes, subject to availability. Each cake sits under its own dome with its own serving utensil, kept on or under that dome, and the utensils are washed and sterilised every night. Overnight the cakes stay in their dome or in their delivery box, refrigerated where needed. Sandwiches and pastries are not described as gluten-free.

Before you order — Cake is the gluten-free offer here; the cafe does not describe its other food as gluten-free, so plan on cake and a drink. The cafe is seasonal, so check it is open before you make the trip.

Checked October 2026

80 The Larder

CAFÉ · 12 Earley Court · 0.1 miles from Lymington

Kitchen describes its process

The menu offers gluten-free bread for tartines and invites enquiries about gluten-free cakes. The cafe keeps the gluten-free bread in a sealed box away from the sourdough and toasts it in a pan, not in a toaster. All food is made fresh to order.

Before you order — For a coeliac order the kitchen sets aside a section and serves that order first or last, and uses a different chef where it has the capacity. The menu is undated and the range may change, so tell staff about coeliac disease when you order. Cakes are a separate question: ask how they are stored and served.

Checked September 2026

81 Melleford

CAFÉ · 60 High Street · 3.1 miles from Lymington

Kitchen describes its process

The breakfast and lunch menu lists gluten-free sausages and says gluten-free dessert options are available. The cafe says it has gluten-free toast and several kinds of gluten-free bread, and that most of the menu can be adapted for gluten-free customers.

Before you order — The cafe says that, depending on how severe the allergy is, it can clean down and cook and prepare in a separate area, with separate boards and utensils. Tell staff you are coeliac when you order so they can do that.

Checked October 2026

82 Needles Eye Cafe

CAFÉ · Hurst Road, Milford-on-Sea · 3.3 miles from Lymington

Kitchen describes its process

Diners report a separate gluten free menu in the sit-down cafe taking in sandwiches on gluten free bread, jacket potatoes, soup, burgers and chips, plus gluten free cakes

including a well-liked carrot cake and even crumble with custard. None of this appears on the cafe's own website, so the picture rests on those reports.

Before you order — Diners describe a kitchen that is told about coeliac orders, cake tongs kept separate and chips from their own fryer, though one visitor advises confirming the fryer is genuinely dedicated on the day. The takeaway hatch is reported to have no gluten free options, so order inside.

Checked August 2026

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83 The Old School Café at St Barbe

CAFÉ · St Barbe Museum and Art Gallery, New Street · 0.0 miles from Lymington

GF options

The spring menu offers gluten-free bread for toasties and sandwiches, and marks carrot cake as gluten-free.

Before you order — Discuss your coeliac requirements before ordering, including how any bread, fried food or adapted dishes will be prepared.

Checked September 2026

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84 The Paddle on the Green

CAFÉ · 4 Church Hill · 3.0 miles from Lymington

GF options

The branch menu marks hot chocolate gluten free and the smashed minted peas on nut and seed loaf as a gluten-free adaptation.

Before you order — Ask staff to explain the food adaptation and its preparation. Other Paddle cafés have separate menus.

Checked September 2026

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85 Penkey Délicaf and Gifts

CAFÉ · 5 New Street · 0.0 miles from Lymington

GF options

The café's own FAQ offers gluten-free bread and says gluten-free cake is sometimes available.

Before you order — The kitchen handles allergens and is not certified gluten free. Discuss preparation, particularly toasties, and ask which cakes are available.

Checked September 2026

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86 Sammy's

CAFÉ · 106 High Street · 3.0 miles from Lymington

GF options

The current lunch menu offers a gluten-free roll for its burgers, including beef, chicken and bacon, and halloumi with roasted pepper. The rest of each burger's ingredients still need checking.

Before you order — Tell the café you have coeliac disease and discuss the chosen burger. The menu does not describe separate cooking equipment, utensils or roll preparation.

Checked September 2026

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87 Tidal Kitchen

CAFÉ · 7 Church Hill · 3.1 miles from Lymington

Kitchen describes its process

All sandwiches can be made on gluten-free bread, and the menu marks bowls and burgers gluten-free on request. The café keeps its gluten-free bread in its own sealed allergen box, apart from the other breads.

Before you order — Say that you have coeliac disease when you order. The kitchen is small, so before a coeliac order it clears and sanitises the surrounding surfaces, and the manager will talk you through how it is done. Expect the meal to take a little longer. The café is sandwich-led and does not offer a guarantee, so the decision is yours after that conversation.

Checked October 2026

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88 Wight Taste — Lymington port and ferries

CAFÉ · Wightlink Terminal, Undershore Road · 0.6 miles from Lymington

GF options

Wightlink publishes gluten-free food and drink options at its ports and on board, subject to availability. Lymington's Curlew Café and the Wight Sun, Wight Sky and Wight Light ferries are named Wight Taste locations.

Before you order — Discuss coeliac requirements before ordering. Availability and preparation arrangements need checking with the team.

Checked September 2026

BAKERIES

89 Beaky Blinders Lymington Market

BAKERY · Saturday market pitch outside Hazy Days, 50 High Street; check attendance before travelling · 0.0 miles from Lymington

Entirely gluten free

The bakery says all its products are free from gluten, wheat, dairy and soya, and that its own kitchen is too. It also makes a large vegan range. Brownies, blondies and savoury bakes vary by event. The owners cannot eat gluten or dairy themselves and say none comes into their van, unit kitchen or home. Bakes travel to events in their own labelled airtight containers, and colour-coded tongs at the stall keep nuts and egg apart.

Before you order — Market attendance can change with other events. The production unit has no walk-in shopfront; collections require advance arrangement. Check ingredients for any other allergies.

Checked October 2026

HOTELS

90 Stanwell House (The Orangery)

HOTEL · 14-15 High Street · 0.2 miles from Lymington

We found no gluten free information from the hotel at all. The current afternoon tea menu, published in April 2026, carries no allergen or dietary wording, and neither the Orangery page nor the wider site mentions gluten free provision. One diner review praises staff for accommodating requests, but says nothing about gluten.

Before you order — Everything here is unverified for coeliacs. If you want afternoon tea, ring or email ahead and ask directly whether a gluten free version is offered and how the kitchen would keep it apart from the standard bakes.

Checked August 2026

TAKEAWAYS

91 Domino's Lymington

TAKEAWAY · 15 St Thomas Street · 0.2 miles from Lymington

Entirely gluten free

This branch lists gluten-free options. Check the gluten-free pizza choices when placing your order.

Before you order — Mention coeliac disease when ordering and confirm the preparation arrangements for your pizza.

Checked September 2026

92 Mister Pink's Fish & Chips

TAKEAWAY · Church Hill · 3.0 miles from Lymington

Diners on gluten free directories have reported gluten free fish and chips here, chips from a separate gluten free fryer, and at one time a manager who was coeliac; one coeliac visitor was cooked a piece of fish without batter on request. None of these reports can be dated, and the shop's ownership changed in December 2024, so we cannot confirm the current owners run the same arrangements.

Before you order — The new owners' menus and announcements make no mention of gluten free provision, so everything here rests on undated diner reports from before or around the change of ownership. Ring ahead on a quiet stretch of service and ask what they can do now.

Checked August 2026

SHOPS

93 Flapjackery

SHOP · 129 High Street · 0.2 miles from Lymington

Entirely gluten free

Everything in the shop is gluten free. The company confirms its Tavistock bakery is gluten free all year round, seasonal lines included, and its flapjacks are made with certified gluten free oats, which closes off the usual contamination route with oats. Flavours run from traditional to clotted cream fudge and peanut butter fudge.

Before you order — Products are made at the company's own bakery rather than on site, so the shop itself handles no gluten. One caveat the company raises itself: oats, even certified gluten free ones, do not suit every coeliac, because a small number of people react to the avenin in oats.

Checked August 2026

94 Grape Tree Lymington

SHOP · 43 High Street · 0.0 miles from Lymington

Gluten free range

Grape Tree’s gluten-free range includes Eat Real hummus and lentil chips, Marigold bouillon and Free From Fellows sweets. Branch stock varies; check individual sealed packs. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — Choose sealed packs labelled gluten-free. Loose or freshly prepared food needs its own allergen and handling checks.

Checked September 2026

95 Holland & Barrett Lymington

SHOP · 24 High Street · 0.1 miles from Lymington

Gluten free range

Holland & Barrett lists gluten-free cereals, flour, oat biscuits and pasta. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — Choose sealed packs labelled gluten-free. Loose or freshly prepared food needs its own allergen and handling checks.

Checked September 2026

96 M&S Lymington Simply Food

SHOP · 2-5 St Thomas Street · 0.2 miles from Lymington

Gluten free range

M&S’s Made Without range lists gluten-free tiger rolls, flatbreads, gingerbread biscuits and cakes. Branch stock varies, so check the gluten-free label on each sealed pack. For visitors from overseas, UK ingredient lists emphasise allergenic cereals and the words "gluten free" are regulated.

Before you order — The branch lists a bakery. Its loose bakery goods are separate from the packaged Made Without range; no cafe or hot counter is listed.

Checked September 2026

97 Waitrose & Partners Lymington

SHOP · Stanford Road · 0.3 miles from Lymington

Gluten free range

Waitrose publishes packaged gluten-free bread, pasta, cakes and ready meals. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — The branch has a café, bakery, food-to-go area and fresh-food counters. These need separate allergen information from sealed gluten-free groceries.

Checked September 2026

Ringwood & Burley

PUBS

98 The Alice Lisle

PUB · Rockford Green, Ringwood · 1.9 miles from Ringwood

GF options

The online menu declares allergens dish by dish, with gluten broken down by grain, and a filter that can screen out dishes which may contain gluten — so you can see exactly which dishes carry no gluten declaration before you visit. Diners report gluten-free burger buns are available, though one gluten-avoiding visitor found choice narrower for fish eaters.

Before you order — Fuller's per-dish allergen data is thorough on ingredients, but the kitchen's own note — reported by a diner — is that food is prepared in the same kitchen with a possibility of cross-contact, and the pub publishes no detail on separate fryers or prep. Researched with care — never a guarantee.

Checked August 2026

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99 The Burley Inn

PUB · The Cross · 4.1 miles from Ringwood

GF options

The current menu marks around eight dishes gluten-free — beef bourguignon, chicken jalfrezi, fish pie, a chickpea and spinach curry, and a vegan and gluten-free shortcrust seeded tart among them, plus a couple of marked puddings. It is a fixed marked list rather than a swap-anything approach; the burgers, scampi and cream tea are not offered gluten-free.

Before you order — The allergen note simply asks you to speak to staff about ingredients, with no cross-contact detail — and one line worth knowing: the menu states their frying oil contains genetically modified soya and that trace nuts may be present, which tells you the kitchen shares equipment. Order at the bar and say you are coeliac.

Checked August 2026

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100 The Carpenter's Arms

PUB · 103 Burley Road · 5.3 miles from Ringwood

GF options

The menu marks gluten-free lamb shank, gammon, chicken and vegetable curries, salmon and seabass.

Before you order — Cross-contact arrangements are not described on the menu. Explain that you have coeliac disease when ordering.

Checked September 2026

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101 The Elm Tree

PUB · Hightown Road, Hightown · 1.0 miles from Ringwood

Dedicated GF fryer

The pub keeps a separate gluten free fryer, so the battered cod and the chips are within reach. The main menu of June 2026 marks gluten free dish by dish rather than leaving it to a conversation at the table. Battered cod and chips is marked gluten free, and gluten free batter is offered on the halloumi chips and on the Sunday cod; burgers can be provided with a gluten free bun, the beef ragu can be made with gluten free penne, and gluten free bread is offered with the squid, the houmous and the baked camembert. Steak, gammon and egg, stone bass, the Caribbean curried lamb, the wild mushroom risotto, chips, fries and loaded fries all carry gluten free marks. All three Sunday roasts state a gluten free option. Puddings include a gluten free brownie, meringue mess, lemon drizzle sponge and blueberry pannacotta, with all ice creams and sorbets marked gluten free. Paninis on the bar snack menu are offered gluten free on request. Above the main menu the pub says most dishes are available gluten free on request, and the head chef, Jerry Patrick, is described on the site as bringing a particular understanding of coeliac disease.

Before you order — The head chef is coeliac himself, which is as close to informed handling as a kitchen gets, and there is a separate gluten free fryer. What the pub has not described is the panini press or how the roast potatoes and gravy are kept clear of the stuffing and Yorkshire puddings, so raise those two at the table if they matter to you. Every menu asks you to tell staff about allergies before ordering.

Checked August 2026

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102 The Fish Inn

PUB · The Bridges · 0.3 miles from Ringwood

Dedicated GF fryer

The pub confirmed in September 2026 that all its fish and chips are gluten free, cooked in a fryer kept separate for gluten free food. Its page says gluten free menus are available on request, and diners report the gluten free menu has plenty of choice. Butcombe's Gold ale is brewed gluten free, lab-tested and accredited at under 10ppm.

Before you order — The separate fryer is the pub's own word, given by message in September 2026. How gluten free food is kept apart during prep and plating has not been described, so say you are coeliac when you order and use Butcombe's allergen lookup for other dishes.

Checked September 2026

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103 The High Corner Inn

PUB · Linwood, near Ringwood · 4.5 miles from Ringwood

Dedicated GF fryer

The fish and chips is fried separately, in a fryer kept for gluten free items — the pub's own confirmation. Gluten free buns are available on request. Allergen information comes through Butcombe's portal rather than a printed gluten free menu: the pub keeps it that way on purpose, so what you read tracks changes from its suppliers rather than going stale on a sheet.

Before you order — There is no printed gluten free menu to ask for — look up the dishes you want on the allergen portal, and ask staff if you would rather they did it with you. The portal covers ingredients rather than handling, and beyond the fryer the pub has not described how gluten free orders are kept apart, so say you are coeliac when you order.

Checked August 2026

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104 Inn on the Furlong

PUB · 12 Meeting House Lane · 0.0 miles from Ringwood

GF options

The current lunch menu marks around a dozen dishes gluten-free, from soup and omelettes through gammon, sirloin steak, crispy pork belly and honey roast ham — and the chips themselves carry the GF mark. The evening menu is thinner for coeliacs, with GF marks only on chicken wings and gammon.

Before you order — The menu footer says the kitchen takes caution to prevent cross-contamination but that everything is produced in the same kitchen and any product may contain traces. Chips being marked GF implies a fryer arrangement the pub believes in, but nothing published explains it — ask before ordering anything fried.

Checked August 2026

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105 The Old Beams

PUB · Salisbury Road, Ibsley, Ringwood · 2.6 miles from Ringwood

Dedicated GF fryer

The pub says it has designated separate fryers for everything gluten free, so gluten-free food is not cooked in the same oil as the battered cod. The autumn a la carte marks as gluten free the salt and pepper squid, tempura pork belly bites, scallops, ham, egg and chips, grilled loin of pork, chargrilled chicken breast, Brixham fish of the day, sirloin steak, sweet potato fries, skin-on fries and the house salad. Fish and chips, the wild mushroom parcel, the venison bourguignon, the burgers, the prawn cocktail, the crostini, the Caesar salad and the onion rings can be made gluten free.

Before you order — The menu says dishes are prepared where allergenic ingredients are present, may contain traces, and cannot be guaranteed free of them. The pub moved to its autumn menu in September and a few dishes have come and gone, so check your dish against the current menu and tell your server you are coeliac when you order.

Checked October 2026

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106 The Original White Hart

PUB · 4 Market Place · 0.1 miles from Ringwood

GF options

The pub's own gluten-free page promises NGCI pub classics rather than a token dish or two, and diners report a menu full of gluten-free options including desserts. Marston's estate-wide allergen filter (allergy.marstons.co.uk) gives per-dish detail. Note the deliberate wording: Marston's labels dishes NGCI and does not claim they are gluten free.

Before you order — Food is prepared in a shared kitchen and the menus page says plainly that dishes cannot be guaranteed allergen-free. Neither the venue site nor Marston's corporate pages describe fryer or prep separation for this branch, so cross-contact handling is unverified. Diners report knowledgeable staff; tell them you are coeliac when ordering.

Checked August 2026

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107 The Queen's Head

PUB · The Cross · 4.2 miles from Ringwood

Kitchen describes its process

The pub holds its own no-gluten-containing menus rather than leaving you to work it out from the corporate allergen lookup: printed copies are at the pub and PDFs are on the website. The general manager says the kitchen substitutes as far as it can rather than simply leaving things off — chips are fryer-cooked, so the alternative is a jacket potato, mash or salad. The pub holds no-gluten-containing Yorkshire puddings and gravy, so a whole roast dinner can be served with no gluten-containing ingredients.

Before you order — Chef & Brewer's no-gluten-containing approach means dishes made without gluten-containing ingredients, not certified gluten free, and Greene King's own line is that everything is prepared in kitchens where gluten is present and nothing can be guaranteed free of traces. Chips come out of a fryer the pub steers gluten free orders away from, so the chip alternatives are the thing to ask about. Tell the team you are coeliac and ask for the no-gluten-containing menu by name.

Checked August 2026

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108 The Railway Pub and Kitchen

PUB · 35 Hightown Road · 0.4 miles from Ringwood

Kitchen describes its process

The pub has told the guide that its fries are naturally gluten free and that all its fryers are gluten free except one, so gluten free frying is kept apart from the rest. It normally keeps one gluten free craft beer on and rotates it. Diners also report gluten free burger buns and staff who are knowledgeable about coeliac disease.

Before you order — The fryer position comes from the pub itself, but nothing has been said about how gluten free buns and burgers are kept apart from ordinary ones on the grill and pass, and one fryer does handle gluten. Say you are coeliac when you order and ask which fryer your food is going in.

Checked August 2026

109 The Red Shoot

PUB · Toms Lane, Linwood, Ringwood · 3.5 miles from Ringwood

Coeliac UK accredited

The pub says it holds Coeliac UK accreditation and recently passed an inspection, with a separate fryer and separate cooking equipment kept for gluten free dishes. Diners describe a separate gluten free menu covering fish and chips, a chicken burger, Sunday lunch with Yorkshire pudding, and puddings. Gluten free Wadworth 6X and gluten free Peroni have been reported at the bar.

Before you order — The pub brews its own beer on site, so ask which gluten free beers are on when you visit. Ask for the gluten free menu when you sit down.

Checked September 2026

110 St Leonards Hotel

PUB · 185 Ringwood Road · 2.4 miles from Ringwood

GF options

Its published lunch menu lists three no-gluten-containing sandwiches, including salami, pesto and rocket, and halloumi with roast vegetables.

Before you order — Confirm that these choices are still available and explain that you have coeliac disease. Kitchen cross-contact arrangements are unverified.

Checked September 2026

111 The Three Tuns Inn

PUB · Ringwood Road, Bransgore, Christchurch · 5.5 miles from Ringwood

Dedicated GF fryer

All gluten-free items go through a dedicated gluten-free fryer, which puts the fish and chips and the fries genuinely within reach. The summer menu then marks dishes gluten-free or adaptable across every course: scallops, goats cheese mousse, Greek salad, lamb koftes and spicy bean tacos, bar snacks such as chipotle wings and halloumi fries, with fish and chips, both burgers, half chicken and the steaks adaptable. Desserts include a gluten-free chocolate brownie, peach melba, tropical fruit Eton mess and ice creams. The Sunday roast can be done gluten free and the gravy is gluten free as standard, which removes the usual Sunday obstacle. The chocolate brownie is made in house, so it carries none of the may-contain wording that bought-in cakes usually do.

Before you order — The kitchen runs one process for every allergy order: a segregated area cleaned and sanitised before preparation, plating on a separate pass, and a server who washes and sanitises their hands before carrying the dish out. That process starts from the order being marked as an allergy order, so tell your server when you order rather than assuming the marking on the menu is enough. Researched with care — never a guarantee.

Checked August 2026

112 The Woolpack

PUB · Ringwood Road, Sopley, Christchurch · 5.3 miles from Ringwood

GF options

The summer menu marks dishes NGC (non gluten containing) or NGC* (on request) throughout: the battered haddock with triple-cooked chunky chips carries the NGC mark, alongside liver and bacon, honey mustard ham and eggs, gammon, ribs and wings, pan-roasted pork chop and chicken breast, and even onion rings. Desserts include an NGC chocolate brownie, sticky toffee pudding and crumble of the day, and a published allergen chart sits beside the menus.

Before you order — The pub is upfront that everything is prepared in a kitchen where gluten and other allergens are present, and asks you to mention any allergy before ordering. It has read this entry and let it stand as written, but it has not described how the NGC-marked fried items are kept clear of the battered ones — fryer arrangements in particular — so that is the thing to ask on the day. Researched with care — never a guarantee.

Checked September 2026

RESTAURANTS

113 The Acorn at Oakdene Forest Park

RESTAURANT · Oakdene Forest Park, Ringwood Road · 3.8 miles from Ringwood

GF options

The summer menu offers gluten-free burger buns and marks jacket-potato fillings, duck salad, ham and eggs, hunters chicken and other dishes gluten-free.

Before you order — Discuss your coeliac requirements before ordering, including how any bread, fried food or adapted dishes will be prepared.

Checked September 2026

114 Amarone

RESTAURANT · 34B Christchurch Road · 0.1 miles from Ringwood

GF options

Gluten-free pasta and pizza are available.

Before you order — Preparation arrangements are not described on the menu. Explain that you have coeliac disease when ordering.

Checked September 2026

115 Arboro Lounge

RESTAURANT · The Furlong · 0.1 miles from Ringwood

Kitchen describes its process

A full dedicated gluten-free menu runs from breakfast to dinner rather than a few token dishes; the chain's own words are lots of options, not just one or two salads. Loungers publishes an allergen guide and asks you to re-check it each visit because recipes change.

Before you order — Loungers' published process is that allergen orders are taken by a senior member of staff, food is prepared in a separate area and delivered by senior front-of-house, though the chain is clear it cannot fully guarantee any dish. This branch told us it runs one fryer, not a separate gluten free one, so ask what else is cooked in that oil before ordering chips. Say you are coeliac, not just gluten free, when ordering.

Checked September 2026

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116 Cena Italian

RESTAURANT · 2 West Street · 0.2 miles from Ringwood

GF options

Gluten-free pasta and pizza are available on request, each with a £2 supplement.

Before you order — Cross-contact arrangements are not described on the menu. Explain that you have coeliac disease when ordering.

Checked September 2026

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117 Framptons New Forest

RESTAURANT · 48-50 High Street · 0.1 miles from Ringwood

Kitchen describes its process

Gluten free pizza bases are bought in rather than made in the kitchen, kept away from the other doughs, and cooked on their own tin tray — only the regular dough is stretched in-house. The menus also offer gluten free bread for sandwiches and breakfast dishes and gluten free buns for the burgers. The small-plates list, largely tempura and breaded items, carries no gluten free marking.

Before you order — The pizzas share an oven with the regular ones, on a separate tray, in a kitchen where flour is being stretched. Nothing has been said about the fryer, which also produces the tempura, so ask before ordering fries.

Checked September 2026

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118 Fridays

RESTAURANT · 5–7 Christchurch Road · 0.1 miles from Ringwood

GF options

The menu marks Greek salad, Padrón peppers, roasted Mediterranean vegetables and Basque cheesecake gluten-free.

Before you order — Some other dishes marked gluten-free list bread or biscotti. Check that every accompaniment to your order is suitable and explain that you have coeliac disease.

Checked September 2026

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119 Lovitaly

RESTAURANT · 1 Market Place · 0.1 miles from Ringwood

GF options

The menu marks starters, salads and an omelette gluten-free, and marks pasta dishes as available with gluten-free adaptations.

Before you order — Cross-contact arrangements are not described on the menu. Explain that you have coeliac disease when ordering.

Checked September 2026

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120 Prezzo Italian Ringwood

RESTAURANT · 27-29 Market Place · 0.2 miles from Ringwood

Entirely gluten free

Prezzo lists gluten-free pizzas and a gluten-free menu. Coeliac UK lists this branch as gluten-free accredited.

Before you order — Tell the team that your order is for coeliac disease so they use the gluten-free ordering procedure.

Checked September 2026

CAFÉS AND TEA ROOMS

121 Avon Heath Country Café

CAFÉ · BH24 2DH · 2.2 miles from Ringwood

GF options

The café advertises gluten-free choices. The park page does not say which cakes or meals are gluten-free.

Before you order — Cross-contact arrangements are not described on the menu. Explain that you have coeliac disease when ordering.

Checked September 2026

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122 The Barn Café at Moors Valley

CAFÉ · Moors Valley Country Park and Forest, Horton Road · 2.6 miles from Ringwood

The summer menu describes fish and chips made with gluten-free beer batter. Confirm the cooking arrangements and accompaniments when ordering.

Before you order — Discuss your coeliac requirements before ordering, including how any bread, fried food or adapted dishes will be prepared.

Checked September 2026

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123 Boston Tea Party Ringwood

CAFÉ · Frampton Mill, 15 Furlong Centre · 0.1 miles from Ringwood

GF options

Boston Tea Party runs no separate gluten-free menu; instead staff show you current allergen information and mark out non-gluten-containing options, and any bread or bap can be

swapped for gluten-free bread. Diners at this branch report GF toast with the cooked breakfast and gluten-free cake among the bakes.

Before you order — The chain is upfront that its busy cafes handle all allergens across counters, coffee machines and kitchens and cannot guarantee absence — the standard warning that matters most for very sensitive coeliacs. There is no printed GF marking on the menu, so everything runs through a conversation with the team; the guide's experience at the Salisbury branch is that this works, but it depends on the person you get.

Checked August 2026

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124 Burley Stores tea room

CAFÉ · Ringwood Road · 4.1 miles from Ringwood

Nothing is published or reported about gluten-free provision here — no website, no menu online, and no diner reports mentioning gluten-free.

Before you order — With no information at all, assume nothing. A small tea-room kitchen with no published allergen practice is a high-unknown environment for a coeliac; ring ahead.

Checked August 2026

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125 The New Forest Pantry

CAFÉ · 18-20 High Street · 0.1 miles from Ringwood

GF options

Gluten-free bread is listed as a sandwich bread choice, with a small supplement.

Before you order — Cross-contact arrangements are not described on the menu. Explain that you have coeliac disease when ordering.

Checked September 2026

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126 The Old Station Tea Rooms, Holmsley

CAFÉ · Station Road, Holmsley · 5.9 miles from Ringwood

Dedicated GF fryer

The cream tea comes gluten free, and there is gluten free Peroni at the bar. The lunch menu marks soup and the ham, eggs and chips gluten free, and the chips come out of a fryer kept for gluten free food. The gluten free scones and cakes are bought in rather than baked on site: the scones arrive individually packaged, and staff wash their hands and clear the serving space before handling them; the cakes are served with their own tongs. Diners also report gluten free bread and rolls on request, sandwiches, breakfasts and a full gluten free afternoon tea.

Before you order — This is a small kitchen that handles gluten and most of the food is made on site, so the tea rooms are straight about the limits: their menu says that with the range of ingredients they use, a dish may be at risk of cross-contamination. The gluten free scones and cakes sidestep that because they arrive sealed. Say you are coeliac when you order.

Checked September 2026

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127 The Robin's Nest Vintage Tea Rooms

CAFÉ · MacPennys Nursery, 154 Burley Road · 5.1 miles from Ringwood

Gluten-free bread, sausages and cake are on offer. The tea room told the guide it has one gluten-free toaster and one gluten-free toastie maker, so it cooks for one gluten-free customer at a time, and meat is cooked separately. Of the cakes, one is suitable for people avoiding gluten and one, kept sealed, is suitable for coeliacs.

Before you order — This is a very small kitchen with no separate area for gluten-free preparation, and the tea room says it cannot guarantee that everything is suitable for coeliacs. It asks coeliac customers to phone before booking, or to talk it through at the counter, so the cross-contact risk is explained before you order.

Checked October 2026

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128 Shappen Cafe

CAFÉ · Ringwood Road · 4.1 miles from Ringwood

GF options

Gluten-free breakfast, lunch and cake options are available.

Before you order — Cross-contact arrangements are not described on the menu. Explain that you have coeliac disease when ordering.

Checked September 2026

HOTELS

129 Burley Manor

HOTEL · Ringwood Road · 4.1 miles from Ringwood

GF options

The current menu marks gluten-free or gluten-free-option against the large majority of dishes, from Sunday roast and fish and chips to burgers and puddings, and the afternoon tea menu carries gluten-free options for the sandwiches, most sweets and the scones. Give advance notice for a gluten-free afternoon tea.

Before you order — The menus say only to speak to the team about allergies — nothing is published about how the kitchen prevents cross-contact behind those GFO marks. Diner reports are mixed: most praise the gluten-free provision, but one coeliac reported being made unwell after eating here. Be explicit that you are coeliac rather than gluten-avoiding, both when booking and at the table.

Checked August 2026

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130 The White Buck

HOTEL · Bisterne Close · 4.9 miles from Ringwood

GF options

Diners report gluten-free awareness and options including gluten-free burger buns, and as a Fuller's managed pub its menus carry per-dish allergen information through the Tenkites menu system and Good Food Talks. The pub's own site says nothing about gluten-free, so breadth is unverified.

Before you order — No cross-contact handling information exists anywhere first-party for this kitchen, and the community record is thin and mixed. Ask the team to show you the allergen-filtered menu and talk through how gluten-free food is kept separate.

Checked August 2026

TAKEAWAYS

131 Domino's Ringwood

TAKEAWAY · 24 Southampton Road · 0.0 miles from Ringwood

Entirely gluten free

This branch lists gluten-free options. Check the gluten-free pizza choices when placing your order.

Before you order — Mention coeliac disease when ordering and confirm the preparation arrangements for your pizza.

Checked September 2026

SHOPS

132 Co-op Bransgore Oak Tree Parade

SHOP · 7-8 Oak Tree Parade · 5.1 miles from Ringwood

Gluten free range

Co-op publishes packaged gluten-free pasta, granola and crackers in its Free From range. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — The branch lists a bakery and Costa Coffee. Ask for their allergen information separately from the packaged gluten-free range.

Checked September 2026

133 Holland & Barrett Ringwood

SHOP · Unit 1 Furlong Shopping Centre · 0.1 miles from Ringwood

Gluten free range

Holland & Barrett lists gluten-free cereals, flour, oat biscuits and pasta. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — Choose sealed packs labelled gluten-free. Loose or freshly prepared food needs its own allergen and handling checks.

Checked September 2026

134 M&S St Leonards BP

SHOP · 176 Ringwood Road · 2.4 miles from Ringwood

Gluten free range

M&S’s Made Without range lists gluten-free tiger rolls, flatbreads, gingerbread biscuits and cakes. Branch stock varies, so check the gluten-free label on each sealed pack. For visitors from overseas, UK ingredient lists emphasise allergenic cereals and the words "gluten free" are regulated.

Before you order — Packaged products are separate from loose bakery and counter food. Check allergen information for anything prepared or served in store.

Checked September 2026

135 Sainsbury's Ringwood Superstore

SHOP · 24 Meeting House Lane · 0.0 miles from Ringwood

Gluten free range

Sainsbury's publishes gluten-free bread, pasta, cakes and other packaged groceries. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — The store has a bakery and Costa Express. Check allergen information for loose or prepared food separately from sealed gluten-free groceries.

Checked September 2026

136 Waitrose & Partners Ringwood

SHOP · The Furlong · 0.1 miles from Ringwood

Gluten free range

Waitrose publishes packaged gluten-free bread, pasta, cakes and ready meals. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — The branch lists delicatessen, meat, fish and sushi counters and a coffee machine. Those items need separate allergen information; no cafe is listed.

Checked September 2026

Fordingbridge & north

PUBS

137 The Cartwheel Inn

PUB · Whitsbury · 3.1 miles from Fordingbridge

Kitchen describes its process

The Sunday menu marks fish and chips as available gluten-free and cauliflower cheese as gluten-free. The pub says it will also try to make certain other dishes gluten free if it can.

Before you order — For coeliac fish and chips, the pub says it uses its chip fryer with separate tools and draining paper. Tell staff you have coeliac disease when ordering, and ask which other dishes can be adapted.

Checked October 2026

138 The Churchill Arms

PUB · Daggons Road, Alderholt, Nr Fordingbridge · 2.4 miles from Fordingbridge

GF options

The 2026 menu marks the gammon steak, rump steak, ham egg and chips, homemade beef chilli and the vegan vegetable chilli gluten free, and the Full Monty brunch can be done as a gluten-free option. Diners report that staff ask whether you are coeliac when you order gluten-free dishes, and coeliac visitors — one sensitive to cross-contamination — say they have eaten here without trouble.

Before you order — The menu itself is candid that everything comes from a kitchen where gluten and other allergens are present, and no separation detail is published — the marked dishes are ingredient-level claims, with fryer and prep handling unstated. Full allergen information is held on request. Researched with care — never a guarantee.

Checked August 2026

139 The Compasses Inn

PUB · East End · 2.9 miles from Fordingbridge

GF options

Sunday roasts can be served gluten-free without the Yorkshire pudding. The chef also offers gluten-free adaptations to other dishes.

Before you order — Preparation arrangements are not described on the menu. Explain that you have coeliac disease when ordering.

Checked September 2026

140 The Fighting Cocks

PUB · SP6 2LH · 1.9 miles from Fordingbridge

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

141 The Foresters Arms

PUB · Abbotswell Road, Frogham, Fordingbridge · 1.8 miles from Fordingbridge

Diners on gluten-free listing sites report a gluten-free menu with sandwiches, fries, ham egg and chips and gluten-free choices on the children's menu. The pub's own site publishes no menus — they change daily — and asks you to get in touch about dietary requirements.

Before you order — One diner report notes some items are cooked in a shared fryer, and the pub publishes no gluten-free or allergen information of its own, so everything here rests on asking the kitchen directly. Closed Mondays. Researched with care — never a guarantee.

Checked August 2026

142 The Horse & Groom

PUB · High Street · 2.6 miles from Fordingbridge

GF options

The menu marks gluten-free scallops, barbecue pork ribs, burrata salad and tuna Niçoise salad, with other dishes available as gluten-free options.

Before you order — The menu says cross-contact can result from the environment in which food is made and served, despite precautions. Discuss coeliac preparation before planning a meal.

Checked September 2026

143 The Rose and Thistle

PUB · Rockbourne · 3.4 miles from Fordingbridge

Dedicated GF fryer

The pub says much of its menu is gluten free or has a gluten-free option, as everything is made from scratch in house. The autumn menu marks fish and chips, halibut, short rib and mushroom risotto gluten-free, and Sunday roasts are marked

as available gluten-free. The gluten-free fish and chips are cooked in a separate gluten-free fryer, and the pub says an allergy order is handled separately from other dishes once it reaches the kitchen.

Before you order — The pub says its kitchen is not 100% gluten free and a chance of cross-contact remains. Tell staff you have coeliac disease when ordering so the dish goes through as an allergy order.

Checked October 2026

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144 The Royal Oak

PUB · Ringwood Road, North Gorley, Fordingbridge · 1.6 miles from Fordingbridge

Dedicated GF fryer

The menu marks GF and GFO throughout: steak, bacon chop, chips and sweet potato fries are gluten free as standard, and the gluten-free-option list is long — fish and chips, crispy calamari, the hot honey chicken and chickpea burgers, soup, ploughman's board, ribs, even the garlic bread. Diners report plenty of gluten-free choice and helpful staff.

Before you order — The pub says it has a separate gluten-free fryer, which is how it keeps gluten-free food apart. Many dishes can be tweaked gluten-free and staff will guide you. A new kitchen team was announced recently, so ask what is gluten free today. Researched with care, never a guarantee.

Checked October 2026

RESTAURANTS

145 The George

RESTAURANT · SP6 1RL · 0.1 miles from Fordingbridge

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

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146 La Fosse at Cranborne

RESTAURANT · 8-9 The Square · 5.7 miles from Fordingbridge

GF options

Coeliac guests can have a menu with several choices written for them by the chef. Notify the restaurant when booking.

Before you order — Tell the restaurant about coeliac disease when booking so the chef can write your menu. Discuss preparation arrangements before the visit.

Checked September 2026

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147 The Three Lions

RESTAURANT · Stuckton, Nr. Fordingbridge · 0.9 miles from Fordingbridge

GF options

The current menu marks nine dishes gluten free, spanning Durban beef curry, hunters chicken, baked salmon, gammon, ribs, a vegan Penang curry and both steaks, with a separate marking for dishes that can be adapted. The New Forest cider battered haddock carries the gluten-free mark. The kitchen asks guests to raise dietary requirements at booking.

Before you order — Nothing published explains the frying and prep arrangements behind that gluten-free battered haddock — whether it gets its own fryer or shares oil with wheat batter — and the venue changed hands recently, so practices may still be settling. Researched with care — never a guarantee.

Checked August 2026

CAFÉS AND TEA ROOMS

148 Bridges

CAFÉ · 26 High Street, Fordingbridge · 0.0 miles from Fordingbridge

Dedicated GF fryer

The cafe keeps a dedicated gluten-free fryer, so chips, fries and hash browns are on the table as well as the bread. Gluten-free bread runs right across the 2026 menu with breakfasts, sandwiches and soup, and it is toasted under a grill rather than going through the shared toaster. The cream tea can be taken with a gluten-free scone, and the cakes and scones are baked on the premises — the gluten-free batch is made at the start of the day, before any other baking has begun.

Before you order — The kitchen is small and there is no corner of it set aside permanently for gluten-free work, so the prep space is cleaned down before each gluten-free order rather than kept apart all day. Separate boards, knives and tongs are used. Say what you need when you order and the kitchen will set up for it. Researched with care — never a guarantee.

Checked August 2026

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149 Cranborne Garden Centre Cafe

CAFÉ · Cranborne Manor Garden Centre · 5.8 miles from Fordingbridge

GF options

Gluten-free scones are available for cream tea, and sandwiches can be made with gluten-free bread. Ham, egg and chips is marked gluten-free.

Before you order — Cross-contact arrangements are not described on the menu. Explain that you have coeliac disease when ordering.

Checked September 2026

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150 Juniper and Vine

CAFÉ · 57 High Street · 0.0 miles from Fordingbridge

GF options

Gluten-free bread and crackers are listed, with gluten-free options for the cheese and charcuterie boards and bruschetta.

Before you order — Preparation arrangements are not described on the menu. Explain that you have coeliac disease when ordering.

Checked September 2026

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151 Pantry Barn Cafe Bar

CAFÉ · 2.9 miles from Fordingbridge

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

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152 The Riverside Tea Garden (Riverside Cafe & Tea Garden)

CAFÉ · 16 Salisbury Street, Fordingbridge · 0.1 miles from Fordingbridge

GF options

The 2026 lunch menu offers a gluten-free flatbread as the base for any of its fillings, from the Nutty Clucker to beef and chimichurri, for two pounds extra, and jacket potatoes are naturally on the menu. The menu adds that some items can be made gluten free if you ask a member of staff.

Before you order — Nothing published explains how the small kitchen keeps the gluten-free flatbread apart from ordinary flatbreads, bakery rolls and toast, and breakfast has no gluten-free bread option at all. It is an outdoor, weather-dependent operation running roughly May to September. Researched with care — never a guarantee.

Checked August 2026

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153 The Sticky Bun Café

CAFÉ · Wolvercroft Garden Centre, Fordingbridge Road · 1.3 miles from Fordingbridge

GF options

Sandwiches and open sandwiches have a gluten-free option, and the breakfast menu offers a gluten-free sausage. Other breakfast ingredients need checking.

Before you order — Cross-contact arrangements are not described on the menu. Explain that you have coeliac disease when ordering.

Checked September 2026

HOTELS

154 The Railway Hotel

HOTEL · 116 Station Road · 0.6 miles from Fordingbridge

GF options

The menu marks fish and chips, chicken supreme and beef short rib gluten-free. Gluten-free pizza bases are available.

Before you order — Cross-contact arrangements are not described on the menu. Explain that you have coeliac disease when ordering.

Checked September 2026

TAKEAWAYS

155 T's Tapas

TAKEAWAY · 7 Jubilee Court, Daggons Road (registered base; mobile trading) · 2.5 miles from Fordingbridge

Entirely gluten free

The van says everything it serves is gluten free: no ingredient containing gluten comes on board, and staff are not allowed to bring their own food containing gluten into the van either. Plates include meatballs, prawns and patatas bravas. Milk and sulphites are used, and the van keeps separate colour-coded equipment for anyone allergic to those.

Before you order — Check this week's trading location and hours on the van's Facebook page. The registered address in Alderholt is not a walk-in restaurant.

Checked October 2026

SHOPS

156 Co-op Fordingbridge High Street

SHOP · 38-50 High Street · 0.0 miles from Fordingbridge

Gluten free range

Co-op publishes packaged gluten-free pasta, granola and crackers in its Free From range. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — The branch lists a bakery and Costa Coffee. Ask for their allergen information separately from the packaged gluten-free range.

Checked September 2026

157 The Gourmet Grocer

SHOP · 71C High Street · 0.0 miles from Fordingbridge

Gluten free range

Two Farmers Cheese & Onion and Woodland Mushroom & Wild Garlic crisps are listed as gluten-free for collection from the shop. Check individual packs. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — Packaged products are separate from loose bakery and counter food. Check allergen information for anything prepared or served in store.

Checked September 2026

158 Hockey's Farm Shop and Farmyard Cafe

SHOP · South Gorley, near Fordingbridge · 2.5 miles from Fordingbridge

Kitchen describes its process

The butchery makes its own gluten free burgers and rare-breed Lop pork gluten free sausages, made to order rather than always sitting in the counter, so ring ahead if you want them. Diners report a range of gluten free biscuits, cakes and soups in the shop. Gluten free pies are not kept in regular stock, but the shop says it can usually source specific items given a little notice. In the cafe, the menu's own line is that gluten free options may be available and staff will advise on allergens.

Before you order — The shop has been straight about how the gluten free meat is made: on the same equipment as the standard products, in a butchery that handles gluten, so it states there is a risk of cross contamination. What it does to manage that is timing — gluten free products are made first thing in the day, before any standard products. For a coeliac that is a judgement call worth making with the facts in front of you. Nothing has been published about how the cafe kitchen handles gluten free orders, so ask there separately.

Checked August 2026

159 Tesco Fordingbridge Express

SHOP · 10 Salisbury Street · 0.1 miles from Fordingbridge

Gluten free range

Tesco publishes a Free From range including packaged gluten-free bread and groceries. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — Stock varies; the Tesco app can check individual products. The locator does not confirm a bakery, hot counter or cafe. Any loose or prepared food needs its own allergen information.

Checked September 2026

Bramshaw, Brook & north-east

PUBS

160 The Bell Inn

PUB · Brook, New Forest, Hampshire · 0.1 miles from Brook

GF options

The menu marks fish and chips, pie of the day, ham, egg and chips, mushroom arancini and onion rings gluten free. Burgers can be adapted. The 2026 Christmas Day lunch menu marks the canapés, the salt-baked stone bass and the Christmas pudding gluten free, with gluten-free versions available of most other courses; the turkey crown and the trifle carry no gluten-free marker. The pub's marketing team says two senior members of the team are gluten free.

Before you order — Worth discussing how a coeliac order is kept apart from gluten during preparation and service.

Checked October 2026

161 The Green Dragon, Brook

PUB · SO43 7HE · 0.0 miles from Brook

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

162 The Landford Poacher

PUB · Southampton Road, Landford · 4.0 miles from Brook

GF options

Gluten-free options are available for the Sunday roast carvery. The pub asks you to mention dietary requirements when booking.

Before you order — Worth discussing how a coeliac order is kept apart from gluten during preparation and service.

Checked September 2026

163 The Mortimer Arms

PUB · Romsey Road · 3.5 miles from Brook

GF options

Marked GF dishes include battered fish and chips, sausage and mash, seabass and gammon. Gluten-free alternatives are also marked for burgers and light lunches, with GF brownie and roulade for dessert.

Before you order — Worth discussing how a coeliac order is kept apart from gluten during preparation and service.

Checked September 2026

164 The Royal Oak

PUB · Fritham, Lyndhurst, Hampshire · 2.6 miles from Brook

GF options

Gluten-free rolls are available on request with lunch. The menu includes cheese and gammon ploughman-style plates; confirm the accompaniments when ordering.

Before you order — Worth discussing how the roll and lunch are kept apart from ordinary bread. Visiting food vans have their own menus and preparation arrangements.

Checked September 2026

165 The Sir Walter Tyrrell

PUB · Rufus Stone, Brook, near Lyndhurst, Hampshire · 0.9 miles from Brook

Kitchen describes its process

The menu offers gluten-free adaptations for beer-battered cod, risottos, Panang curry, ciabattas and several grills. Nachos are marked gluten free.

Before you order — The pub says it keeps fried food apart with two fryers, a large gas one and a smaller electric one, on opposite sides of the kitchen. Tell staff you have coeliac disease when ordering.

Checked October 2026

166 The White Hart

PUB · Old Romsey Road · 1.4 miles from Brook

Coeliac UK accredited

The White Hart is Coeliac UK accredited and its daily menu marks gluten-free and gluten-free adaptable dishes.

Before you order — Worth discussing the preparation of your order with the team, particularly any fried food.

Checked September 2026

RESTAURANTS

167 Bramshaw Golf Club clubhouse

RESTAURANT · Brook, Lyndhurst, Hampshire · 0.1 miles from Brook

Kitchen describes its process

The club says everything on the carvery is gluten free except the stuffing and bread sauce, which are kept and plated separately. The 2026 Christmas menu offers gluten-free adaptations for vegetable soup and turkey dinner. Two senior members of the team are gluten free themselves.

Before you order — The club asks for dietary requirements at least five days before a party. The answer came from the club's marketing team, so tell staff you are coeliac when you book.

Checked October 2026

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168 Ember at Green Hill Farm

RESTAURANT · Green Hill Farm Holiday Village, New Road · 2.5 miles from Brook

GF options

The 2026 menu offers pizza bases and burger buns made without gluten-containing ingredients and marks several mains, sides and desserts the same way. Opening days vary seasonally.

Before you order — The menu says the kitchen cannot guarantee allergen-free food. Discuss preparation, cooking and any accompaniments before ordering for coeliac disease.

Checked September 2026

CAFÉS AND TEA ROOMS

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

CAFÉ · SP5 2BE · 3.5 miles from Brook

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

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170 The Cottage Garden at New Forest Lavender Tearoom

CAFÉ · Giles Lane · 3.6 miles from Brook

GF options

A separate menu lists food made without gluten ingredients, including sandwiches, bacon sandwiches, cake of the day and goat’s cheese salad with crackers.

Before you order — The menu says the kitchen uses all allergens. Discuss preparation and serving arrangements for coeliac disease before ordering.

Checked September 2026

FARM SHOPS

171 The Farmer’s Butcher

FARM SHOP · Swallowfields Farm, Blackhill Road · 2.5 miles from Brook

Kitchen describes its process

The shop makes its gluten-free butchery products first, in a clean butchery and cutting room. It makes gluten-free sausages and burgers, and its meat glazes are gluten free. It also stocks bought-in gluten-free bread, pies and sausage rolls, plus chutneys, sauces and other shelf products. A gluten-free version of the September family meat box is on sale; select it when ordering.

Before you order — The shop has not described how the counter and shared equipment are kept apart, so ask about that before buying unpackaged products. Stock changes through the day. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Checked October 2026

HOTELS

172 Bartley Lodge

HOTEL · Lyndhurst Road · 1.7 miles from Brook

GF options

The linked dinner menu offers gluten-free bread and gluten-free adaptations of several main dishes.

Before you order — Discuss your choice with the team and confirm how a coeliac order would be prepared.

Checked September 2026

SHOPS

173 Budgens Cadnam

SHOP · Courtesy Filling Station, Romsey Road · 1.5 miles from Brook

Gluten free range

The shop stocks COOK frozen meals; COOK publishes a gluten-free range. Check which labelled meals are in this branch. Its food counter and coffee service are separate questions.

Before you order — UK labels emphasise gluten-containing ingredients, and “gluten free” is a regulated claim. Check each package; counter food needs a separate conversation.

Checked September 2026

Totton, Hythe & the Waterside

PUBS

174 The Bold Forester

PUB · Beaulieu Road · 2.9 miles from Hythe

GF options

Marked choices include battered fish and chips, gammon, ham and eggs, lamb's liver with mash, falafel and nachos. The pub asks guests to mention allergies before ordering.

Before you order — Worth discussing how a coeliac order is kept apart from gluten during preparation and service.

Checked September 2026

175 The Empress of Blandings

PUB · Romsey Road · 8.2 miles from Hythe

GF options

The menu offers gluten-free rolls and burger buns. Gluten-free adaptations are marked for chilli, curry, mushroom stroganoff and pie.

Before you order — The menu says its gluten-free markings mean an option is available. Discuss the complete adapted plate and preparation for coeliac disease.

Checked September 2026

176 The Old Farmhouse

PUB · Ringwood Road · 5.6 miles from Hythe

GF options

The no-gluten-containing menu includes cheese and bacon beef burgers, sirloin steak and jacket potatoes.

Before you order — The menu describes ingredients without intentional gluten and warns that traces may be present. Discuss your coeliac requirements before ordering.

Checked September 2026

177 The Salmon Leap

PUB · Testwood Lane · 5.4 miles from Hythe

GF options

The linked menu marks the catch of the day gluten-free, served with new potatoes, seasonal greens and a sauce.

Before you order — Worth discussing how a coeliac order is kept apart from gluten during preparation and service.

Checked September 2026

178 The Travellers Rest

PUB · Hart Hill · 1.1 miles from Hythe

GF options

The Sunday menu marks cauliflower cheese as gluten-free and offers gluten-free versions of scampi, chicken wings, houmous and Greek-style salad.

Before you order — The kitchen handles other allergens. Ask how your chosen dish is prepared, particularly fried food; the roast meals are not marked gluten-free.

Checked September 2026

RESTAURANTS

179 Seashells

RESTAURANT · 37 High Street · 0.1 miles from Hythe

GF options

The gluten-free menu includes mushroom risotto, lamb shank, chicken breast and omelettes, with creme brulee and lemon posset for dessert.

Before you order — Use the separate menu and ask how your dish is prepared for coeliac diners.

Checked September 2026

CAFÉS AND TEA ROOMS

180 Big Blue Cafe

CAFÉ · New Forest Enterprise Centre, Chapel Lane · 5.2 miles from Hythe

Kitchen describes its process

The linked menu offers gluten-free versions of toasties. Its allergen policy describes a cleaned preparation area, clean equipment and protected storage for gluten-free alternatives and equipment.

Before you order — The kitchen handles gluten and does not guarantee freedom from traces. Explain your coeliac requirements before ordering; the café opens on weekdays.

Checked October 2026

181 The Coffee House

CAFÉ · St Andrew's Centre, Beaulieu Road · 1.3 miles from Hythe

GF options

The menu offers gluten-free breakfast sandwiches, lunch sandwiches and toasted sandwiches, and a gluten-free version of avocado on toast.

Before you order — Ask how bread is handled and toasted separately from ordinary bread. The menu does not explain cross-contact arrangements.

Checked September 2026

182 Elsabel Cafe

CAFÉ · 4A Water Lane · 5.3 miles from Hythe

GF options

The gluten-free dessert range includes lemon drizzle cake, chocolate brownie, Victoria sponge and carrot cake. The website says cake orders must be placed in advance; check which are available in the cafe.

Before you order — Worth discussing how a coeliac order is kept apart from gluten during preparation and service.

Checked September 2026

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183 The Lookout at Lepe Country Park

CAFÉ · Lepe Country Park, Lepe Road · 6.2 miles from Hythe

Kitchen describes its process

The cafe's gluten-free rolls come individually wrapped and stay wrapped until service, going straight from the packet to the plate with no handling, so they are kept apart from ordinary bread. It says it can adapt several dishes to be gluten free: The Classic, Big Green Grilled, On The Go, Beachcomber, Proper Tasty, Munch Brunch, Chicken in a Bowl, and the bacon and sausage baps. The soup of the day comes with a gluten-free roll. Gluten-free cakes include lemon drizzle, Victoria sponge, and courgette and avocado.

Before you order — The cafe has described how it handles the rolls but not how the adapted dishes are cooked, so tell staff you are coeliac and ask how your dish will be prepared.

Checked October 2026

FARM SHOPS

184 Sunnyfields Farm Shop

FARM SHOP · Jacobs Gutter Lane · 4.4 miles from Hythe

Gluten free range

COOK markets gluten-free frozen main meals and puddings. Its own locator lists this shop as a stockist; individual gluten-free lines and availability need checking. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — The farm has its own butchery and the Tonic Rooms cafe. Check their ingredients and preparation separately from sealed gluten-free groceries.

Checked September 2026

HOTELS

185 Boathouse Hotel and Restaurant

HOTEL · 29 Shamrock Way, Hythe Marina · 0.3 miles from Hythe

GF options

The menu marks sea bass, sirloin and gammon as gluten-free. Gluten-free versions of several starters, curries, seafood linguini and sticky toffee pudding are available on request.

Before you order — Many mains are unavailable on Sundays. Ask about preparation and the sides served with your chosen dish.

Checked September 2026

TAKEAWAYS

186 Domino's Southampton - Hythe

TAKEAWAY · Unit 5, The Marsh · 0.1 miles from Hythe

Entirely gluten free

This branch lists gluten-free options. Check the gluten-free pizza choices when placing your order.

Before you order — Mention coeliac disease when ordering and confirm the preparation arrangements for your pizza.

Checked September 2026

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187 Domino's Southampton - Totton

TAKEAWAY · 35 Salisbury Road · 5.3 miles from Hythe

Entirely gluten free

This branch lists gluten-free options. Check the gluten-free pizza choices when placing your order.

Before you order — Mention coeliac disease when ordering and confirm the preparation arrangements for your pizza.

Checked September 2026

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188 Petrony's Pizza

TAKEAWAY · 50 Commercial Road, Totton, Southampton · 5.1 miles from Hythe

GF options

An 11-inch gluten-free thin base is available. The menu identifies several toppings that contain gluten, so choose toppings with the team.

Before you order — Worth discussing how a coeliac order is kept apart from gluten during preparation and service.

Checked September 2026

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189 Tails Fish 'n' Chips

TAKEAWAY · 6 North Road · 1.2 miles from Hythe

GF options

Gluten-free batter is available on request.

Before you order — Ask about the fryer and preparation area before ordering; the website does not describe separate equipment.

Checked September 2026

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190 Zoutorias

TAKEAWAY · 124 Hampton Lane · 3.8 miles from Hythe

Dedicated GF fryer

Gluten-free battered cod and haddock, in medium and large, at an extra charge. The shop told the guide the gluten-free fish is fried in a completely separate fryer with its own utensils.

Before you order — Ask for the gluten-free fish by name when you order so it goes through the separate fryer.

Checked October 2026

SHOPS

191 ALDI Totton

SHOP · Little Testwood Farm · 6.7 miles from Hythe

Gluten free range

ALDI advertises gluten-free flour and other packaged grocery products. Branch selection varies; check each pack for the gluten-free label. For overseas visitors, UK labels emphasise gluten-containing ingredients, and “gluten free” is a regulated claim.

Before you order — Check the labels on sealed products and ask separately about allergen information for any loose or prepared food.

Checked September 2026

192 Asda Totton Superstore

SHOP · Maynard Road · 5.1 miles from Hythe

Gluten free range

Asda’s packaged Free From range includes gluten-free sliced bread, granola and frozen doughnuts. Branch stock varies; check each pack. For overseas visitors, UK labels emphasise gluten-containing ingredients, and “gluten free” is a regulated claim.

Before you order — The store has a cafe, pizza counter and Panku prepared food. Check their own allergen information separately from the packaged Free From range.

Checked September 2026

193 Co-op Holbury Long Lane

SHOP · 163 Long Lane · 2.5 miles from Hythe

Gluten free range

Co-op publishes packaged gluten-free pasta, granola and crackers in its Free From range. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — The branch lists a bakery and Costa Coffee. Ask for their allergen information separately from the packaged gluten-free range.

Checked September 2026

194 Morrisons Totton

SHOP · Spruce Drive · 6.5 miles from Hythe

Gluten free range

Morrisons’s grocery range lists packaged gluten-free loaves and rolls, including its Free From White Sliced Loaf. Branch stock varies, so check individual packs. For visitors from overseas, UK ingredient lists emphasise allergenic cereals and the words "gluten free" are regulated.

Before you order — The branch lists a cafe, bakery, oven-fresh food, pizza counter and salad bar. These are separate from the packaged gluten-free range.

Checked September 2026

195 Sainsbury’s Blackfield Hampton Lane Local

SHOP · 154 Hampton Lane · 3.7 miles from Hythe

Gluten free range

Sainsbury’s publishes gluten-free bread, pasta, baking ingredients and other groceries. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — This branch has a bakery and Costa Express machine. Check allergen information for loose or prepared food separately from sealed gluten-free groceries.

Checked September 2026

196 Tesco Hythe Superstore

SHOP · Sizer Way · 1.5 miles from Hythe

Gluten free range

Tesco publishes a Free From range including packaged gluten-free bread and groceries. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — Stock varies; the Tesco app can check individual products. The locator lists an in-store bakery and Costa Coffee. Check their allergen information separately from sealed gluten-free groceries.

Checked September 2026

New Milton & Barton-on-Sea

PUBS

197 The Amberwood

PUB · 154 Ringwood Road · 2.0 miles from New Milton

GF options

The menu marks halloumi fries, ham and eggs, gammon, chocolate fudge brownie and several desserts gluten-free.

Before you order — Discuss your coeliac requirements before ordering, including how any bread, fried food or adapted dishes will be prepared.

Checked September 2026

198 The House Martin

PUB · Christchurch Road · 1.0 miles from New Milton

GF options

The published summer menu marks rump steak, blackened salmon, ham and eggs, and several jacket-potato fillings gluten free.

Before you order — The menu says dishes are prepared in the same kitchen and traces may remain despite precautions. Discuss preparation and the sides with staff.

Checked September 2026

199 The Old Mill

PUB · Silver Street, Gordleton · 3.1 miles from New Milton

GF options

The lunch menu marks sticky toffee pudding with salted toffee sauce and vanilla ice cream gluten-free. The drinks list also marks bottled Peroni gluten-free.

Before you order — The menu marks do not establish separate preparation. Ask staff to check the ingredients and kitchen handling before a coeliac order.

Checked September 2026

200 The Rising Sun

PUB · Bashley Common Road · 2.2 miles from New Milton

GF options

Its live menu has a cereals-with-gluten filter. Pan-fried bream with new potatoes, chorizo and tomato salsa has no gluten cereal listed in its ingredient allergens.

Before you order — The allergen information describes ingredients rather than kitchen separation. Check the dish and handling with staff before a coeliac order.

Checked September 2026

RESTAURANTS

201 The Cliff House

RESTAURANT · Marine Drive West · 1.3 miles from New Milton

GF options

The main menu marks roasted chicken supreme, pan-fried seabass and celeriac steak gluten-free.

Before you order — The menus warn that traces of allergens may be present. Discuss preparation and any fried components before placing a coeliac order.

Checked September 2026

202 Espino Lounge

RESTAURANT · 87 Station Road · 0.1 miles from New Milton

GF options

The branch publishes a dedicated gluten-free menu alongside its main, vegan and children's menus.

Before you order — Tell staff about coeliac disease and discuss how your order would be prepared and cooked.

Checked September 2026

203 Pebble Beach

RESTAURANT · Marine Drive · 1.2 miles from New Milton

GF options

The restaurant menu marks wild mushroom arancini and several steaks gluten-free, and offers gluten-free adaptations for bread.

Before you order — The GF menu marks do not explain kitchen separation. Check preparation of fried dishes and any accompanying sauces for a coeliac order.

Checked September 2026

CAFÉS AND TEA ROOMS

204 The Beachcomber

CAFÉ · Marine Drive East · 1.2 miles from New Milton

GF options

The breakfast menu offers gluten-free bread and toast for a supplement. The lunch menu marks omelettes and jacket potatoes gluten-free, with gluten-free bread for sandwiches and a gluten-free penne option.

Before you order — Check the ingredients of your chosen meal and explain that you have coeliac disease. The menu does not describe separate toasters, cooking equipment or utensils.

Checked September 2026

205 Little Pebbles

CAFÉ · 1 Cliff Terrace, Marine Drive · 1.2 miles from New Milton

GF options

Its own breakfast menu marks gluten-free adaptations for English and vegetarian breakfasts, breakfast baps and eggs Benedict. These are adaptations to request, rather than dishes assumed to arrive gluten-free.

Before you order — Explain coeliac requirements when ordering. The menu does not say how adapted bread, cooking surfaces or fried breakfast ingredients are kept separate.

Checked September 2026

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206 Sea Thrift Coffee

CAFÉ · 4 Cliff Terrace, Marine Drive · 1.2 miles from New Milton

Kitchen describes its process

The café serves gluten-free cakes alongside its ordinary cakes and snacks. The gluten-free cakes are kept in separate display cases and served with tongs used only for gluten-free items. The selection is not listed online.

Before you order — Ask which cakes are gluten-free that day, as the selection changes and is not published.

Checked October 2026

TAKEAWAYS

207 Domino's New Milton

TAKEAWAY · 32 Station Road · 0.1 miles from New Milton

GF options

This branch lists gluten-free options. Check the gluten-free pizza choices when placing your order.

Before you order — Mention coeliac disease when ordering and confirm the preparation arrangements for your pizza.

Checked September 2026

SHOPS

208 Co-op Barton on Sea Sea Road

SHOP · Westcliffe Buildings, Sea Road · 1.2 miles from New Milton

Gluten free range

Co-op publishes gluten-free pasta, crackers and breakfast products. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — The store has an in-store bakery. Its loose bakery goods are separate from the packaged gluten-free range; ask for current allergen information.

Checked September 2026

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209 Grape Tree New Milton

SHOP · 73A Station Road · 0.0 miles from New Milton

Gluten free range

Grape Tree’s gluten-free range includes Eat Real hummus and lentil chips, Marigold bouillon and Free From Fellows sweets. Branch stock varies; check individual sealed packs. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — Choose sealed packs labelled gluten-free. Loose or freshly prepared food needs its own allergen and handling checks.

Checked September 2026

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210 Holland & Barrett New Milton

SHOP · 81 Station Road · 0.0 miles from New Milton

Gluten free range

Holland & Barrett lists gluten-free cereals, flour, oat biscuits and pasta. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — Choose sealed packs labelled gluten-free. Loose or freshly prepared food needs its own allergen and handling checks.

Checked September 2026

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211 M&S New Milton

SHOP · 85 Station Road · 0.1 miles from New Milton

Gluten free range

M&S’s Made Without range lists gluten-free tiger rolls, flatbreads, gingerbread biscuits and cakes. Branch stock varies, so check the gluten-free label on each sealed pack. For visitors from overseas, UK ingredient lists emphasise allergenic cereals and the words "gluten free" are regulated.

Before you order — The branch lists food and food on the move, but does not list a bakery, hot counter or cafe. Prepared food needs its own allergen information.

Checked September 2026

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212 Morrisons New Milton

SHOP · Station Road · 0.1 miles from New Milton

Gluten free range

Morrisons’s grocery range lists packaged gluten-free loaves and rolls, including its Free From White Sliced Loaf. Branch stock varies, so check individual packs. For visitors from overseas, UK ingredient lists emphasise allergenic cereals and the words "gluten free" are regulated.

Before you order — The branch lists butcher and fishmonger counters; a bakery, hot counter and cafe are not listed on the current locator. These are separate from the packaged gluten-free range.

Checked September 2026

213 Nisa Ashley Food Market

SHOP · Ashley Road · 0.7 miles from New Milton

Gluten free range

COOK markets gluten-free frozen main meals and puddings. Its own locator lists this shop as a stockist; individual gluten-free lines and availability need checking. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — Packaged products are separate from loose bakery and counter food. Check allergen information for anything prepared or served in store.

Checked September 2026

214 Nisa Local Hordle

SHOP · 44–52 Stopples Lane · 1.5 miles from New Milton

Gluten free range

Nisa's own range page describes Co-op Free From cereals, pasta, biscuits and sweet treats for gluten-free diets. Individual branch stock is not confirmed. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — Packaged products are separate from loose bakery and counter food. Check allergen information for anything prepared or served in store.

Checked September 2026

215 Tesco New Milton Superstore

SHOP · Caird Avenue · 0.4 miles from New Milton

Gluten free range

Tesco publishes a Free From range including packaged gluten-free bread and groceries. Selection varies by branch. Check individual packs for the gluten-free label. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — Stock varies; the Tesco app can check individual products. The locator lists an in-store bakery and Costa cafe. These are separate from the packaged gluten-free range.

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