



# Glutenfrei

## Glutenfree Travel Guide Vienna Part One – Restaurants, Cafés and Supermarkets

Dear celiacs, in this guide I present and recommend some of Vienna's gluten free locations. I only recommend those, where I have been in person (or close friends). So please note, that there are many more locations around our beautiful capital, maybe you discover one by yourself when you are strolling through small side streets of the famous „Kärtnerstraße“ or when you are walking back to you hotel after visiting the impressive „Schloss Schönbrunn“

If you have any problems according to translation please feel free to contact me [glutenfreedinnerclub@hotmail.com](mailto:glutenfreedinnerclub@hotmail.com) or in urgent cases on my Facebook Profile „Katka Valentinska“.

### Sweets & Bakeries:

#### Easy Going Bakery – Cupcakes

Wed/Thurs/Fr/Sa/Su 13.00-19.00

Burggasse 20, 1070 Vienna

Metro: U2 (violet line) or U3 (orange line) – Volkstheater

Specialised in cupcakes of every flavour – gluten- and laktosefree, furthermore coffee, tea and lemonades.

<https://www.facebook.com/Easygoingbakery>



## Aida – Traditional Viennese Café

daily 9.00-17.00 (depending on the store)

Serving 3 different glutenfree tarts and cakes. Sit down, relax and enjoy a delicious sweet treat. Relieve the sightseeing stress and see Vienna with the calm and charming manner of a real “Wiener” I can recommend the flourless Poppy-Nut Cake. It is super delicious. This café has many shops in Vienna.

In the first district:

Bognergasse 3; Opernring 7; Rotenturmstraße 24(next to Schwedenplatz, where U3 and U4 cross);

Singerstraße 1 (next to the St.Stefan's Cathedral); Wollzeile 28

for more stores go to [http://aida.at/?page\\_id=477](http://aida.at/?page_id=477)

## Café Kurkonditorei Oberlaa – Traditional Viennese Bakery

daily 8.00-18.00 (core hours)

The home of the famous and gorgeous Viennese Macrons. All of them are gluten free (almond flour) and awesome. Perfect gift to bring home.(available in the tastes raspberry, lemon, red currant, pistachio, coffee, hazelnut, chocolate, orange and vanilla)

Next to „Kärntnerstraße“ and „Graben“ OBERLAA-Stadthaus, 1010 Wien, Neuer Markt 16 in the first district and

in the third district, next to the train station Wien Mitte, where the CAT leaves for the airport OBERLAA

Konditorei & Restaurant, 1030 Wien, Landstraßer Hauptstraße 1.

For more research please go to their website

<http://www.oberlaa-wien.at/de/standorte/3-landstrasser-hauptstrasse-1.html>

## Restaurants

### Yamm – Global Kitchen

Mo-Sa 9.00-1.00

Universitätsring 10, 1010 Vienna

U2 – Schottentor, opposite from the ancient Viennese University

Due to the close university of Vienna they serve a multicultural offer of Sushi, salads and fusion dishes.



## Gasthaus Nestroy – Viennese Kitchen

Mo-Fr 10.30-23.00

Weintraubengasse 7, 1020 Wien (close to the famous Prater – fair with many attractions like rollercoasters)

They serve traditional Viennese food like Schnitzel, Gulasch and Cordon Bleu. **BUT Please!!! Very important!!! You have to make a reservation and tell them that they have to prepare the gluten free food.** You can find the link to the reservation site down below. (Best write it in English and German – German “Guten Tag, ich möchte gerne bei Ihnen glutenfrei Essen.” Or “Da ich von Zölliakie betroffen bin, benötige ich bitte glutenfreie Lebensmittel” or similar)

<http://www.gasthausnestroy.at/kontakt-glutenfrei.php>

## Blue Orange – Bagels and Soups

Mo-Fr 7.30-22.00, Sa-So 9.00-22.00

Margaretenstrasse 9, 1040 Vienna OR second store Alserbachstrasse 1, 1090 Wien

Offering gluten free Bagels with different toppings, soups, salads and Coffee – Could be compared with Starbuck's (is a little cheaper)

### SANDWICHES & BAGELS

<b>V G</b> Humus Salat, Humus, Gurken, Tomaten	3,50	4,50
<b>V G</b> Avocado Salat, Avocado creme, Gurken, Tomaten	3,90	4,90
<b>V G</b> Rote Rüben Humus – Ruccola <i>Rote Rüben Humus, Ruccola, Zwiebel, Essiggurkerl, süßer Senf</i>	3,90	4,90
<b>V G</b> Rotkraut – Olive <i>Humus, Rotkraut, Zwiebel, Oliven, süßer Senf</i>	3,90	4,90
<b>V</b> ... mit Butter ... <b>V</b> vegan möglich	1,70	2,00
<b>V G</b> Original Cream Cheese	2,50	3,50
<b>V G</b> Classic Salat, Cream Cheese, Gurken, Tomaten	3,20	4,20
<b>V G</b> Italien Salat, Cream Cheese, Mozzarella, Tomaten, Pesto	4,40	5,40
<b>V G</b> Cheese-Chili <i>Salat, Cream Cheese, Gouda, Zwiebel, süße Chili-Preiselbeer Sauce</i>	4,40	5,40
<b>V</b> = Vegan <b>V</b> = Vegetarisch	<b>G</b> = Auch glutenfrei erhältlich; glutenfreier Bagel + 50 Cent	
<b>G</b> Lachs Salat, Cream Cheese, Räucherlachs, Zwiebel, Ei	5,90	6,50

Extract from the menu. Prices plus 50c for the glutenfree variation.

## Supermarkets

In Austria we have two “supermarkets” where you can find Dr.Schär and similar glutenfree products – Billa (yellow sign) offers Dr.Schär and Spar (like Eurospar in Italy) offers its own line “free from”. These are the cheapest options to buy glutenfree food. You can find these two companies almost round every corner in Vienna.

Furthermore we have D&M and Prokopp. Not all stores of D&M have a big amount of glutenfree food. Some only have snacks like rice waffles or chocolate bars. Whereas Prokopp has a huge amount of both organic and non organic products, therefore it is more expensive than the other opportunities.

There are Prokopp stores at Rochusmarkt (Landstraßer Hauptstraße 47-49, 1030 Vienna), Gersthof (Gersthofer Straße 57, 1180 Vienna) open 9.00-18.00 Mo-Sa.

## FURTHER NOTES

Please note that glutenfree eating culture in Austria is quite young and not as advanced as in Southern Tyrol, America or Canada. So make sure that you only eat products with the official glutenfree Symbol. To avoid misunderstandings ask once, twice or even ten times to make sure that you do not eat any food containing gluten.

I wish you a safe and pleasant journey and a wonderful stay in Vienna.

*Yours Katka Valentinska (Blogger)*

