

Name	Address 1	Address 2	City	Prov	PC	Phone	URL	Area	Notes
House of James	2743 Emerson St		Abbotsford	BC	V2T4H8	6048523701	www.houseofjames.com	ABBOTSFORD	
Mitch Millers	33758 Essendene Ave		Abbotsford	BC	V2S2H2	6048532425	No website	ABBOTSFORD	GF flatbread, pyrogies, donuts, fritters & more!
Paliotti's	33886 Essendene Ave		Abbotsford	BC	V2S 2H3	6048551888	www.paliottis.ca	ABBOTSFORD	
Club Ilia Eatery & Lounge	8902 University Hg	SFU Camp	Burnaby	BC	V5A 4Y6	6045684993	www.clubilia.com	BURNABY	
EBO Restaurant	4331 Dominion St	Delta Burn	Burnaby	BC	V5G 1C7	6044530788	www.eborestaurant.com	BURNABY	
Hart House	6664 Deer Lake Ave		Burnaby	BC	V5E 4H3	6042984278	www.harthouserestaurant.c	BURNABY	
Himalayan Peak Indian Cuisine	8901 University Hg	SFU Camp	Burnaby	BC	V5A 4Y7	6042059069	www.himalayanpeak.ca/	BURNABY	
Vassilis Souvlaki	6558 Kingsway		Burnaby	BC	V5E 1C5	6044340626	www.vassilissouvlaki.com/	BURNABY	
Shandhar Hut	8835 Young Rd		Chilliwack	BC	V2P 4P6	6047930188	www.shandharhut.com	CHILLIWACK	
Anducci's Coquitlam	2729 Barnet Hwy		Coquitlam	BC	V3E 1K9	6044689002	www.anduccis.com	COQUITLAM CITY	
Hazards Restaurant	1630 Parkway Blvd		Coquitlam	BC	V3E 2G6	6049414219	www.westwoodplateaugolf.c	COQUITLAM CITY	
Pasta Pollo	2754 Barnet Hwy		Coquitlam	BC	V3B 1B9	6044647656	www.pastapolo.com	COQUITLAM CITY	
Wilbur and Sebastians Bistro	12-2662 Austin Ave		Coquitlam	BC	V3K 6C4	6049315066	www.wsbistro.ca	COQUITLAM CITY	Offer several GF entrées
Desi Lounge & Restaurant	8821 120 St		Delta	BC	V4C 6R6	6045926360	www.desidowntown.ca	DELTA	
River House Pub and Restaura	5825 60 Ave		Delta	BC	V4K 4E2	6049467545	www.riverhouserestaurant.c	DELTA	GF Menu
Beatnik Bistro	9194 Glover Rd		Fort Langley	BC	V1M 2S4	6048884487	www.beatniksbistro.com	FORT LANGLEY	
Bedford House	9272 Glover Rd		Fort Langley	BC	V1M 2R7	6048882333	www.itsmysite.com	FORT LANGLEY	
Chasters in BonnieBrook Lodg	1532 Ocean Beach	Esplanade	Gibsons	BC	V0N 1V5	6048868956	www.chasters.com	Gibsons - Robert's Creek - Sechelt	
Ban Chok Dee Thai Cuisine	5499 203 St		Langley	BC	V3A 1W1	7782783088	www.banchokdee.com/hom	LANGLEY	
coza! Tuscan Grill	20065 Langley By-Pass		Langley	BC	V3A 8R6	6045398880	www.coza.ca/	LANGLEY	
Kosta's Greek Restaurant	20080 Fraser Hwy		Langley	BC	V3A 4E5	6045309531	www.kostasgreekrestaurant	LANGLEY	
Langley Vietnamese Cuisine	104- 5521 203rd St		Langley	BC	V3A 8P5	6045327767	No website	LANGLEY	
Newland's Golf & Country Club	21025 - 48th Ave		Langley	BC	V3A 3M3	6045333288	www.newlandsgolf.com	LANGLEY	
Poseidon Greek Restaurant	20795 Fraser Hwy		Langley	BC	V3A 4G4	6045343900	www.poseidonrestaurant.ca	LANGLEY	
Sen Viet	8590 200th St		Langley	BC	V2Y 2B9	6048887778	www.senviet.ca	LANGLEY	
Venetis Steak and Seafood	20511 Douglas Crescent		Langley	BC	V3A 4B6	6045343922	www.venetisrestaurant.com	LANGLEY	
Big Feast Bistro	11920 227th St		Maple Ridge	BC	V2X 6J2	6044774334	www.bigfeast.ca	MAPLE RIDGE	Excellent daily GF options
Eleni's Restaurant	33262 1st Ave		Mission	BC	V2V 1G6	6048262276	www.elenis-restaurant.com	MISSION CITY	
Stasias Restaurant	33157 1st Ave		Mission	BC	V2V 1G5	6048264430	www.stasiasrestaurant.ca	MISSION CITY	
La Rustica Restaurant	228 - 6th St		New Westmin	BC	V3L 3A4	6045256355	www.larustica.ca	NEW WESTMINSTER	
Stefano's Restaurant	315 Columbia St		New Westmin	BC	V3L 1A7	6045209911	www.stefanos.ca	NEW WESTMINSTER	
Taverna Greka Restaurant	326 Columbia St		New Westmin	BC	V3L 1A6	6046693281	www.taverna.ca	NEW WESTMINSTER	
Bravo Cucina Restaurant	1209 Lonsdale Ave		North Vancoo	BC	V7M 2H5	6049853006	www.bravocucina.ca	NORTH VANCOUVER	
Burgoo Bistro Lonsdale	3 Lonsdale Ave		North Vancoo	BC	V7M 2E4	6049040933	www.burgoo.ca	NORTH VANCOUVER	
Cheers Restaurant	125 2nd St E		North Vancoo	BC	V7L 1C2	6049859192	www.cheersnorthvan.com/	NORTH VANCOUVER	
Crab Shop	2455 Dollarton Hwy		North Vancoo	BC	V7H 0A2	6049291616	www.thecrabshop.ca	NORTH VANCOUVER	
Hells Pizza	1931 Lonsdale Ave		North Vancoo	BC	V7M 2K3	6049866661	www.hellpizza.ca	NORTH VANCOUVER	
Marina Grill	1653 Columbia St		North Vancoo	BC	V7J 3R5	6049880038	www.marinagrill.com	NORTH VANCOUVER	
Mountain Top Café	103-1124 Lonsdale Ave		North Vancoo	BC	V7M 2H1	6049609605	www.emountaintop.com	NORTH VANCOUVER	Dedicated GF premises
Observatory at Grouse Mount	6400 Nancy Greene Way		North Vancoo	BC	V7R 4K9	6049809311	www.grousemountain.com	NORTH VANCOUVER	
Pinnacle Hotel at the Pier	138 Victory Ship Way		North Vancoo	BC	V7L 0B1	6049738000	www.pinnaclepierhotel.com	NORTH VANCOUVER	
Saucisse Restaurant	437 Dollarton Hwy		North Vancoo	BC	V7G 1M9	7783401919	www.saucisserverestaurant.co	NORTH VANCOUVER	
The Wild Wood Bistro & Bar	101-1436 Portage F	Portage St	Pemberton	BC	V0N 2L0	6048940114	www.wildwoodrestaurants.c	PEMBERTON	
Chomp Vegan Eatery	201 Morrissey Rd		Port Moody	BC	V3H 0E5	6049170201	www.chompveganeatery.co	PORT MOODY	100% GF, dine in/take out
Saint St. Grill	2514 St. Johns St		Port Moody	BC	V3H 2B4	6049377477	www.sainstgrill.com/	PORT MOODY	Gluten aware, replace bread with rice crackers
Living Café	240 - 12240 Second Ave		Richmond	BC	V7E 3L8	604370LIVE	www.livingcafe.ca/	RICHMOND	Celiac-owned, 100% GF, raw vegan vegetarian & paleo
Steveston Seafood House	3951 Moncton		Richmond	BC	V7E 3A7	6042715252	www.stevestonseafodhouse	RICHMOND	
Gumbot Restaurant (vegetar	1057 Roberts Creek Rd		Roberts Cree	BC	V0N 2W0	6048854216	www.gumbotrestaurant.com	Gibsons - Robert's Creek - Sechelt	
Saffron Bistro Ltd	5755 Cowrie		Sechelt	BC	V0N 3A0	6047400660	www.saffronrestaurant.ca/	Gibsons - Robert's Creek - Sechelt	
Pepe & Gringo's	40359 Tantalus Way	Garibaldi H	Squamish	BC	V0N 1T0	6048983606	www.pepeandgringo.com	SQUAMISH	
The Nest	41340 Government Rd		Squamish	BC	V0N 1H0	6045674444	www.thenestrest.com	SQUAMISH	
Barcelo's Flame Grilled Chicke	7238 137 St		Surrey	BC	V3W 1A3	6045020206	www.barceloscanada.com	WHITEROCK / SURREY	
Momoyama Japanese Restaura	12 13767- 72 Ave		Surrey	BC	V3W 9Z1	6045430858	No website	WHITEROCK / SURREY	
Old Surrey Restaurant	13483 72 Ave		Surrey	BC	V3W 2N7	6045962313	www.oldsurreyrestaurant.ca	WHITEROCK / SURREY	
Pikanik Lunch Counter	127 - 1959 152nd St		Surrey	BC	V4A 4P9	6046351759	www.pikanik.ca	WHITEROCK / SURREY	Dedicated GF premises
Sabatino's Trattoria & Bar	950 - 15356 24 Ave		Surrey	BC	V4A 2H9	6045425989	www.sabatinostrattoria.com	WHITEROCK / SURREY	GF pasta, pizza, choc cake
Illuminatè Ristorante	125 - 1077 56th St		Tsawwassen	BC	V4L 2A2	6049435900	www.illuminaterestorante.co	TSAWWASSEN	
Arriva Ristorante Italiano	1537 Commercial Dr		Vancouver	BC	V5L 3Y1	6042511177	www.arrivarestaurant.ca/	CAMBIE/MAIN/KINGSWAY	
Bandidas Taqueri	2781 Commercial Dr		Vancouver	BC	V5N 1V6	6045688224	www.bandidastaqueria.com	CAMBIE/MAIN/KINGSWAY	
Chutney Villa	147 East Broadway		Vancouver	BC	V5T 1W1	6048722228	www.chutneyvilla.com	CAMBIE/MAIN/KINGSWAY	Almost entire menu GF
East is East	4413 Main St		Vancouver	BC	V5V 3R2	6048792020	www.eastiseast.ca	CAMBIE/MAIN/KINGSWAY	Almost entire menu GF
House of Dosas	1391 Kingsway		Vancouver	BC	V5V 3E3	6048751283	No website	CAMBIE/MAIN/KINGSWAY	
Kamakias Greek Taverna	451 West Broadway		Vancouver	BC	V5Y 1R4	6048792215	No website	CAMBIE/MAIN/KINGSWAY	
Latitudes	3250 Main Street		Vancouver	BC	V5V 3M5	6048754114	www.latitudeonmain.com	CAMBIE/MAIN/KINGSWAY	
Organic Lives Restaurant	1829 Quebec St		Vancouver	BC	V5T 1B1	7785887777	www.organiclives.org	CAMBIE/MAIN/KINGSWAY	Numerous GF entrees & desserts
Our Town Café	245 E Broadway		Vancouver	BC	V5T 1W4	6048791924	No website	CAMBIE/MAIN/KINGSWAY	
Quejos Café	4129 Main St		Vancouver	BC	V5V 3P6	6044200832	www.quejos.com	CAMBIE/MAIN/KINGSWAY	
Season's in the Park	Cambie Street at W	Queen Eliz	Vancouver	BC	V5Y 2M2	6048748008	www.vancouverdine.com/sc	CAMBIE/MAIN/KINGSWAY	
Sweet Revenge	4160 Main St		Vancouver	BC	V5V 3P7	6048797933	www.sweet-revenge.ca	CAMBIE/MAIN/KINGSWAY	Some GF Desserts
Tatsu Japanese Bistro	1441 Commercial Dr		Vancouver	BC	V5L 3Y2	6045582285	www.tatsubistro.com	CAMBIE/MAIN/KINGSWAY	GF soy sauce
Thai Away Home	3315 Cambie St		Vancouver	BC	V5Z 2W6	604873THAI	www.thaiawayhome.com	CAMBIE/MAIN/KINGSWAY	
The Reef	4172 Main St		Vancouver	BC	V5V 3P7	6048745375	www.thereefrestaurant.com	CAMBIE/MAIN/KINGSWAY	GF items marked on menu
Three Jewels Café (Vietnames	1179 Commercial Dr		Vancouver	BC	V5L 3X2	6045685425	www.threejewelsvancouver.c	CAMBIE/MAIN/KINGSWAY	
Blue Water Cafe & Raw Bar	1095 Hamilton St		Vancouver	BC	V6B 5T4	6046888078	www.bluewatercafe.net	DOWNTOWN	
Calabash Bistro	428 Carrall St		Vancouver	BC	V6A 0A7	6045685882	www.calabashbistro.com	DOWNTOWN	
Central Bistro	1072 Denman St		Vancouver	BC	V6G 2M8	6046894527	www.centralbistro.com	DOWNTOWN	
Chambar	562 Beatty St		Vancouver	BC	V6B 2L3	6048797119	www.chambar.com	DOWNTOWN	
Chilli House Thai Bistro	1018 Beach Ave		Vancouver	BC	V6E1T7	6046858989	www.thaihouse.com	DOWNTOWN	Beware meats marinated in soy sauce
Chopped Leaf	488 Robson St		Vancouver	BC	V6B 2B5	604609CHOP	www.choppedleaf.ca	DOWNTOWN	
CinCin	1154 Robson St		Vancouver	BC	V6E 1B5	6046887338	www.cincin.net	DOWNTOWN	
Forage	1300 Robson St		Vancouver	BC	V6E 1C5	6046611400	www.foragevancouver.com	DOWNTOWN	
Gorilla Food	436 Richards St		Vancouver	BC	V6B 2Z4	6047222504	www.gorillafood.com	DOWNTOWN	
Granville Room	957 Granville St		Vancouver	BC	V6Z 1L3	6046330056	www.granvilleroom.ca	DOWNTOWN	
LUPO Restaurant	869 Hamilton St		Vancouver	BC	V6B 2R7	6045692535	www.luporestaurant.ca	DOWNTOWN	
Maria's Taverna Downtown	1037 Denman		Vancouver	BC	V6G 2M4	6046818500	www.mariastaverna.ca	DOWNTOWN	
Nuba (Lebanese)	207-B W Hastings		Vancouver	BC	V6B 1H7	6046881655	www.nuba.ca	DOWNTOWN	GF falafals
Organic Lives Restaurant	451 Granville Street		Vancouver	BC	V6C 1V4	6044249422	www.organiclives.ca	DOWNTOWN	Numerous GF entrees & desserts
Seawall Bar & Grill and Curren	1601 Bayshore Dr	Bayshore E	Vancouver	BC	V6G 2V4	6046823377	www.westinbayshore.com	DOWNTOWN	
smakfastfood	1139 W. Pender St		Vancouver	BC	V6E 2P4	6045595MAK	www.smakfastfood.com	DOWNTOWN	
The Acme Cafe	51 W Hastings		Vancouver	BC	V6B 1G4	6045691022	www.acmecafe.ca	DOWNTOWN	GF panini
The New Coast Restaurant	1054 Alberni St		Vancouver	BC	V6E 1A3	6046295014	www.coastrestaurant.ca	DOWNTOWN	
The Parker	237 Union St		Vancouver	BC	V6A 3A1	6047793804	www.theparkervancouver.co	DOWNTOWN	
The Refinery	1115 Granville St		Vancouver	BC	V6Z 1L8	6046878001	www.therefineryvancouver.c	DOWNTOWN	
The Rogue Kitchen & Wetbar	601 West Cordova		Vancouver	BC	V6B 1E1	6046788000	www.roguewetbar.com	DOWNTOWN	
Water Street Café	300 Water St		Vancouver	BC	V6B 1B6	6046892832	www.waterstreetcafevancoo	DOWNTOWN	
Zagros Persian	1091 Davie St		Vancouver	BC	V6E 1M5	6046880405	www.zin-restaurant.com/zir	DOWNTOWN	
Baan Wasana	2143 West 41st Ave		Vancouver	BC	V6M 1Z6	7783718971	www.baanwasana.com	DUNBAR / KERRISDALE	
Handi Cuisine of India	4432 Dunbar St		Vancouver	BC	V6S 2G5	6047383186	www.handicuisine.com/	DUNBAR / KERRISDALE	
Mexicali	4424 Dunbar St		Vancouver	BC	V6S 2G5	6047316517	www.mexicali.ca	DUNBAR / KERRISDALE	GF Menu
Apollonia Greek Restaurant	1830 Fir St		Vancouver	BC	V6J 3B1	6047369559	www.apolloniagreekrestaur	GRANVILLE / FALSE CREEK	
Bistro 101 Pacific Culinary Ins	101 - 1505 West 2nd Ave		Vancouver	BC	V6H 3Y4	6047340101	www.bistro101.com	GRANVILLE / FALSE CREEK	GF menu
Bridges Restaurant	1696 Duranleau		Vancouver	BC	V6H 3S4	6046874400	www.bridgesrestaurant.com	GRANVILLE / FALSE CREEK	
CRU	1459 West Broadway		Vancouver	BC	V6H 1H6	6046774111	www.cru.ca	GRANVILLE / FALSE CREEK	Require 24 hr notice for GF dining due to small kitchen
Dockside Restaurant & Brewin	1253 Johnston St	Granville Is	Vancouver	BC	V6H 3R9	6046857070	www.docksidebrewing.com	GRANVILLE / FALSE CREEK	
Edible Market Bistro	1689 Johnston St	Granville Is	Vancouver	BC	V6H 3R9	6046623606	www.ediblecanada.com/bist	GRANVILLE / FALSE CREEK	GF fish & chips
Restaurant Connor Butler	2145 Granville St		Vancouver	BC	V6H 3E9	6047342145	www.connorbutler.com	GRANVILLE / FALSE CREEK	
Sandbar Restaurant	1535 Johnston St	Granville Is	Vancouver	BC	V6H 3R9	6046699030	www.vancouverdine.com/sz	GRANVILLE / FALSE CREEK	
Star Anise Restaurant	1485 West 12th Ave		Vancouver	BC	V6H 1M6	6047371485	No website	GRANVILLE / FALSE CREEK	
Stone Grill	1661 Granville St		Vancouver	BC	V6Z 1N3	6046370388	www.stonegrillvancouver.co	GRANVILLE / FALSE CREEK	Cook your GF own meal on a hot stone as you like it!
West Restaurant	2881 Granville St		Vancouver	BC	V6H 3J4	6047388938	www.westrestaurant.com	GRANVILLE / FALSE CREEK	
Athene's Greek Restaurant	3618 West Broadway		Vancouver	BC	V6R 2B7	6047314135	www.athenesrestaurant.ca	KITSILANO	
Baru Latino	2535 Alma Street		Vancouver	BC	V6R 3R8	6042229171	www.barulatin.com	KITSILANO</	