



PRINT EDITION · SEPTEMBER 2026

Where to eat gluten-free in the New Forest

A free, independent guide to 208 places: 72 pubs, 33 restaurants, 45 cafés and tea rooms, 2 farm shops, 15 hotels, 9 takeaways, 32 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/

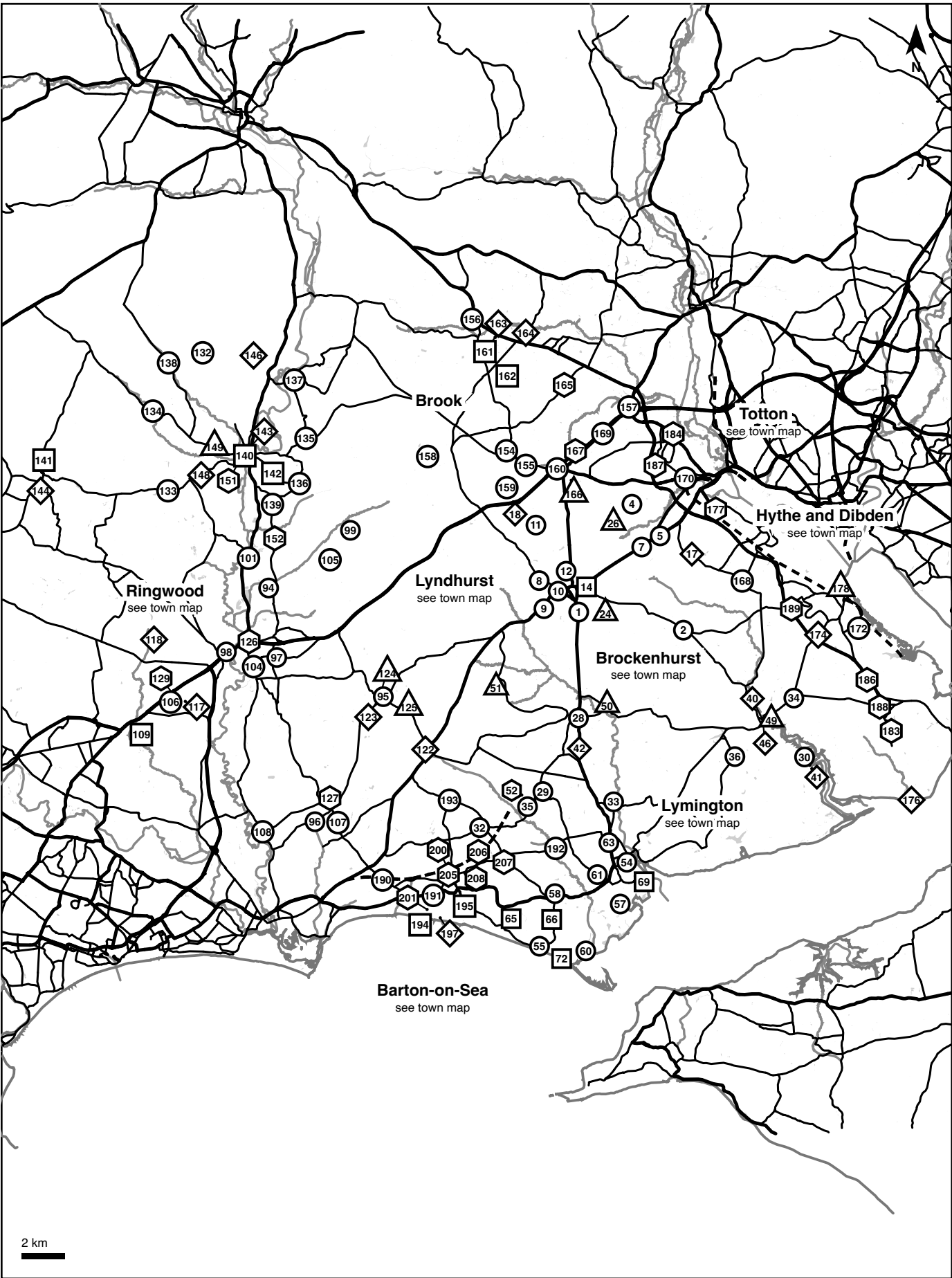
The full guide, kept current — with maps, directions, venue pages and a feedback form.
Not a certification body. Free to use, free to copy for non-commercial purposes.

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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

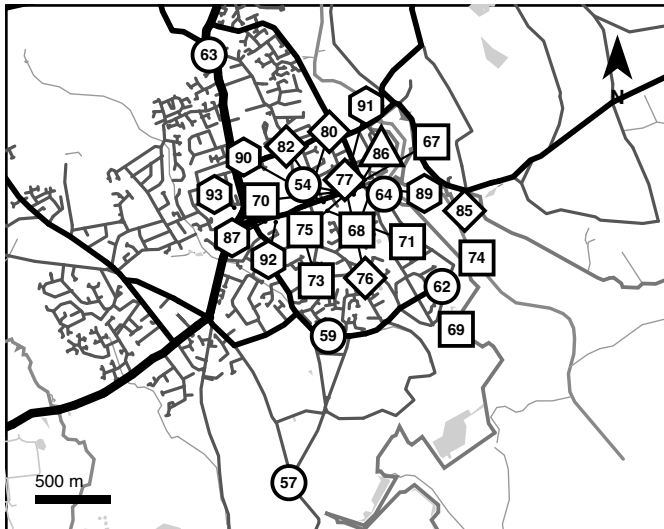
Numbers match the entries that follow

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

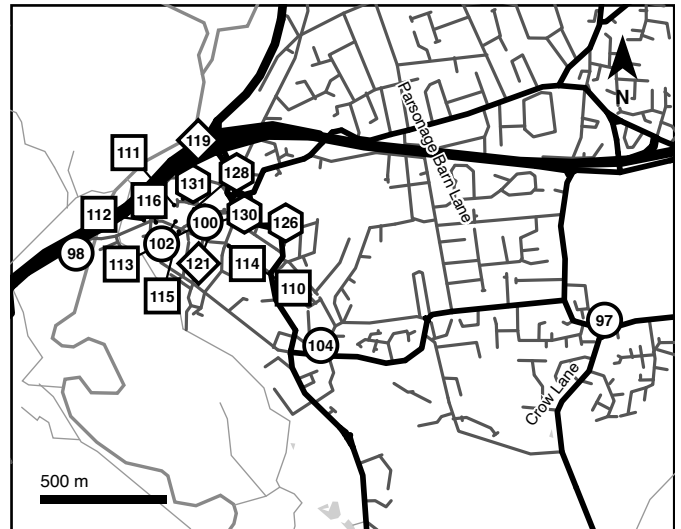
Town maps

Pin numbers match the entries and index.

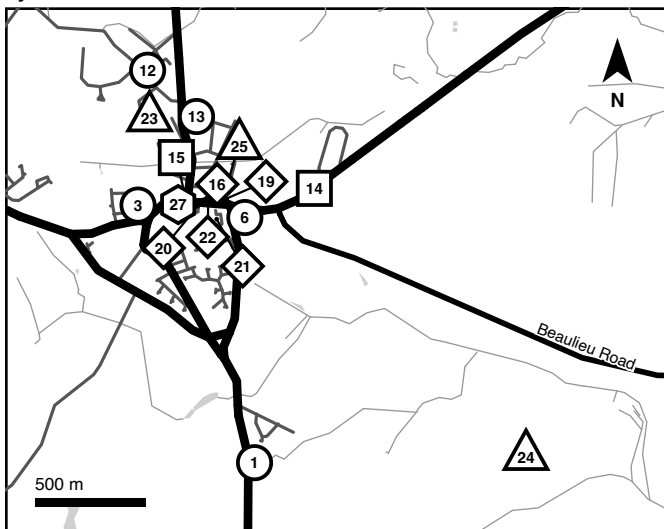
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Ringwood



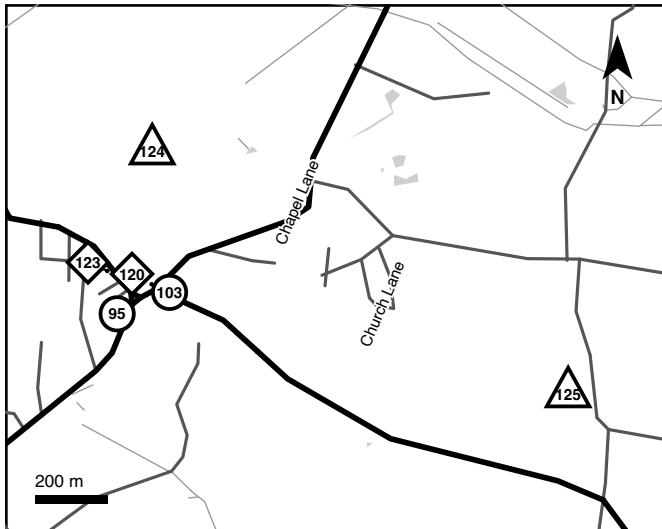
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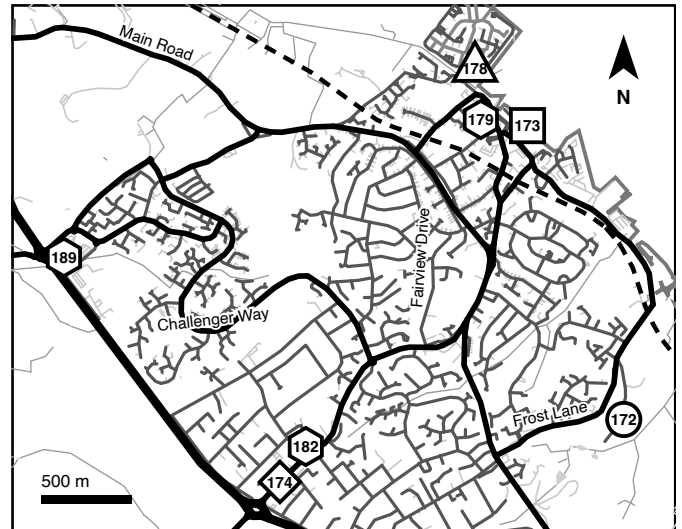
Town maps

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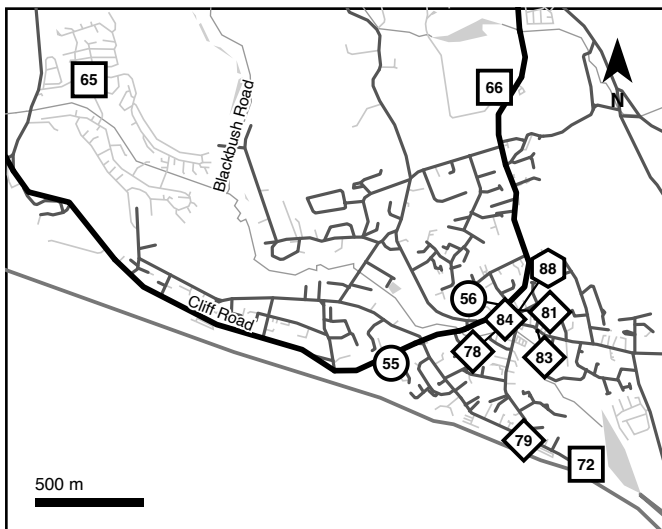
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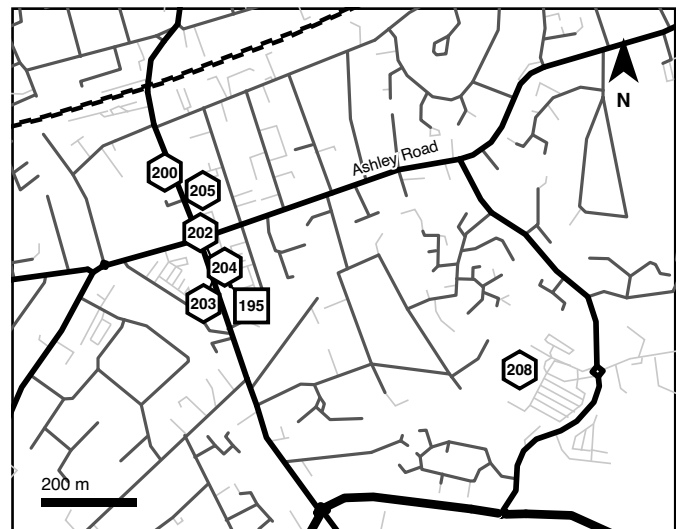
Hythe and Dibden



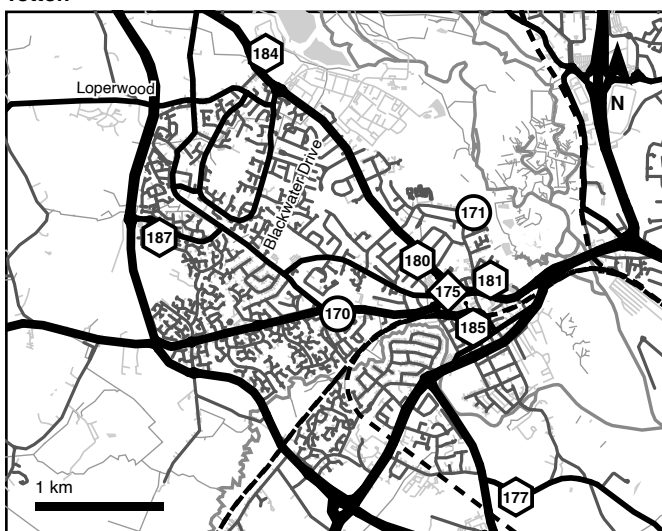
Milford-on-Sea



New Milton



Totton



Lyndhurst area

PUBS

1 The Crown Stirrup

PUB · Clay Hill · 0.8 miles from Lyndhurst

GF options

The menu marks chilli, ham and eggs, hunters chicken and syrup sponge gluten free. Pizzas, sandwiches and several Sunday roasts have gluten-free adaptations.

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

Checked September 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

GF options

The menu marks chilli, sausage and mash, ham and eggs, hunter's chicken and several jacket-potato fillings gluten-free. It explicitly says onion rings and sticky Thai beef are not gluten-free.

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

Checked September 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 tochos, 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

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

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

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

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

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

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

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

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

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

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 · Durnstow, 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

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

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

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

41 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

42 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

43 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

44 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

45 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

46 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

47 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

48 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

49 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

50 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

51 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

52 Sway Butchers

SHOP · Station Road · 2.6 miles from Brockenhurst

GF options

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.

Before you order — Check the ingredients and handling of each product; the gluten-free claim doesn't cover the whole counter. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Checked September 2026

53 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

54 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

55 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

56 The Cave

PUB · 2 Church Hill · 3.0 miles from Lymington

GF options

The linked summer 2024 tapas menu marks dishes that can be made gluten free, including meatballs, king prawns, potato tortilla and falafel.

Before you order — The linked menu is dated 2024. Check the current choices and how any bread accompaniments and fried dishes are prepared.

Checked September 2026

57 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

58 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

59 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

60 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

61 The Lion and Lamb

PUB · 26 North Street · 0.8 miles from Lymington

GF options

The menu marks chicken with wild mushroom sauce, ham and eggs with chips, and house omelettes gluten-free. The drinks page also advertises gluten-free bottled beer and lager.

Before you order — Some gluten-free labels appear beside a pretzel bun, Guinness chutney and beer-battered onion rings. Confirm those ingredients and the cooking arrangements for coeliac disease.

Checked September 2026

62 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

63 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

64 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

65 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

66 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

67 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

68 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

69 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, moulles 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

70 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

71 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

72 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

73 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

74 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

75 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

76 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

77 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

78 Melleford

CAFÉ · 60 High Street · 3.1 miles from Lymington

GF options

The breakfast and lunch menu lists gluten-free sausages and says gluten-free dessert options are available.

Before you order — The menu does not say whether the bread served with breakfast can be replaced or how gluten-free food is prepared. Check the complete plate and preparation with the team.

Checked September 2026

79 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

80 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

81 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

82 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

83 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

84 Tidal Kitchen

CAFÉ · 7 Church Hill · 3.1 miles from Lymington

GF options

All sandwiches can be made on gluten-free bread. The menu also marks bowls and burgers gluten-free and asks you to request the gluten-free version.

Before you order — Explain that you have coeliac disease when ordering and discuss the chosen filling and bread handling. Ordinary bread and focaccia are also served.

Checked September 2026

85 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

HOTELS

86 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

87 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

88 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

89 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

90 Grape Tree Lymington

Checked September 2026

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

91 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

92 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

93 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.

Ringwood & Burley

PUBS

94 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

95 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

96 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

97 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

98 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

99 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

100 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

101 The Old Beams

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

GF options

The a la carte marks most seasonal mains gf — lamb's liver, pork brochettes, chargrilled chicken breast, Brixham fish of the day, the ribeye and ham egg and chips — with fish and chips and both burgers adaptable, plus gluten-free-marked salt and pepper squid and tempura pork belly bites among the small plates. Sunday roasts are adaptable and most sides are marked gluten free. Diners on a gluten-free listing site report plenty of choice and a recommended pie.

Before you order — The menu is candid that dishes are prepared where allergenic ingredients are present, may contain traces, and cannot be guaranteed free of them. Nothing published explains how the gluten-free-marked fried items are kept from the battered cod, so fryer handling is the open question. Researched with care — never a guarantee.

Checked August 2026

102 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

103 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

104 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.

105 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

106 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

107 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.

108 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**109 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

110 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

111 Arbore 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

112 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

113 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

114 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

115 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

116 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

117 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

118 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

119 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

120 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

121 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

122 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

123 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

124 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

125 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

126 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

127 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

128 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

129 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

130 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

131 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

132 The Cartwheel Inn

PUB · Whitsbury · 3.1 miles from Fordingbridge

GF options

The Sunday menu marks fish and chips as available gluten-free and cauliflower cheese as 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

133 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

134 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

135 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

136 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

137 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

138 The Rose and Thistle

PUB · Rockbourne · 3.4 miles from Fordingbridge

GF options

The autumn menu marks fish and chips, halibut, short rib and mushroom risotto gluten-free. Sunday roasts are marked as available gluten-free.

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

139 The Royal Oak

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

GF options

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 many dishes can be tweaked gluten-free and staff will guide you, but publishes nothing on how the kitchen avoids cross-contact — notably how GFO fried dishes like calamari and fish and chips are cooked. A new kitchen team was announced recently, so practices may have changed. Researched with care — never a guarantee.

Checked August 2026

RESTAURANTS**140 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

141 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.

142 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**143 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

144 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.

145 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

146 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

147 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

148 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

149 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

SHOPS

150 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

151 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

152 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

153 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

154 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.

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

Checked September 2026

155 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

156 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

157 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

158 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

159 The Sir Walter Tyrrell

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

GF options

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

Checked September 2026

160 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

161 Charlotte's Restaurant

RESTAURANT · In-Excess Landford Garden Centre, Southampton Road · 3.5 miles from Brook

GF options

The published breakfast menu offers gluten-free toast. The lunch menu marks battered fish and chips and ham and eggs gluten free.

Before you order — The restaurant warns that deep-fried food risks cross-contamination with cereals containing gluten. Discuss a coeliac order with staff before choosing the fish and chips.

Checked September 2026

162 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

163 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

164 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

165 The Farmer's Butcher

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

GF options

The butcher advertises gluten-free products at its farm shop and offers a gluten-free version of its September family meat box. Select that version when ordering. UK labels emphasise gluten-containing ingredients, and "gluten free" is a regulated claim.

Before you order — A gluten-free product listing does not describe how the counter, equipment or preparation areas are kept apart. Ask about handling before buying unpackaged products.

Checked September 2026

HOTELS

166 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

167 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

168 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

169 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

170 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

171 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

172 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

173 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

174 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

175 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

176 The Lookout at Lepe Country Park

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

The lunch menu offers a gluten-free roll with the soup of the day. Check which soup is suitable when ordering.

Before you order — Check the soup ingredients and how the gluten-free roll is kept apart from ordinary bread when ordering for coeliac disease.

Checked September 2026

FARM SHOPS

177 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

178 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

179 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

180 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

181 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

182 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

183 Zoutorias

TAKEAWAY · 124 Hampton Lane · 3.8 miles from Hythe

GF options

The fish menu lists a gluten-free option at an extra charge.

Before you order — Confirm which fish are available and how they are fried before ordering.

Checked September 2026

SHOPS

184 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

185 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

186 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

187 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

188 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

189 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

190 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

191 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

192 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

193 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

194 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

195 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

196 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

197 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

198 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

199 Sea Thrift Coffee

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

GF options

The café advertises gluten-free options alongside its cakes and snacks, but does not name the current gluten-free selection online.

Before you order — Ask which products are gluten-free that day and how they are stored and served apart from other cakes and pastries.

Checked September 2026

TAKEAWAYS

200 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

201 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

202 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

203 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

204 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

205 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.

206 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

207 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

208 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.

Checked September 2026

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