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# Gluten-Free In London: Your Worry-Free And Gluten-Free Travel Guide To London



## Synopsis

If you're gluten free, the thought of travel, especially overseas, can be daunting. Will you be able to find places that understand how to prepare a safe, gluten-free meal? If you're considering visiting London, you're in luck. *Gluten Free in London*, just updated in November 2015, helps take the hassle out of the overwhelming task of planning. All the work has been done for you: over 100 hours has gone into helping you plan a worry-free trip with plenty of options for gluten-free dining along the way. Karen Broussard, founder of the popular [GlutenFreeTravelSite](#), [DINE GLUTEN FREE](#) mobile app, and [Gluten Free Travel Blog](#), shares her personal dining experiences from a recent family trip to London. You'll benefit from her countless hours of planning: from seeing all the major sites to finding the most convenient gluten-free friendly places to eat near each one. This report includes chapters on sightseeing in different London neighborhoods -- with points of interest, detailed reviews of each restaurant where she and her family dined, and a customized map of well over 100 places to safely eat all over London, including places that serve gluten free traditional English Afternoon Tea. *Gluten Free in London* can literally be used as a day-by-day itinerary. In this information-filled 10-chapter book, Karen also recommends a centrally located, gluten-free friendly (and family-friendly) hotel and a travel agent who can help you save money in booking. *Gluten Free in London* will let you relax and create amazing memories without constantly wondering where you'll eat, and it will pay for itself dozens of times over in time saved. You'll even get tips on saving money on museum admissions and theatre tickets. Recommended restaurants include everything from fast-casual GF-friendly chains with many convenient locations around London to fine dining. Whether you are in the mood for Italian, Mexican, Spanish tapas, Indian, Peruvian-style chicken, steaks, seafood, burgers, pizza, or Dutch-style pancakes any time of day, you'll learn about places you can safely eat in *Gluten Free in London*.

## Book Information

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## Customer Reviews

This is a fantastic guide to dining gluten free in London and for visiting London in general! It includes tons of great dining recommendations all around London's attractions and beyond for people like us that are gluten free. My family plans to travel to London in the near future and I will definitely use the author's recommendations, not only to plan our meals but also to plan our itinerary and to book our hotel. This information makes our planning so much easier! I highly recommend this book!

There were some helpful tips in this book but nothing I couldn't have found on the internet. Some of it doesn't apply to our family as there are 6 of us so some of the suggestions just don't work for us.

How grateful i was to find this book! We are planning a trip to London and i was fretting about finding GF dining options. Reading of the many choices has put my mind at ease. Speaking of ease, having the links right in the Kindle makes further research a breeze.

While there were a lot of very helpful tips they did not cover the finer restaurants that I was interested in

This book was a treasure to have on our recent trip to London with my family. We like to keep our travel itineraries fairly flexible and being able to quickly reference a guide to find a safe restaurant close to the parts of the city we found ourselves in for mealtimes made the trip so much more enjoyable. I highly recommend it!

The links she provides are so helpful and save lots of time when putting your itinerary together. Her

reviews on the restaurants are spot on.

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