

# GLUTEN FREE SURVIVAL GUIDE



## Restaurants with Gluten-free Menus:



**New London**

**Norwich**



**Westerly**

## Supermarkets with Gluten-free Aisles:



**Mystic**



**Mystic**



## Best Pasta:



**Baked Goods:**



**Bagels**  
**English Muffins**  
**Bread**

[www.kinikinnik.com](http://www.kinikinnik.com)

[www.Celiaspecialtieshop.com](http://www.Celiaspecialtieshop.com)

[www.freshglutenfree.net](http://www.freshglutenfree.net)

[www.energ.com](http://www.energ.com)

- At [freshglutenfree.com](http://freshglutenfree.com) (my Silly Yak Bakery):
  - try the cinnamon swirl bread
- At [energ.com](http://energ.com):
  - supplies Disney World with their gluten-free bread/buns/etc.
- At [celiaspecialieshop.com](http://celiaspecialieshop.com):
  - try the cinnamon sugar donuts (can't tell they are gluten free)
  - try the croissants (these are the best gluten free baked goods ever tasted)

**Frozen foods:**



## Snacks:

