



NapaLife –

For those who live in Napa Valley
– and those who wish they did

An Insider's Look at Napa Valley

November 2022

Gluten-free options at Napa Valley restaurants

As I have friends (and a relative) who are gluten-free, I queried local restaurants about their offerings, and also asked *NapaLife* readers.

Here are the responses. I haven't checked any out personally and I take no responsibility about any of this, but I welcome comment and corrections at paul@paulfranson.com.

They range from a completely gluten-free kitchen at C Casa to places offering gluten-free menus or noting GF items on their menus to "Ask us." I find the latter a bit baffling. Why not make it easy for customer?

In addition, a few websites list GF options locally:

- [instagram.com/glutenfreevalleygirl](https://www.instagram.com/glutenfreevalleygirl)
- www.findmeglutenfree.com/us/ca/napa
- theceliacmd.com/gluten-free-dining-napa-valley

Bakery

Fi & Me Baking Company is a gluten-free baking company making sweets of all kinds. See www.fiandmebakingco.com and @fiandmebakingco on Instagram.

Napa

Alba at River Terrace Inn has GF offerings and can modify items with gluten-free bread or pasta and there are items that are just naturally GF on the menu.

Azzurro Pizzeria e Enoteca GF menu including pizza

Bistro Don Giovanni GF menu including pasta and dessert

Boon Fly Café GF menu including bread and buns

C Casa is dedicated gluten-free with no cross contamination

Compline

Dutch Door GF options

Eiko's can be GF if you ask. They have tamari to use instead of soy sauce

Filippis has a gluten-free pizza and pasta menu.

First & Franklin has gluten-free bread for their sandwiches

Foodshed has many gf options

Fume Bistro

Galpao Gaucho Brazilian Steakhouse GF menu including bread

Gott's Roadside GF menu including bread/buns, burgers, cider and fries

Grace's Table

Hog Island Oyster Co GF menu including clam chowder

Il Posto Trattoria GF Menu including pasta. It has a separate kitchen for their gluten-free preparations like their GF pasta.

Kitchen Door has gluten free options like pho, cream of mushroom soup, rice noodle lettuce cups. Their menu includes a "gf" for these items.

La Cheve Bakery and Brews GF Menu including dessert, muffins, pancakes and tacos
Loveski's at Oxbow can make sandwiches with GF bread and has GF bagels.

Morimoto Napa

Mountain Mikes has GF pizza

Napa Noodles GF Menu including noodles and ramen

Napa Valley Bistro GF menu. They can accommodate any special allergy or dietary needs.

Oenotri in Napa had freshly made GF pasta!

Pasta Prego GF menu including pasta

Pizza Azzuro GF pizza

Ristorante Allegria

Sift Cupcake & Dessert Bar GF menu including cupcakes

Sunshine cafe doesn't have a GF menu but they can make almost everything GF. They also have GF bread and pancakes.

Tarla Mediterranean Bar + Grill

Torc

Waterfront Seafood Grill

ZuZu

Yountville

Ad Hoc

Bouchon

Bottega Napa Valley

Brix Napa Valley

French Laundry GF menu including bread/buns and dessert

La Calenda GF menu options including tacos

Lucy Restaurant and Bar in Bardessono can modify and prepare gluten-free options to avoid cross contamination.

R+D Kitchen

The Restaurant at Auberge du Soleil

St. Helena

Brasswood Estate GF menu including cider, cocktails, cookies, dessert and more

Clif Family Vineyards food truck has gluten-free options.

Crisp Kitchen & Juice. All its baked goods are GF. Bread/buns, breakfast sandwiches, dessert, ramen & more

Farmstead at Long Meadow Ranch

Goose and Gander

Market

Meadowood Forum

Pizzeria Tra Vigne has GF Bolognese pasta

St. Helena Bistro

Sunshine Market carries GF pasta

Calistoga

Evangeline in Calistoga makes GF fried chicken with a few day's notice. They prepare it in the kitchen before anything else, so you need to get there early.

Lovina GF Menu including lasagna and pasta

SolBar and PicoBar. PicoBar menu is 95% gluten free and SolBar has options for breakfast, lunch and dinner and can accommodate patrons.



NapaLife is published 52 times a year and delivered by email. The subscription rate for individuals is \$50 per year. The cost is \$100 for businesses and groups including hotels, wineries, visitor bureaus and government agencies with 10 or fewer readers, \$200 for more. Subscribe or renew at www.NapaLife.com or request an invoice.

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Proofreading by Betty Teller and Rosemary Gafner.