

Gluten Free in Greece

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If you're considering traveling to Greece but you are unsure of places to go, this is the spot for you! I have visited Greece most summers since I was five, but when I was diagnosed with Celiac Disease almost three years ago I didn't know what it would be like when I went back to Greece.

Before traveling anywhere abroad (especially with Celiac Disease) there are some important things to do. The first thing is making sure that you request gluten free meals on your flights. Since this is a long flight you will get dinner and breakfast. So far, I have not had any issue with getting a gluten free airplane meal. It's also important to pack some extra snacks just in case. I like to pack a hummus and a sandwich for waiting at the airport. Most of the time, TSA will let you bring through a frozen water bottle to keep food cold. My family and I also used Find Me Gluten Free to look up all the amazing places that are listed below, to help us prepare for my first time back in Greece.

Once you're in Greece, if you choose to eat out at a place that is not dedicated gluten free, you should know that it is customary for the cutlery to come to your table in the bread basket, which is basically a Celiac's worst nightmare. So just make sure you ask for this to come separate. Many meals usually also come with pita, so make sure you make it clear that you don't want it on your plate. Many servers, especially in the touristy locations, speak English so there should not be much of a language barrier. Celiac Disease isn't a well known term in Greece so I usually say I have a gluten allergy. You can also purchase an allergy card in Greek that you can show at a restaurant to help clarify any details to ensure that your needs are met.

Luckily, many meals there are naturally gluten free so even if there are no gluten free products available, you will still have a variety of options. Many of the bigger chain grocery stores like AB Vassilopoulos, and Sklavenitis also have gluten free products available such as breads, pastas, cake loafs, and cookies (keep an eye out for all of the different Schar snacks that you can't find in the US, and the Papadopoulos brand). This is helpful for you to take food to locations where you won't be able to find a gluten free bakery/restaurant. However, the places that do have gluten free foods did not disappoint whatsoever! Keep reading to find out all of the amazing gluten free options that Greece has to offer.

Athens:

Thanopoulos Cafe

Located in Nea Kifisia, Thanopoulos Cafe can be found on the top floor of the Thanopoulos supermarket. The cafe is dedicated gluten free and they have a variety of amazing options. I tried their ham pizza, tiropitas (cheese pies), and the croissants (which were Schar brand). Thanopoulos Cafe is about 25 minutes from the center of Athens so it may be difficult to get to if you don't have a car, but it is definitely a good spot to try. You can also shop for gluten free groceries from the store below the cafe.

Nudie Foodie

Nudie Foodie was a great spot that we found in the center of Athens. It's dedicated gluten free, and it was really easy to walk to from Monastiraki. This was a great spot for breakfast! While I was there, I tried their banana pancakes, tiropitas (which I took more of to go), and some cookies that came with our coffee order. There were so many other options that I didn't get the chance to try, which just means I get to go back again!

Greek Stories

This is by far my favorite gluten free restaurant that I have tried in Greece! Located in the heart of Athens just around the corner from the Acropolis and the Acropolis Museum, Greek Stories is a completely gluten free restaurant with authentic Greek food. While I was there I tried the cheese croquettes, bread, cretan dakos salad, eggplant rolls, cheese saganaki, penne with chicken and white sauce, and grilled octopus. I have gone to Greek Stories the past two times I went to Greece, and both times did not disappoint! I definitely recommend stopping by if you are in Athens.

Asterique

Asterisque is a gluten free bakery that is located 10 minutes outside of the heart of Athens. It is dedicated gluten free and has food ranging from desserts to savory bread. The food was great to take as we continued on with our travels so that I could have options while I was in places that didn't have anything gluten free available. From Asterique, I ordered the lemon tart, a brownie, chocolate filled donuts, two loaves of bread, and a hummus and pepper sandwich. All of the food was so amazing and I would definitely go back the next time I'm in Greece

Marinos Kosmas - A Gluten Free Project

Another personal favorite of mine is Marinos Kosmas. This is my favorite gluten free bakery that I have been to! Marinos Kosmas is a dedicated gluten free bakery that has everything from tiropitas to sweet treats. They have food that is fresh and a freezer full of other amazing goodies. Whenever I'm there I make sure to get their tiropitas (frozen and to-go), and their sourdough bread. This was the first bakery I came to in Greece after being diagnosed with Celiac Disease and it kept me from feeling like I was missing out on the Greek food experience. Although this is about 15 minutes outside of the center of Athens it should definitely be on your list of gluten free spots in Athens.

Nafplio

MITATO Grill

Mitatio Grill is located in Nafplio, Greece. They are not completely gluten free but the servers are aware of Celiac Disease, and they will take precautions with their meal. MITATO Grill offers gluten free pita for you to have with the rest of your meal. If you are in this area it is a great spot to try!

Sparta

Peiran

Peiran is an all organic grocery store located in Sparta. They have multiple shelves and a freezer that are dedicated to gluten free products. The freezer section even has products from the Marinos Kosmas bakery in Athens! This is a great spot to go to if you are looking for packaged goods that will last a while as you travel.

Thessaloniki

Gatidis Fresh

Gatidis Fresh is a chain bakery that has many shops located around Thessaloniki. It is not a dedicated gluten free bakery, but they have an amazing variety of gluten free products in their bakery. These products are pre-packaged and kept separate from the products containing gluten. My favorites are their lemon loaf, chocolate chip cookies, and their koulourakia (a cookie that goes great with coffee!). If you are in Thessaloniki this is a great place to go to!

There are still so many gluten free options that Greece has to offer that I haven't been able to try yet, but I hope that this list helps you as you travel to Greece.