

Version: Summer/2008
Majorca Gluten Free



MAJORCA GLUTEN FREE TRAVEL GUIDE

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1 Introduction

Let me first introduce myself, I'm Carmen, I live in Majorca, and my son suffers from coeliac disease. This guide is for you, visitors, travellers and tourists who want to visit Majorca and need help to eat gluten free on the island, where I live gluten free all the year.

Keep in mind that the dates in this guide could be change easily, always check or phone the shops/restaurants, etc...

How are things in Spain? Basically, a lot of things are done, a lot of things still to do. In the past the coeliacs association has done a lot of things to communicate and request our rights, but we still are on the way to achieve them.

Usually people don't know much about the coeliac disease, it is still something completely unknown for doctors and paediatrics. The average time for a diagnostic is 2 years for children and 7 years for adults. Imagine the suffering of our coeliacs and the cost for the insurance companies and National health Security.

We don't have laws to have a correct label, or to have gluten free menus in the nursery, school, hospital, etc...

The gluten free products are unbelievable expensive, we don't have economical help or discounts or tax reduction for having a chronic disease.

We don't have health assistance to keep in control the coeliac disease, no help from doctors (they send you to the association to know your diet), no help from psychologist to cope with a chronic disease or to know how to raise a child with a chronic disease, and no help from nutritionists. If you are lucky and live in Barcelona or Madrid, the association tries to overcome this misfunctions from the national health system, but if you live in other areas your association doesn't work that well.

Ah, and we have to pay for a book (made by the association FACE or SMAP) which tells you which products are gluten free. The inner information for us, and you have to pay for it.

If you want to know what we are asking for:

[http://manifiestoceliaco.wordpress.com/manifiesto-celiaco/\(only Spanish\)](http://manifiestoceliaco.wordpress.com/manifiesto-celiaco/(only%20Spanish))

Do you still want to come to Majorca? These are our tips.....

2 Gluten Free Symbol

In Spain we have different symbols for gluten free:



means Controlled by FACE (Spanish Federation for Coeliac Disease), 10 ppm maximum level of gluten.

www.celiacos.org

www.controladoporface.es



International symbol, 200 ppm maximum level of gluten.



Sin gluten = Gluten free , gluten free symbol for mercadona supermarkets.

See web: <http://www.mercadona.es/indexie.php?nidioma=5> (In English, In Deutsch)

Productos EROSKI
aptos para celíacos



Sin gluten= Gluten free, Productos Eroski = Eroski Products, Aptos para celíacos = Suitable for coliacs.

See

web:

http://www.eroski.es/eroski/servlet/Eroski.do?cat_id=1&language_id=5 (In English)

3 Where can I buy Gluten free products?

3.1 MERCADONA



Coeliacs paradise in Spain, Most of the products are labeled with gluten



free symbols.

You can also buy sobrasada, muffins, breads (needs oven), croissants (needs oven), yogurts, desserts, meat, sausage, hamburguers, cheese, chips, corn flakes, milkshake, ice-creams, hundred of products!



OPENING TIMES 9:15 to 21:15 Monday to Saturday. Except at the following locations:

Open from 9 to 21:

- Francesc Macià, S/N (Mercat Sant Salvador) Vilafranca del Penedes (**Barcelona**)
- Verge de l'Assumpció, 32-34. Crta. de Barcelona 233,277 (Mercat Onze de Setembre), Barberà del Valles (**Barcelona**)
- C/ Ribes, 18 Esquina C/ Sicilia con C/ Ali Bei (Mercat de Fort Pienc) (**Barcelona**)

Open from 10 to 21:30:

Open from 10 to 22:00:

- P. Beltrán Báguena S/N, C.C. Nuevo Centro (**Valencia**)
- Crta. Tomares-Castilleja, S/N, C.C. Parque Airesur, Castilleja de la Cuesta (**Sevilla**)
- Plaza de Armas, S/N, C.C. Plaza de Armas (**Sevilla**)
- Avda. Siete Palmas, S/N C.C. Siete Palmas, Las Palmas de Gran Canaria (**Las Palmas**)
- Antonio María Manrique, C.C. La Minilla, Las Palmas de Gran Canaria. (**Las Palmas**)
- C/ Menorca, 19, C.C. Aqua (**Valencia**)
- Passeig del Ferrocarril (C.C. L'Anec Blau) Castelldefels (**Barcelona**)
- Avda. de la Constitución, s/n. (C.C. Ciudad de Ayamonte), Ayamonte (**Huelva**)
- Avda. Fernández Navarro (**Santa Cruz de Tenerife**)
- Avda. Miguel de Unamuno s/n (C.C. Alcalá Magna), Alcalá de Henares (**Madrid**)
- Avda. de los Descubrimientos, s/n, (C.C. Metromar), Mairena del Ajarafe (**Sevilla**)

SPECIAL OPENING DAYS on Sundays or holidays are updated clicking on the box "SPECIAL HOURS" for each supermarket.

Note: there is a maximum delivery range of 10 km. from our supermarkets to the place of delivery. For supermarkets located in provincial capitals, check with us. For these and other consultations, call us at 902 113 177 from Monday to Saturdays from 9:00 to 21:30, or else via email: sugerencias@mercadona.es

ADDRESS	POSTAL CODE	TELEPHONE	SPECIAL HOURS	PARKING
ALCÚDIA				
C/ POLLENTIA, DEL 26 AL 3	7400	971547623	01/05/08 Closed all day	P
CALVIÀ				
POL. IND. SON CALIU. (CAL	7184	971683366	01/05/08 Closed all day	P
CA'N PASTILLA				
VIAL 1,2,3 Y 11 URB. LA R	7610	971266568	01/05/08 Closed all day	P
INCA				
GRAN VÍA COLON, 28	7300	971881236	01/05/08 Closed all day	
AVDA. REI JAUME I, ESQ. A	7300	971500422	01/05/08 Closed all day	P
LLUCMAJOR				
PASSEIG JAUME III,C/METGE	7609	971661704	01/05/08 Closed all day	
C/ M ^a ANTONIA SALVA S/N	7620	971268063	01/05/08 Closed all day	P
CALLE DE LA FALSIA Nº 8	7620	971786069	01/05/08 Closed all day	
MANACOR				
PLAZA RAMÓN LLULL, 14 - C	7500	971845619	01/05/08 Closed all day	P
VIA MAJORICA 3	7500	971844585	01/05/08 Closed all day	P
MARRATXÍ				
C/ FRANCESC SALVÀ I PIZÀ	7141	971601851	01/05/08 Closed all day	P
SOLAR Nº 396 - URBANIZACI	7141	971603587	01/05/08 Closed all day	P

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PALMA DE MALLORCA				
PLAZA DEL OLIVAR S/N	7002	971717519	01/05/08 Closed all day	P
C/ EUSEBIO ESTADA - C/ HE	7004	971755154	01/05/08 Closed all day	P
C/ ARCHIDUQUE LUIS SALVAD	7004	971752792	01/05/08 Closed all day	
C/ GUILLEM REYNES FONT N°	7004	971292420	01/05/08 Closed all day	P
C/ ARAGÓN, 26	7006	971771070	01/05/08 Closed all day	
C/ MANACOR, 22	7006	971463953	01/05/08 Closed all day	P
C/ BINIAMAR, S/N	7008	971472604	01/05/08 Closed all day	P
C/ ARAGÓN 231 - C/ SON F	7008	971475297	01/05/08 Closed all day	P
C/M. JOSÉ DARDER, 12-14-B	7008	971278104	01/05/08 Closed all day	P
C/ GENERAL RIERA, 46	7010	971750914	01/05/08 Closed all day	
C/ COTLLIURE - C/ FELIPE	7010	971755545	01/05/08 Closed all day	P
C/ PASQUAL RIBOT	7011	971285133	01/05/08 Closed all day	P
EN PROYECTO	7011	971798168	01/05/08 Closed all day	P
C/BARTOLOMÉ SURERA I MISS	7011	971606930	01/05/08 Closed all day	P
AVDA. ARGENTINA, 83	7011	971455506	01/05/08 Closed all day	P
C/ JOAN MIRO, 4	7014	971456316	01/05/08 Closed all day	P
C/ANDREA	7014	971736249	01/05/08 Closed all day	P

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DORIA,66				
C/ CAN DUMENGE,S.N	7015	971405642	01/05/08 Closed all day	P
AVDA. AMERICA - CA NA GAB	7600	971266118	01/05/08 Closed all day	P
PEGUERA				
C/ LLOMER DE PAGUERA	7160	971688078	01/05/08 Closed all day	P
SA POBLA				
C/ GRAN - C/ RECTOR TOMAS	7420	971862353	01/05/08 Closed all day	P
SANTA MARGALIDA				
CARRETERA DE ARTA A PUERT	7458	971851872	01/05/08 Closed all day	P



3.2 EROSKI



It depends on the supermarket but you can find a lot of products gluten free. Mainly ham, bread, cookies, pasta and ice-creams. Labeled with

Productos EROSKI
aptos para celíacos



You can search a supermarket here (Google maps location):

<http://www.eroski.es/es/establecimientos>

3.3 EL CORTE INGLÉS



Only in Palma de Mallorca, and **ONLY in the Dietetic area** you have special products gluten free. Please pay attention that the products inside the supermarket are not labelled!, but they have in the dietetic place a huge stock of gluten free products.

In the dietetic area you have pizzas, nuggets, desserts, cookies, cereals, a huge variety of products and trademarks.

Avenida de Alexandre Rosselló, 12-16

Tel.:971 770 177

Fax: 971 770 809

Restaurante: 971 770 177

Avenida de Jaume III, 15

Tel.:971 770 177

Fax: 971 718 697

3.4 Pharmacies, drugstores



A few weeks ago, the pharmacy cooperative has signed an agreement with the local coeliac association to distribute some gluten free products. They only have a few products from SCHAR (cookies and pasta), but they are everywhere in Majorca. They don't have stock in the pharmacies, you have to ask it, and they delivery to you in a few hours (or days...). I have asked for gluten free products in 6 drugstores and only 1 have known about what I was asking for....so....be patient! It doesn't work properly yet!.

<http://www.cofib.es/>

Search a pharmacy : http://www.cofib.es/es/arxiu_menu/index_ig.htm

3.5 Herbalist's shop / Dietetic shops

Historically The Dietetical shops were where you could find gluten-free products in Spain, still is a good option when you want special products or a wider range of products .It depends on the shop to find some trademarks.

<http://guia-baleares.guiaespana.com.es/herboristerias-herboristas/baleares/empresas-guia.html>

Please, we aware this list can change, always call and check if these shops are still open and sell gluten free products.

- Shop Name
Telephon Number
Address - Postal Code- Town
- **Trysa** Company dedicated to make bakery and sugar-free/gluten-free products.
Delicious!
678792783
C/ Gran 161 - C.P. 07420 - POBLA, SA (MALLORCA) - BALEARES
- **Oswald y klose S.L.**
971820669
Villalonga, 2 (portocristo) - C.P. 07680 - MANACOR(MALLORCA) - BALEARES
- **Puigros veny M. C.**
971551506
Pl. Arq. Bennassar, 1 - C.P. 07600 - MANACOR(MALLORCA) - BALEARES
- **Pascual quetglas M. A.**
971794442
Cami La Cabana, 35 (pont Inca) - C.P. 07009 - MARRATXI(MALLORCA) - BALEARES
- **Krauterhaus sankt bernhard S.L. - Herboristerías, herboristas**
971715894
Unio, 8 - C.P. 07001 - PALMA - BALEARES
- **Llompарт llobera M.**
971881841
Den Corro, 10 - C.P. 07300 - INCA(MALLORCA) - BALEARES
- **Herboristeria els angels**
971744538
Bellamar, 11 (can Pastilia) - C.P. 07610 - PALMA - BALEARES
- **Soler beltran A.**
971297758
Arxiduc Lluís Salvador, 21 - C.P. 07004 - PALMA - BALEARES
- **Pere caldes J. M.**
971881503
Campana, 26 - C.P. 07300 - INCA(MALLORCA) - BALEARES
Herboristeria dietetica murta - Herboristerías, herboristas

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- 971865376
Vicenc Buades, 44 (port Pollença) - C.P. 07470 - POLLENÇA(MALLORCA) - BALEARES
- **Bauza diaz M.**
971203828
Joan Munar, 12 - C.P. 07004 - PALMA - BALEARES
 - **Llompарт coll A.**
971656099
Caravella, 10 - C.P. 07610 - SALINES, SES(MALLORCA) - BALEARES
 - **Seda pons T.**
971298897
Pza. Sta. Pagesa, 3 - C.P. 07003 - PALMA - BALEARES
 - **Cañellas cloquell G. - Herboristerías, herboristas**
971729352
Pl. Sant Antoni, 7 - C.P. 07015 - PALMA - BALEARES
 - **Diaz lopez A. I.**
971760974
E. Estada, 113 - C.P. 07004 - PALMA - BALEARES
 - **Nadal salas F.**
971639434
Via Arch. L. Salvador, 2 - C.P. 07013 - DEIA(MALLORCA) - BALEARES
 - **Driade S.L. - Herboristerías, herboristas**
971208409
Pl. Alexander Fleming, 13 - C.P. - PALMA - BALEARES
 - **Las hierbas salvajes maurice messegue - herbolario**
971713193
F. Borja Moll, 6 - C.P. 07003 - PALMA - BALEARES
 - **Flores planisi C. M.**
971540076
Pau, 8 - C.P. 07010 - POBLA, SA (MALLORCA) - BALEARES
 - **Reinhadt R.**
971492492
Agaro, 10 - C.P. 07610 - PALMA - BALEARES
 - **Natural cash S.L. - Herboristerías, herboristas**
971478521
Otga. Gasset, 9 - C.P. 07008 - PALMA - BALEARES
 - **Rossello sureda J.**
971710202
Pje. Guillermo Torrella, 11 - C.P. - PALMA
 - **Aramburu alcaide M. P.**
971491540
Amilcar, 9 (arenal) - C.P. 07600 - PALMA - BALEARES
 - **Herbodietetica avena**
971732471
Andrea Doria, 12 - C.P. 07014 - PALMA - BALEARES
 - **Zumos orient S.L.**
971605070
Conradores, s/n (pol Indu Marratxi) - C.P. - MARRATXI(MALLORCA) - BALEARES
 - **Jazmin C. B.**
971291756

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Avenida Gaspar Bennazar Arquitecte, 51 - C.P. 07015 - PALMA - BALEARES

- **Casa de la salud S.L.**
971355052
Av. Menorca, 6 - C.P. 07703 - MAO - BALEARES
- **Camara hernando T.**
971298260
Trenta-un De Desembre, 5 - C.P. 07003 - PALMA - BALEARES
- **Herbolario la botica el trebol - Herboristerías, herboristas**
971298260
Trenta-un De Desembre, 5 - C.P. 07003 - PALMA - BALEARES
- **Herboristeria ashmi-chela - libros y regalos esotericos**
971240335
Gbrl. Carbonell, 30 - C.P. 07007 - PALMA - BALEARES
- **Casares olivencia B.**
971713193
F. Borja Moll, 6 - C.P. 07012 - PALMA - BALEARES
- **Cervera ramon J.**
971240335
Gbrl. Carbonell, 30 - C.P. 07007 - PALMA - BALEARES
- **Pere caldes J. M. - Herboristerías, herboristas**
971732471
Andrea Doria, 12 - C.P. 07014 - PALMA - BALEARES
- **Manuel palou M.**
971865376
Vicenc Buades, 44 (port Pollença) - C.P. 07470 - POLLENÇA(MALLORCA) - BALEARES
- **Miranda bordoy M.**
971241704
Jaume Balmes, 36 - C.P. 07004 - PALMA - BALEARES
- **Jazmin representaciones dieteticas S.L. - Herboristerías, herboristas**
971478611
Otg. Gasset, 9 - C.P. - PALMA - BALEARES
- **Bergas y canet - herbolario M. A. - Herboristerías, herboristas**
971738939
Plaza Navegacio, 12 - C.P. 07013 - PALMA - BALEARES
- **El rincon de las hierbas S.L.**
971405216
Av. J. Miro, 155 - C.P. 07015 - PALMA - BALEARES
- **Herbodietetica natur shop - Herboristerías, herboristas**
971241704
Jaume Balmes, 36 - C.P. 07004 - PALMA - BALEARES
- **Milde barbara**
971534423
Via Argentina, 4 - C.P. 07460 - POLLENÇA(MALLORCA) - BALEARES
- **Salva i de bolle S.L.**
971142120
Son Corco, s/n - C.P. 07330 - CONSELL(MALLORCA) - BALEARES
- **Herboristeria la mallorquina seda - plantas medicinales y cosmetica dietetica y nutricion alimentos**
971298897

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Pza. Sta. Pageda, 3 - C.P. 07003 - PALMA - BALEARES

- **Vives picornell P.**

971744538

Bellamar, 11 (can Pastilla) - C.P. 07610 - PALMA - BALEARES

- **Herboristeria de amadeo S.L.**

971476776

Mare Deu Montserra, 45 - C.P. 07008 - PALMA - BALEARES

- **Bjrgas canet M. A. - Herboristerías, herboristas**

971712004

Liotgeta, 1 - C.P. 07002 - PALMA - BALEARES

- **Almenar conesa I.**

971725142

Fideus, 6 - C.P. 07001 - PALMA - BALEARES

- **Talaya duran F.**

971845350

Major, 18 B - C.P. 07500 - MANACOR(MALLORCA) - BALEARES

- **Puigdellivol alou C.**

971604038

Ctro Cial Alcampo, Loc.43 (son Ramonell Nou) - C.P. 07009 - MARRATXI(MALLORCA) - BALEARES

- **Herboristeria maria antonia bergas**

971738939

Pl. Navegacio, 12 - C.P. - PALMA - BALEARES

3.6 Carrefour



During the time I was writing this guide, Carrefour has announced his new line gluten free.



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Bread (two types, baguette and sandwich), Croissants and Muffins in the dietetical area.

<http://www.carrefour.es/index.html>

Carrefour Coll de'n Rabassa:

Avda. Cardenal Rossel s/n
07007 Coll d'en Rabassa
Ph N: 971 448 304
Manager: Don Francisco García Balcells
Opening times: Mon - Sat from 10:00 to 22:00

Carrefour Palma:

Avda. General Riera, 152
07010 Palma de Mallorca
Ph N: 971 766 300
Manager: Don Francisco López Nieto
Opening times: Mon - Sat 09:30 to 21:30

Carrefour Porto Pí:

Avda. Gabriel Roca, 54
07015 Palma de Mallorca
Ph N: 971 701 530
Manager: Don Francisco López Nieto
Opening times: Mon - Sat 10:00 to 22:00

3.7 Alcampo



You could find gluten free products included cakes...I haven't gone to there so I just tell you as a possibility.

<http://www.alcampo.es/WebPortal/Alcampo/Paginas/MiTienda/Home.page>

Autopista Palma-Inca, salida 4
07141-Marratxí (Mallorca)
Ph N: 971 60 41 21
Opening times: 10:00 a 22:00

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3.8 Bakeries

There are a few bakeries that sell some products (Trysa products) gluten free in Palma.

LISTADO NEGOCIOS QUE COMERCIALIZAN LOS PRODUCTOS PARA CELIACOS:

- PASTELERIA BALMES	c/ Balmes, 158
- FORN CAMPOS VIRGEN LLUCH	c/ Aragon, 313
- PASTELERIA CANA CATI	c/ Metge Josep Darder, 5
- PANADERIA PEPI SON XIGALA	c/ Concha Espina, 23
- PANADERIA PITIUSES	c/ Padre Guillermo Vives, 28
- CROISSANTERIA GAB I	c/ San Vicente Paul, 11
- PANADERIA PLANISI SON SARDINA	Cami de Pasatemps, 107
- FORN D'ES TEATRE	c/ Nuredduna, 20
- CAFETERIAS MAS QUE CAFÉ	c/ Aragon, 28
- PANADERIA SAN RAFAEL	c/ Colliure, 33
- PANADERIA C'AN JORDI	c/ San Vicente Paul, s/n
- PANADERIA FORNARIS	Pont D'Inca Es Figuerol Son Dameto c/ Capitan Salom
- PANADERIA CLADERA	c/ Obispo Campins, 8
- PASTELERIA GARAU *por encargo	c/ Virgen de Montserrat, 53

And we have two wonderful places where buy delicious desserts:

Bar Ronda: donuts, bread, majorcan specialities (panadas, rubiols, crispells, try it!), she bakes without sugar and lactose too.

<http://edleberasmesquida.spaces.live.com/>

Ronda de Felanitx nº78

MANACOR

971837952- 670487247

ATTENTION: TEMPORALLY CLOSED!!!!!!

For Can Salem: By demand, wonderful cakes, bread, etc..

Carrer del Laberint, 16

Algaida. 07210

T. 971 665 010

4 Where can I eat gluten-free?

In fact, we have difficulties to go to the restaurants in Majorca, Most of the restaurants don't know much about being coeliac or eating gluten free. Always ask the waiter for gluten free products or ask your doubts. Spanish people usually are friendly and if you explain probably they try to help.

You can consult this web-pages to find a clue, but please, keep in mind, that these web-pages could be outdated.

Infoceliaquia



I always look for my hotels and restaurants here. I trust them.

Infoceliaquia has a list of restaurants recommended by coeliacs who have enjoyed a pleasant and helpful experience. These restaurants have not been vetted by the Coeliac Society so in each case it is always advisable to employ the same caution you would exercise at home.

<http://www.infoceliaquia.org/noalgluten/index.htm>

List of restaurants:

These are the places where the coeliacs living in Majorca use to go. Always remember to say the waiter you want gluten free dishes. We recommend you to call in advance to check this information. Remember that this travel guide could be outdated or could have a new version.

Usually they don't have kids gluten free menu, so they give you the whole dish.

RAPHA'S	CA'N PICAFORT
	RAPHA'S (Ca'n Picafort-Mallorca) *Paseo Colón, 169. Ca'n Picafort (Mallorca) 971-851863 Closed on wednesday.
	*Avenida Diagonal. Ca'n Picafort (Mallorca) 971-851428

Observation

Specialized restaurant in Castilian-Leon cuisine. Great variety of plates: covers, graze, fish, meat

- they have bread without gluten
- they have pasta without gluten
- They use: Corn flour, Orlando tomato (gluten free)
- They have: frier, toasting differentiated in the kitchen without.
- In case of being several companions at table they cook gluten free to share
- They have ice creams of the Menorquina (gluten free)
- The price is not increased to include gluten free products(bread or pasta) therefore in the menu you only read pasta/bread they don't specify gluten free (remember to ask it).

COSA NOSTRA	PALMA
	- Paseo Marítimo (en el antiguo Champs). Tfn.: 971-282898 - Cecili Metel, 14. Tfn.: 971-727272 - Industria, 6. Tfn.: 971-730740

Observation

Mainly Pasta, we recommend you to call for the chef to choose the sauce. Always explain that you want gluten free dishes. They don't have desserts or bread without gluten.

RESTAURANT GARAGEREX	PALMA
	C/Pablo Iglesias, 12 (a 5 minutos centro) Tel.: 871 948 947 www.rexrestaurant.com info@rexrestaurant.com

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They know about a specials diets wihout gluten. Call before go if you want to have bread, they don't use flour in the souces.

VALDEMOSSA



They don't have special menu for coeliacs, but they are friendly with special diets. No problems with comments or explanations about the ingredients or cooking procedures. They usually give you options to choose.

ALGAIDA



They don't have special menu for coeliacs, but if you call before they can adapted it.

PIZZERIA-TRATTORIA GIARDINO	PORT D'ALCUDIA
	Carretera d' Artà, s/n 07400 Port d'Alcúdia (from Can Picafort to Alcudia, next Port d' Alcúdia center. Alcudia Garden Hotel is up to the restaurant and in front it has Viva Golf) Ph N: 971 066305 pizzeria.giardino@gardenhotels.com

Observation

This pizzeria has a joint/collaboration with Alcudia Garden Hotels (one of the hotels where you can find gluten free diets). They have a wide knowledge about gluten free diets, they have been trained for. They offer 5 types of gluten free pizza, and pasta with several souces, meat and fish dishes, etc. They have gluten free bread.

RESTAURANT PIERO ROSSI	PORT D'ALCUDIA
	Ctra. Alcanada, 3 Port d' Alcúdia - Mallorca Ph N: +34 971548611

Observation

They have special dishes for coeliacs.

BAR RONDA	MANACOR
	Ronda de Felanitx nº 78 07500-Manacor www.edleberasmesquida.spaces.live.com Ph N: +34 670 487247

Observation

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ATTENTION: TEMPORALLY CLOSED!!!!!!

Hot dogs, Hamburguers, Sandwiches, Pa amb oli (bread with tomatoe souce and oil), churros y donoughs homemade. All without gluten, or lactose, or sugar, all homemade. Antonia the cooker is an angel who cook delicious dishes (a coeliac and lactose intolerance angel) and if you ask for egg or sugar free. Moreover, you can buy bread, donought at the same price than the gluten ones.

RESTAURANT PICCOLA ITALIA	PALMA DE MALLORCA
	Paseo Marítimo, 27 (Palma de Mallorca) Ph N: 971 458036 info@piccolaitaliamallorca.com www.piccolaitaliamallorca.com
Observation	
They have spaguetti gluten free. All tomatoe souce are suitable for coeliacs. They don't have bread or desserts gluten free.	

RESTAURANTE CAFÈ I MÉS	PALMA DE MALLORCA
	C/Caputxines, nº2 07003 Palma de Mallorca 971 729014 www.cafeimes.com info@cafeimes.com
Observation	
They have knowledge about gluten free products and are friendly to change ingredients or explain the way the cook, and y marcas de los productos utilizados en la elaboración de	

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los platos. They don't have bread or desserts gluten free.

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RESTAURANTE MAMMA MIA	PALMA DE MALLORCA
	C/del Socorro nº 30 Palma de Mallorca 971 727131
Observation	
Doesn't check.	

REAL CLUB NÁUTICO RESTAURANT	PALMA DE MALLORCA
	Muelle de San Pedro, nº1 07012 Palma de Mallorca 971-726848 www.realclubnauticopalma.com/club.php
Observation	
They have special menu for coeliacs and bread gluten free.	

RESTAURANT DE VINCI	MANACOR
	C/ del Príncep, nº 16 (Manacor) 971-550416 www.restaurantedevinci.com info@restaurantedevinci.com
Observation	
This restaurant with his chef, Norberto De Vinci, they have been committed to do a tasting day gluten free for coeliacs monthly.	

REST. + NATURAL	PALMA DE MALLORCA
	Plaza de España, 8 bajos. 07002 Palma 971-722232 Plaza Comtat del Rosselló, 6 bajos 07002 Palma 971 227177 www.masntrl.com masnatural@masntrl.com
Observation	
Here is a restaurant that can adapt to gluten free their dishes easily. They have a huge variety of salads and you can add the ingredients you want. They have been incorporated gluten free Pasta from Proceli.	

AIRPORT	PALMA DE MALLORCA
	Customer care: 902 404 704 pmi_reclamaciones@aena.es BAR FOOD GALLERY 4º FLOOR EXIT BAR MEDAS READY TERMINAL A BAR BIER GARDEN TERMINAL C BAR MEDAS BIER TERMINAL D BAR ARS 4º FLOOR - COMING SOON
Observation	
They have muffins and humbergur bread.	

IKEA	PALMA DE MALLORCA
	Address IKEA Mallorca Cami Fondo s/n Via Cintura Palma de Mallorca 07007, Mallorca Tlfno: +34 971 42 08 88 Fax: + 34 971 42 17 44 E-mail: atencion.cliente.pmi@ikeasi.com Hours We are opened from 10 to 22 p.m. Nuria Arrondo. Store Manager

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Observation	
Thanks Nuria and their staff we have menu gluten free in the islands. The dishes aren't that good because they have only two choices of precooked and freezed food, but it's enough when you go for shopping, normality is the word. And remember there is a fantastics cakes gluten free (also in their supermarket).	

EI CORTE INGLES RESTAURANT	PALMA DE MALLORCA
	Avenida de Alexandre Rosselló, 12-16 Ph N Tel.: 971 770 177 Fax: 971 770 809 Restaurant Ph N: 971 770 177
	Avenida de Jaume III, 15 Ph N: 971 770 177 Fax: 971 718 697

Observation	
Pizzas, croquette, special gluten free dishes, they have a special menu for coeliacs, and you can asked wathever they have in the supermarket and they cooked to you, Wonderful dishes, and they have an splendid scenario from the Palma old town from their restaurants. A very good option if you're visiting the city,	

TARPAS BAR	PALMA DE MALLORCA
	C/ Costa i Llobera nº 20 (next Corte Inglés Avenidas) Ph N: 971 46 56 12 www.tarpas.es info@tarpas.es

Observation	
A new restaurant with a fantastic menu for coeliacs!!! Call before if you want bread or beer gluten free. Source: http://infoceliaquia.blogspot.com/2008/06/restaurante-tarpas-tartas-y-tapas-palma.html	



Telf: 971 46 56 12

A mouth catering starter.... "Our typical spanish tapas"

Patatas bravas

Tuna "Russian" salad

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Fried baby green hot peppers *

Spanish omelette*

Iberian serrano Ham (acorn fed, 5J Sánchez Romero Carvajal)

Sliced boiled octopus with olive oil and paprika

Cheese assortment

From yesterday to nowadays... "Our immortal tapas"

Chopped octopus with vegetables and potatoes, cooked the typical Mallorcan way *

Chopped lamb's liver with vegetables and potatoes, cooked the typical Mallorcan way*

Cuttlefish with onion, pine nuts and raisins, cooked the Mallorcan way

Cuttlefish in black ink sauce

Chopped squid in onion and paprika sauce

Beef tripe with chorizo and serrano ham sauce, cooked the Madrilian way

Snails in herb soup served with "alioli" dip

Rabbit cooked with onion and crab

"Pil-Pil" cod in olive oil sauce, cooked the Basque way

Squids stuffed with seafood

FOR CHILDREN: French fries with chicken breast

To make it lighter..."Our salads"

Chicken and bacon salad with mustard and honey dressing

Rocket and parmesan cheese with quince jelly dressing

Sliced mushroom and goat's cheese salad with olive oil and balsamic dressing

Always sweet and homemade... "Our desserts"

Nube de melocotón

Perras tintas

Albino con salsa de dulce de leche (Dulce de leche sirve fácil Nestlé y gelatina neutra)

Mousse a los dos chocolates (Chocolate Callebaut y gelatina en láminas)

(*) All our dishes are cooked with "clean" olive oil, just for this use.

WE ALSO HAVE FREE GLUTEN BREAD AND FREE GLUTEN BEER!

DINO's ICE CREAM PARLOUR	PALMA DE MALLORCA
 	PALMA DE MALLORCA Plaça olivar, 7 (St Miquel corner) 07002 palma de mallorca Ph NTeL.:971 718 868 Manager: Patricia Muñoz Summer opening times: CSUNDAY 9:30 am to 9:30 pm Winter opening times: Monday to Saturday frim 9:30am to 8:30 pm MARRATXI Autopista Palma-Inca km 7,1 07141 Marratxi Ph NTeL.:971 226 638 Manager: Claudio Muchela Summer opening times: MONDAY TO THURSDAY 10:30 am to 00:30 pm FRIDAY TO SUNDAY 10:30 am to 02:00 pm Winter opening times: Monday to Saturday frim 10:30am to 11:30 pm

DINO ´S (Cataluña y Mallorca, julio 05)

<http://www.gelatsdino.com/web/index.html>

Please, please don't miss this pleasure, authentic ice cream with gluten free cornets.....mnnnnnnnnnnnnnnnnnn...I love this place. Also lactose free, egg free, etc...

AFTER EIGHT - RASPBERRY - HAZELNUT - BACIO DI TORINO - BANANA - DUTCH COCOA - ESPRESSO COFFEE - CINNAMON - CAPPUCCINO - CARAMEL - CASSATA - BONBON CHOCOLATE - MILK CHOCOLATE - COCONUT - CONGUITOS - CATALAN CREAM - STRAWBERRY CREAM - CREMINO - CRUNCH - FOREST FRUITS (DIET) - VANILLA (DIET) - TOFFEE - RASPBERRY - STRAWBERRY - PASSION FRUIT - GRAND MARNIER - JAMAICA - KIWI - MERINGUE - LEMON - MALAGA WITH SULTANAS - MANDARIN - MANGO - PEACH - MELON - CANTALOUPE MELON - BLACKBERRY - SICILIAN ORANGE - ORANGE - CREAM - CREAM WITH CHERRY - CREAM WITH STRAWBERRY - CREAM WITH WALNUTS - CREAM WITH OREO - PEAR - PINEAPPLE - PIRA COLADA - EXTRA PISTACHIO - ROQUEFORT WITH WALNUTS - STRACCIATELLA - TIRAMISU - NOUGAT - VANILLA - NATURAL YOGHURT - RASPBERRY YOGHURT - LIGHT CREAM - PINE-NUT CREAM - YOGHURT WITH FOREST FRUITS

Ask the waiter for the gluten free products, you can't imagine the flavours!



GALETA SENSE GLUTEN

APTA PER A CELÍACS

GALLETA SIN GLUTEN, APTA PARA CELÍACOS

Sense llet *Sin leche*
Sense ou *Sin huevo*
Sense gluten *Sin gluten*
Sense lactosa *Sin lactosa*
Sense sucre *Sin azúcar*
Lliure d'Organismes
Manipulats Genèticament
Libre de Organismes Manipulados Genéticamente

GALETA SENSE GLUTEN GALLETA SIN GLUTEN
Ingredients: Farina d'arròs, llevat de pastís, farina de sèpia, emulgador
lecítins de soja, bicarbonat sòdic, sal, sucres, sucre de quina, aroma,
colorants naturals, polidivinitol 5: 21.4.
Ingredients: Harina de arroz, levadura de panadería, harina de sepias,
lecitina de soja, bicarbonato sódico, sal, azúcar, azúcar de quina, aroma,
colorantes naturales, edulcorante 5: 21.4.

INFORMACIÓ NUTRICIONAL		INFORMACIÓN NUTRICIONAL	
	a 100 g	x 6 g (1 unitat)	
Proteïnes Proteínas	7.6	0.44	
Carbhidrats Carbohidratos	7.8	4.68	
Greixos Grasso	3.5	0.21	
Kcal(Kj)	373/1554	22.3/93.2	

5 Where can I stay?

Unfortunately there only few safe places to go, but if you contact with the hotel and explain your needs, they probably adapt the menus or cook special dishes gluten free. But you have to assume that they are not going to have a lot of information about the coeliac disease and how to do a gluten free diet.

There is only one hotel chain in Majorca that has signed an agreement with the coeliac association.

5.1 Hoteles Garden

The hotel chain Garden, a pioneer in providing coeliac-friendly menus in its hotels both in the Balearic Islands and on an international level, has agreed to sign a collaboration agreement with FACE.

<http://www.gardenhotels.com/html/garden.php?seccion=prensa¬icia=12&lang=en>

web page: <http://www.gardenhotels.com/html/index.php?lang=en> (In english, In Deutsch)

5.2 Webpages

You can consult this webpages to find a clue, but please, keep in mind, that these webpages could be outdated.

Infoceliaquia



I always look for my hotels and restaurants here. I trust them.

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<http://www.infoceliaquia.org/noalgluten/index.htm>



www.hotelesparaceliacos.com (Only in Spanish)



www.celiactravel.com

(I love these web)

They give you help cards to show in a restaurant in different languages to explain in the local language that you need a gluten free diet and what that it minds.

In Spanish / English:

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Spanish	English
Tengo una enfermedad que se llama celiacía y necesito seguir una dieta rigurosa libre de gluten. Como consecuencia me podría poner muy enfermo en el caso de que comiera alimentos que contuvieran harinas o granos de trigo contuvieran las harinas o granos de trigo, centeno, cebada y avena. ¿Contiene esta comida harinas o granos de trigo, centeno, cebada o de avena? Si tuviera alguna duda sobre el contenido de la comida, por favor dígamelo. Puede comer alimentos que contienen arroz, maíz, patata, todo tipo de verdura y fruta, huevos, queso, leche, carne y pescado - siempre que no hayan sido preparados con harina de trigo, rebozo, pan rallado o con salsas. Sin salsa, por favor. Muchas Gracias por su ayuda.	I have an illness called Celiac Disease and have to follow a strict gluten free diet. I may therefore become very ill if I eat food containing flours or grains of wheat, rye, barley and oats. Does this food contain flour or grains of wheat, rye, barley or oats? If you are at all uncertain about what the food contains, please tell me. I can eat food containing rice, maize, potatoes, all kinds of vegetables and fruit, eggs, cheese, milk, meat and fish – as long as they are not cooked with wheat flour, batter, breadcrumbs or sauce. Thank you for your help.

(<http://www.celiactravel.com/restaurant-cards.html>). Another languages in this link.

Another type of cards:

Spanish	English
Español HE SIDO DIAGNOSTICADO COMO CELÍACO Podría ponerme enfermo si tomo cualquier alimento que contenga trigo, cebada, centeno, avena o los productos derivados de estos cereales. Esto incluye harina, pan, cruasanes, pastas, empanadillas, croquetas, rebozados, salsas, sopas, pasteles, galletas, bizcochos, malta, extracto de malta, muchos de los embutidos, extractos de caldos. Los celíacos PODEMOS tomar, carne, pescado, huevos, verduras, legumbres, hortalizas, frutas, arroz, maíz, soja y patata. Estos alimentos deben ser cocinados sin harina, es decir cocidos, asados, a la plancha, a la brasa o en su estado natural. POR FAVOR, CUANDO PREPARE UNA COMIDA, SI TIENE ALGUNA DUDA, PREGUNTE.	Inglés Celiac Disease is a medical condition in which the small intestine is damaged when foods containing gluten are eaten. It is treated by strict adherence a to a gluten-free diet. As a Celiac, I MUST NOT EAT any foods made with WHEAT, RYE, BARLEY or OATS. These all contain gluten. Even a small amount of these foods will make me ill. Foods to avoid: wheat flour, rye, barley, oat and spelt flours, breads and rolls, cakes, pies, cookies and muffins, noodles and pasta, soups, sauces and gravies made with any of those cereals' flours, crackers, cracker crumbs or bread crumbs or batter, graham crackers or crumbs. Hidden sources of gluten: HVP/HPP- Hydrolyzed vegetable protein/plant protein, wheat starch, modified starch, malt flavoring, malt. Any of the above ingredients can be found in canned or

	processed foods. Safe choices: we can enjoy fresh meat, fish, fruits and vegetables, eggs, cheese, rice, corn, soy and potatoes. PLEASE HELP ME MAKE A SAFE CHOICE FROM YOUR MENU.
--	---

http://www.celiacosmadrid.org/dieta_sin_gluten_viajes_1.html

Another languages in this link.

6 Vocabulary

Spanish	English
Sin gluten	Gluten free
Apto para celíacos	Suitable for coeliacs
Puede contener trazas de gluten	May contain gluten
Trigo	Wheat
Avena	Oat
Cebada	Barley
Centeno	Rye
Almidón	Starch
Cereales	Grain, Cereals
Fécula	Starch
Fibra	Fiber
Harina	Flour
Espesantes	thickener
Extracto de levadura	Yeast extract
Malta	Malt
Jarabe de Malta	Malt Syrup
Proteína	Protein
Sémola	Grits????
Levadura	Yeast

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7 Local gluten free products

Please be careful with this and **ALWAYS** take for correct the information of the label. Check the ingredients and the gluten free symbol.

If you have doubts about local products you can phone our association:

FACE

(Federación de asociaciones de celiacos de España)

<http://www.celiacos.org/>

Ph number: +34 902 820 007

SMAP

SMAP. Celíacs de Catalunya.

Balmes principal 2º. 08008 Barcelona.

Ph number: +34 902 23 54 22

<http://www.celiacscatalunya.org/cas/index.php>

8 Kids

Unfortunately no place for kids is prepared for coeliacs or to offer gluten free food in Mallorca. You have to bring your own food or phone to check if something have changed.

Official Tourist information:

<http://www.illesbalears.es/> (In English, German, French, Italian, Spanish and Catalan)

These places are for go with kids in Majorca:

Marineland

Here you can see dolphins, seals and sea lions. There is also a pool with ray-fishes which the children can swim in.

<http://www.marineland.es/marineland/mallorca/index.php?wlang=en> (English)

Address:

C/ Garcilaso de la Vega, 9 - Costa d'en Blanes 07184

Calvià (Mallorca)

Ph.: 971 675 125 - Fax: 971.67.55.54

By road:

Take the Andratx motorway, exit at Portals Nous. 5 minutes from Palma Nova, 10 minutes from Palma, and 50 minutes from Alcudia, Cala Millor and Cala D'Or. Taxi service available.

By bus:

Coaches operate from Palma (line 102-103-104-106-107-111), Palma Nova (line 104-106-107), Magaluf (line 104-106-107), Santa Ponça (line 104) y Paguera (line 104).

Aquapark

There are a couple of different aqua parks on the island and this is one of them. It's a large facility with waterslides.

<http://www.aqualand.es/magaluf/mallorca/index.php?wlang=en> (In English)

Address:

Carretera Cala Figuera - 07182 La Porrassa, Magaluf (Mallorca)

Ph.: 971 130 811 - Fax: 971 13 13 36

By road:

15 minutes from Palma, 5 minutes from Palma and 50 minutes from Alcudia, Cala Millor and Cala D'Or. Taxi service available.

By bus:

Coaches operate from Palma (line 105-104), Palma Nova (line 104-105-106), Santa Ponça (line 104) y Paguera (line 104). This season FREE BUS from Palmanova, Magaluf, Santa Ponsa y Paguera.

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Western Park Crazy Wet West

Here you can combine water play with watching horseshows and battles between Indians and whites. Here is something for both young and older children.

Carretera Cala Figuera-Sa Porassa, Magaluf - Spain

Phone: +34 (0)97 131 1203

Aqualand

AQUALAND EL ARENAL is located near the El Arenal beach in the south of the island of Mallorca. It offers visitors the opportunity to spend an unforgettable day with their families and friends enjoying state of the art attractions such as the Banzai, the Grand Canyon and the Devil's Tail. Also, three great areas for children: the Mini Park, the Dragoland and Polynesia. Relax at the end of the day on our fantastic green lawns and in the Jacuzzi.

Address:

Palma - Arenal Motorway, exit 13, Km 15 - 07600 El Arenal (Mallorca)

Ph.: 971 44 00 00 - Fax: 971 44 00 35

Aqualand Buses:

A special shuttle bus service that takes you right to the park's gates. Departures from:

- Plaza de España - Ca'n Pastilla

- Playa de Palma - El Arenal

Special bus services are also available from Parguera, Manacor, Cala D'Or y Santa Ponsa.

City Buses:

The EMT's no. 23 bus service departs from Palma and stops right opposite the park's car park.

Museum de la Jugeta

This is a museum of toys which displays many Spanish antiques.

Can Planes, a refurbished mansion in Sa Pobla, has a great Toy Museum with many Spanish antiques. Old comic strips, a doll that spins a hula-hoop around her waist, game boards and elaborate dolls' houses are some of the exhibits that will fascinate and delight.

C/Antoni Maura, 6, Sa Pobla

971 542389

Auto-Safari Park

Here you can see animals such as giraffes, rhinos and monkeys. Probably one of the worst of Europe.

Ctra. Portocristo - Son Servera, km. 5

971 810 909

Horario: De abril a septiembre: 9 a 19 h.

De octubre a marzo: 9 a 17 h.

Entrada: Adultos 13 €

Niños 10 €

Botanicactus

Dirección: Ctra. Ses Salines - Santanyí

Contacto: Teléfono 971 649 494

Horario: De junio a septiembre: 9 a 19.30 h.

De octubre a mayo: 9 a 17 h.

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Entrada: Adultos 6.20 €

Niños 3.70 €

Els Calderers

I like this place.

<http://www.elscalderers.com/home/default.aspx> (English, German)

Dirección: Finca Ctra. Manacor, km. 37

Contacto: Teléfono 971 526 069

Horario: De abril a septiembre: 10 a 18 h.

De octubre a marzo: 10 a 17 h.

Entrada: Adultos 7 €

Niños 3.50 €

Green Park (Reptilárium)

Dirección: Festival Park. Autovía Palma - Inca, km. 7.1

Contacto: Teléfono 971 605 481

Horario: De lunes a viernes: 10 a 20 h.

Sábados, domingos y festivos: 10 a 22 h.

Entrada: Adultos 10 €

Niños y jubilados 7 €

Fauna Ibero-Balear

Dirección: Costitx

Contacto: Teléfono 971 876 070

Horario: De martes a viernes: 9 a 13 h.

Sábado y domingo 2º y 4º de mes abierto con el mismo horario

Entrada: 3 €

Hidropark

Dirección: Avda. Tucán s/n. Puerto de Alcúdia

Contacto: Teléfono 971 891 672

Horario: De mayo a octubre: 10'30 a 18 h.

Entrada: Adultos 15 €

Niños de 5 a 11 años: 8 €

Aquarium

La Granja

<http://www.lagranja.net/> (English, German)

I love this place.

Dirección: Finca Esporles, km. 14

Contacto: Teléfono 971 610 032

Horario: De abril a octubre: 10 a 19 h.

De noviembre a marzo: 10 a 18 h.

Entrada: Adultos 8.50 €

Niños 4.25 €

La Reserva

http://www.lareservaaventur.com/noticias_eng.htm (English, German, French, Polish)

Dirección: Puig de Galatzó

Contacto: Teléfono 971 616 622

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Horario: De septiembre a octubre: 10 a 18.30 h.

De noviembre a enero: 10 a 18 h.

De junio a agosto: 10 a 19 h.

Entrada: Adultos 9.90 €

Niños 4.95 €

Natura Park

http://www.mallorcaweb.net/naturaparc/index_spi.html

Dirección: Sta. Eugènia

Contacto: Teléfono 971 144 078

Horario: De noviembre a marzo: 10 a 18 h.

De abril a octubre: 10 a 19 h.

Entrada: Adultos 7 €

Niños 4.50 € Natura Parc

MacDonalds

<http://www.mcdonalds.es/>

I don't go to this kind of places but another mother told me: They have tablecloths where you can read which food is gluten free and which is not. All the meats (without bread) are suitable for coeliacs. The chocolate icecream with peanuts is the one my daughter eats, the others I don't know if they are gluten free.

The big problem are the French fries, because the normal ones do not have gluten but they could share fryer with potatoes lux, which have gluten. Because they filter the oil and re-use in the fryers. We don't eat that to avoid the gluten.

Please be careful with the chips because they share probably the same fryer with and could be contaminated with gluten.

Burker King

<http://www.burgerking.es/#nutricion/alergenos>

The hamburger (without bread), please be careful because the bacon and the cheese contains gluten.

The french fries may contain gluten.

9 Tips

- Be patient.....on the island we just do the job in a slow rhythm.
- Be patient.....Spanish people don't know much about this....
- Always ask for the way they have cooked, or fried the food, as usual.
- If you can ask for a "parrillada de pescado" o a "la plancha", means toast or grilled, but remember to say they clean up the "plancha" , the grill before use.
- Enjoy the huge variety of fish we have in the island, just grilled with allioli (allioli, if is allioli the inner mayoinnese, is only garlic and oil, gluten free, but ask!)

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- Try olives.....fantastic (be careful if it's filled with something, pepper or anchovy)

10 Many thanks

First Angela, I have a good luck to meet you, you're a good person and a better friend, we're going together to do great things for have a better life without gluten. You'll see it. You make me do more things if I know you'll going to be with me.

Thanks Katja for check my english, a hard job.

Marta, the first mother I found having a lovely lovely coeliac daughter, you teach me a lot of things to grow up my son.

Carmen, the first coeliac I met, then I realize that you could have a normal life and survive!

Antonia, Bar Ronda, an angel in the Kitchen. So many thanks. Keep on doing, you're fantastic.

Marian Aguiló, My school's son, to Pepe, Juana and Catalina, who help me to grow up my child, and accept to feed him everyday gluten free, although we have no idea at that time what that's means, and there is no law in Spain they have to follow.

Behbeh, the guides you wrote help so much in the first times, when I know nothing about this, especially your cuisine book. Thanks.

And last but not least, my son, Guiem, who teaches me every day how to live with this disease, and gives me wise lessons at his four years old. I love you and I admire you. You're a lovely son and you'll be an extraordinary man.

11 Next Version

Next release, winter 2009 will be launch on January 2009. We'll include Sol Melia Hotel Channel, doctors specialist in coeliacs, hospitals. And more restaurants and take away food and a Palma city map.

Please don't hesitate to contact with us if you find mistakes or information not correct. We also be grateful if you tell us your good experience gluten free in Majorca.

Email: carmen.barcelo@terra.es