

2010

Northern

Colorado

Gluten-Free

Resource

Guide

The Northern Colorado Chapter #77 of CSA/USA, Inc., assumes no liability for the accuracy and use of this information. All information has been collected and/or generated for the benefit of members. Products and services listed do not indicate any endorsement by the national organization or local chapter. Food manufacturers' product formulations are subject to change at any time; changes may or may not be reflected on labels or menus. Always call ahead to confirm a restaurant or business can accommodate your dietary needs.

**The asterisk indicates that a copy of the information can be found in the Chapter's Gluten-Free Resource Guide notebook available at chapter meetings. The date that the information was added to the guide appears at the bottom of the entry in italics.*

*This document was updated **August 23, 2010.***

Northern Colorado

Restaurants:

The restaurants below offer one or more of the following: a gluten-free (GF) menu, an allergy-sensitive menu, GF items, or can accommodate a GF request as indicated in the individual listing.

Austin's American Grill

*GF Lunch & Dinner Menus**
100 West Mountain Avenue
Fort Collins, CO 80524
970-224-9691
www.austinsamericangrill.com

2815 East Harmony Road
Fort Collins, CO 80525
(970) 267-6532
9/07

Beau Jo's

Colorado Style Pizza

*GF Menu**
100 North College Avenue
Old Town Fort Collins
Fort Collins, CO 80524
(970) 498-8898
www.beaujos.com

This gluten-free menu has been researched and approved by Gluten Detectives, a division of On The Menu, LLC. For questions, contact Gluten Detectives at www.dineglutenfree.com.

Deby's Gluten-Free Bakery and Café provides Beau Jo's gluten-free crust. GF beer is also on the menu.

Locations include: Arvada, Denver, Highlands Ranch, Evergreen and Idaho Springs.
9/06

Bent Fork Grill

*GF Items**
5971 Sky Pond Drive
Suite C-106
Loveland, CO 80538
(970) 613-9333
www.bentforkgrill.com

Bent Fork Grill

(continued)

GF suggestions: spicy pecan gorgonzola salad with salmon, white corn polenta and vegetable entrée, any of the steaks substituting the potatoes for all vegetables. Make sure to let your server know you need GF items. Sometimes the daily special may meet your needs.
1/07

Biaggi's Ristorante Italiano

*GF Menu**
5929 Sky Pond Drive
Loveland, CO 80538
(970) 663-0100
www.biaggis.com

Call ahead for reservations and inform the host that you will need to order from the gluten-free menu. Please inform the staff that your food needs to be wheat-, oat-, rye- and barley-free.
9/06

Bonefish Grill

*GF Menu**
4920 Thompson Parkway
Johnstown, CO 80524
(970) 663-3474
www.bonefishgrill.com

Locations include: Westminster, Littleton and Denver Tech Center.
9/07

Carrabba's Italian Grill

*GF Menu**
1212 Oakridge Drive
Fort Collins, CO 80525
(970) 225-6800
www.carrabbas.com
1/07

Chili's Grill & Bar

*Rotating GF Items**
3524 S. College Avenue
Ft. Collins, CO 80525
(970) 223-2307
www.chilis.com

1425 Rocky Mtn. Avenue
Loveland, CO 80538
(303) 663-6800

Chilis (continued)

3840 10th Street
 Greeley, CO 80634
 (970) 352-0160
www.chilis.com

Suggested menu options for the gluten-sensitive expire monthly. Contact Chili's by e-mail for an updated version. Be sure to talk to the manager to ensure that your dietary restrictions are understood.
 9/06

Chipotle Mexican Grill

*GF Items**
 649 South College Avenue
 Fort Collins, CO 80524
 (970) 407-1446
www.chipotle.com

2120 East Harmony Road
 Fort Collins, CO 80528
 (970) 223-1207

1425 West Eisenhower Blvd.
 Loveland, CO 80537
 (970) 635-0099

1569 Fall River Road
 Loveland, CO 80538
 (970) 461-8900

807 17th Street
 Greeley, CO 80631
 (970) 346-8700

GF items on the menu: "You can eat anything we serve except for our large burrito tortillas, our small soft taco tortillas, and our hot red tomatillo salsa. Everything else is fine, including our burrito bowls (no tortilla), our crispy corn tacos, and our corn chips."
 1/07

Enzio's Italian Kitchen

*GF Menu & Dairy Free Menu**
 126 West Mountain Avenue
 Old Town Fort Collins
 Fort Collins, CO 80524
 (970) 484-8466
www.enzios.com
 9/07

Everyday Joe's Coffee House

(GF Items available from Nunna' The Gluten Bakery in Fort Collins.)
 144 South Mason Street
 Fort Collins, CO 80524
 (970) 224-4138
www.everydayjoes.org
 2/10

Five Guys Burgers and Fries

All GF Ingredients except buns – mention gluten sensitivity, and staff will clean area and change gloves.*
 Campus West
 1335 West Elizabeth
 Fort Collins, CO 80521
 (970) 797-2428
www.fiveguys.com

Harmony Road
 2842 Council Tree Avenue
 Fort Collins, CO 80525
 (970) 204-9140
 2/10

Fonta's Pizza

*GF Crust and Items**
 2400 8th Avenue
 Greeley, CO 80631
 (970) 356-9200
www.fontaspizza.com

Offering a 10 1/2" gluten-free pizza crust. All ingredients are gluten-free except the anchovies.
 2/10

La Luz

*GF Menu**
 140 East Boardwalk Drive
 Fort Collins, CO 80525
 (970) 267-9444

200 B Walnut Street
 Old Town Fort Collins
 Fort Collins, CO 80524
 (970) 493-1129
www.laluzgrill.com
 2/10

Larkburger

All items GF except chili. GF buns provided by Aspen Gluten-Free Bakery in Denver.

Larkburger (continued)

2539 South College Avenue
 Fort Collins, CO 80525
 (970) 484-8141
www.larkburger.com
 8/10

Little Saigon Café, Authentic Vietnamese Cuisine

*GF Menu**
 3500 South College Avenue
 The Square
 Fort Collins, CO 80525
 (970) 225-6630
 9/06

Luc's Pizza Parlor

GF Items
 1751 Hover Street, Suite B
 Longmont, CO 80501
 (303) 485-2450

Homemade GF pizza crust, rice noodle lasagna, GF spaghetti. Separate GF ladle and sauce. No separate ingredient line or oven. Not a GF facility.
 9/07

Mad Greens

*GF Items**
 105 East Harmony Road
 Fort Collins, CO 80525
 (970) 372-6216
www.madgreens.com

616 South College Avenue
 Fort Collins, CO 80525
 2/10

Mancino's Pizza & Grinders

*GF Menu**
 2601 South Lemay Avenue
 Fort Collins, CO 80525
 (970) 229-0999
www.fcmaninos.com

Note: Mancino's was closed at our publication time, August 23, 2010.
 2/10

The Melting Pot

*Can accommodate GF Request**
 334 East Mountain Avenue
 Fort Collins, CO 80525
 (970) 207-0100

The Melting Pot (continued)

Corporate Offices:
1-800-783-0867

www.meltingpot.com

"Ask your server to provide you with a printed copy of all items that contain gluten. The Melting Pot is well equipped and more than willing to accommodate our guests with celiac disease. When you visit the restaurant, be sure to let your server know that items containing wheat must not be served, and you may let the manager know as well as an extra precaution."

Littleton and Louisville locations ONLY will carry Deby's GF bread, GF angel food cake and GF brownies for dipping in GF sauces. Call ahead to verify that they can offer a GF dining experience.

2707 West Main Street
Littleton, CO
(303) 794-5666

732 Main
Louisville, CO
(303) 666-7777
9/07

Mimi's Café

*Menu Recommendations for Those with Celiac Disease**

1450 Fall River Drive
Loveland, CO 80538
(970) 461-9888
www.mimiscafe.com

1/07

The Moot House

*GF Lunch + Dinner Menus**

2626 South College Avenue
Fort Collins, CO 80525
(970) 226-2121
www.themoothouse.com

9/07

Mug's Coffee Lounge

Limited GF Menu & Vegan Menu

261 South College Avenue
Fort Collins, CO 80524
(970) 472-6847
www.mugscoffeelounge.com

7/08

Nyala, Ethiopian Cuisine

GF Items

2900 Harvard Street
Fort Collins, CO 80525
(970) 226-8943
(970) 223-6734
www.nyalafc.com

GF items on the menu. You can eat everything except the bread. If you call 3-4 days ahead, the chef will make GF teff (grass) bread, a traditional Ethiopian bread. Tell them you are gluten-sensitive.
9/06

Nordy's BBQ

GF Menu available at the host stand. Please see a manager for questions.*

4360 Saint Cloud Drive
Loveland, CO 80538
(970) 461-9227
www.nordysbbq.com

151 North College Avenue
Old Town Fort Collins
Fort Collins, CO 80524
Plans to open: 9-13-2010
2/10

Olive Garden Italian Restaurant

*Can Accommodate GF Request**

3905 South College Avenue
Fort Collins, CO
(970) 225-3803
www.olivegarden.com

Let your server know you are gluten-sensitive. GF items: garden salad no croutons, Caesar salad no croutons, Tuscan T-bone brushed with Italian herbs and served with seasoned broccoli, pork filettino marinated in extra virgin olive oil and rosemary and served with seasoned broccoli, herb-grilled salmon brushed with Italian herbs and extra virgin olive oil accompanied by seasoned broccoli. To speak to an Olive Garden representative call 1-800-331-2729.
1/07

On The Border Mexican Grill

GF Menu Online*

6015 Sky Pond Drive
Loveland, CO 80538

On the Border (continued)

(970) 663-3623

Before placing your order, please alert the manager about your special dietary needs. GF list expires monthly. For updates, contact www.brinker.com/gr/allergens/OTB%20Allergen.PDF
1/07

Outback Steakhouse

*GF Menu**

807 East Harmony Road
Fort Collins, CO 80525
(970) 229-0889
www.outbacksteakhouse.com

4650 Centerplace Drive
Greeley, CO 80634
(970) 330-7800

1315 Dry Creek Drive
Longmont, CO 80503
(303) 684-8149

Note: Some Outback Steakhouses place a piece of wheat bread in their brown sugar to keep it fresh. Ask the manager.
9/06

P.F. Chang's China Bistro

*GF Menu**

5915 Sky Pond Drive
Loveland CO 80538
(970) 622-9313
www.pfchangs.com

Reservations accepted and recommended 1-866-PFCHANG.

Locations include: Aurora, Broomfield, Colo. Sprgs., Denver, Lakewood, Littleton.
9/06

Rainbow

GF Menu

212 W. Laurel St.
Fort Collins, CO 80521
(970) 221-2664
www.rainbowfortcollins.com

GF items and Udi's GF bread toasted in dedicated toaster.
8/10

Red Robin

*Can Accommodate GF Request**

701 East Harmony Road
Fort Collins, CO 80525
(970) 223-0111
www.redrobin.com

6005 Sky Pond Drive
Loveland, CO 80538
(970) 203-0878

4514 Centerplace Drive
Greeley, CO 80634
(970) 330-8822

GF items: grilled chicken breast fillet, grilled salmon, turkey breast, beef patty, turkey patty, carnitas, cheese, produce, guacamole, salsa, black beans, rice, side of cooked vegetables, egg, lettuce wrap burger, Cobb salad, crispy chicken salad but substitute crispy chicken with grilled chicken, fajita pollo minus corn strips.
General Information:
Red Robin Seasoning is GF.
Fries NOT GF. They are fried in common fryer with tortilla strips, corn strips and bacon.
9/06

Rodizio Grill**The Brazilian Steakhouse**

GF Menu Available at the host stand. Please see a manager for questions.*

200 Jefferson Street
Old Town Fort Collins
Fort Collins, CO 80524
(970) 482-3101
fcrodiziogrill@gmail.com
www.rodiziogrill.com

The Rustic Oven

GF Items and GF Menu at downtown location.*

123 North College Avenue
Old Town Fort Collins
Fort Collins, CO 80524
(970) 482-6500
www.therusticoven.com

2350 East Harmony Road
Fort Collins, CO 80528
(970) 226-2300

The Rustic Oven (continued)

"We carry gluten-free pizza and pasta. Also we make all of our soups, sauces and dressings from scratch which gives us the flexibility to really create any entrée that would fit your dietary restrictions."
7/08

SNOOZE, An A.M. Eatery

*GF Menu Items**
144 West Mountain Avenue
Fort Collins, CO 80524
(970) 482-WAKE (9253)
www.SnoozeEatery.com

M-F 6:30 a.m.-2:30 p.m.
S&S 7 a.m.- 2:30 p.m.

"Gluten-free pancakes, breakfast tacos with corn tortillas, huevos rancheros, spuds deluxe, omelets, corned beef hash...."

Important Note: Snooze has GF bread, but does not provide a dedicated GF toaster! If you desire GF toast, request that they toast it in a separate pan.
5/10

Spoons

GF Items include soups and sometimes gluten-free bread from Sweet Escapes Bakery, a dedicated GF bakery in Longmont.*
172 North College Avenue #B
Old Town Fort Collins
Fort Collins, CO 80524
(970) 493-6800
www.espoons.com
5/10

Sri Thai, Authentic Thai Cuisine

*GF Menu**
940 South Taft Hill Road
Fort Collins, CO 80521
(970) 482-5115
www.srithairestaurant.com

Now delivering to most of Fort Collins.
9/06

Tasty Harmony

*Organic, vegetarian, vegan, raw, macrobiotic and some GF Items**
Old Town Fort Collins
130 South Mason Street
Fort Collins, CO 80524
(970) 689-3234
www.tastyharmony.com
5/10

Woody's Wood-Fired Tavern

GF pizza. Uses Deby's GF crusts.
518 W. Laurel St.
Fort Collins, CO 80521
(970) 482-7100
www.woodyswoodfiredpizza.com
8/10

Fast Food Restaurants:**Baskin Robbins**

www.baskinrobbins.com
Nutrition/allergen information available on the website for each product.
9/06

Ben & Jerry's

www.benjerry.com
9/06

Burger King*

www.bk.com
9/06

Chick-Fil-A*

www.chickfila.com
Gluten information is available online.
9/06

Culver's*

www.culvers.com
Gluten information available online.
1/07

Dairy Queen*

www.dairyqueen.com
GF ice cream cakes can be specially made at Dairy Queen location: 1526 E. Harmony Rd.

Dairy Queen (continued)

Call ahead 970-204-0615.
9/06

McDonalds*

www.mcdonalds.com

Menu items for people with gluten sensitivity are available online.
9/06

Noodles & Company*

www.noodles.com

Only Pad Thai noodles GF.
9/06

Qdoba Mexican Grill*

www.qdoba.com

Allergen information available by request in restaurant and online.
9/06

Note: Corn tortilla chips, strips and salad shells are not GF. They are not fried in a dedicated fryer; they are fried with wheat items.

2/10

Taco Bell

www.tacobell.com

See website for nutritional information.
5/10

Wendy's

www.wendy's.com

See website for nutritional information.
9/06

Denver Metro Area**Restaurants:****Abrusci's Italian Restaurant**

*GF Lunch & Dinner Menus**

3244 Youngfield Street, Unit G
Wheatridge, CO 80033
(303) 232-6161
www.abruscis.com

300 Fillmore
Cherry Creek North
Denver, CO
(303) 232-2424

Abrusci's (continued)

"no lactose" and most sauces can be customized.
9/06

Blue Bonnet (Mexican)**Café & Lounge**

GF Lunch and Dinner Menus

457 South Broadway
Denver, CO 80209
(303) 778-0147

www.bluebonnetrestaurant.com

Ask for a gluten-free menu and gluten-free tortilla chips.
5/10

Bubba Gump Shrimp**Company**

GF Menu

The GF menu has been researched and approved by Gluten Detectives, a division of On The Menu, LLC. For questions, contact Gluten Detectives at www.dineglutenfree.com.

1437 California St.
Denver, CO 80202
(303) 623-4867

www.bubbagump.com

5/10

Coors Field Gluten-Free**Concession Stand**

Colorado Rockies and ARAMARK offer a dedicated gluten-free concession stand with chicken sandwiches, chips, cookies and gluten-free beer.

Location: Behind Section 147 on the left field concourse
7/09

Deby's Gluten-Free**Bakery & Café**

GF Menu, GF Bakery Items & GF Mixes*

2369 South Trenton Way
Suite M, Denver, CO 80231
(303) 283-4060

info@debysglutenfree.net

www.debysglutenfree.net

Offering catering services and restaurant space for private parties.
9/06

Del Frisco's of Denver

*GF Menu Available by E-Mail Request**

8100 East Orchard Road
Greenwood Village, CO 80111
(303) 796-0100

www.delfriscos.com

Locations include: Dallas, Ft. Worth, Las Vegas, New York.
9/06

Maggiano's Little Italy

GF Items

500 16th Street
Denver, CO 80202
(303) 260-7707

www.maggianos.com

5/10

The Old Spaghetti Factory

GF Options Available

1215 18th Street
Denver, CO 80202
(303) 295-1864

www.theoldspaghettifactory.com

m

7/08

Steuben's

GF Menu Plus 8 Other Allergy Menus*

523 East 17th Avenue
Denver, CO 80203
(303) 830-1001

www.steubens.com

7/08

Sullivan's Steakhouse

GF Menu Available by E-Mail Request*

1745-61 Wazee Street
Denver, CO 80202
(303) 295-2664

www.sullivansteakhouse.com

Locations include: Dallas, Fort Worth, Las Vegas and New York.
9/06

Ted's Montana Grill

*GF Nutrition Information Guide Available Online**

1401 Larimer Street
Denver, CO 80202
(303) 893-0654

Ted's Montana Grill
(continued)
www.tedsmontanagrill.com
9/06

Udi's Café
GF Items
Olde Town Arvada
7600 Grandview Avenue
Arvada, CO 80002
(303) 421-8000
www.udisglutenfree.com

Locations include: Louisville Bakery,
Anschutz, Broadway, Stapleton.
5/10

Vesta Dipping Grill
GF Menu plus*
8 Other Allergy Menus
1822 Blake Street
Denver, CO 80202
(303) 296-1970
www.steubens.com
Go to Vesta Dipping Grill link.
7/08

Gluten-Free **Meal Prep:**

Ceres' Kitchen
Dedicated GF meal assembly
kitchen. Will ship family-size
meals nationwide. No minimum
order.
Colorado Sprgs., CO
(719) 226-8202
www.cereskitchenco.com
9/07

Gluten- Free **Bakeries:**

Aunt Kay's Coffee Cake
GF Items
For more information contact
Pamela Fletcher at
pfletch67@hotmail.com
Brewing Market, Vics, Wonderland
Café, Amate Café Sol. Also
available at Vics in Longmont and
Louisville.
9/07

Deby's Gluten-Free Bakery
*Online Product List**
100% GF Bakery
2369 S. Trenton Way, Suite M
Denver, CO 80231
(303) 283-4060
info@debysglutenfree.net
www.debysglutenfree.net

Offering GF bakery items, GF
baking mixes, special order cakes,
catering service and private parties.
Check website for product listing
and information.

8 Free Foods products now
available in the freezer section at
Colorado Vitamin Cottage and
King Soopers store bakeries.
9/06

Fiona's Natural Foods, Inc.
Offering a variety of GF
products. All products are
gluten-free, wheat-free, vegan,
organic and low-sugar.
168 CTC Blvd., Suite A

Louisville, CO 80027
(303) 415-1121
www.fionasgranola.com
9/07

Flourish Artisan GF Bread
100% gluten-free bakery,
organic, dairy-free, allergen-free
2369 S. Trenton Way, Suite M
Denver, CO 80231
(303) 283-4060
www.flourishbakingcompany.com

Available at select Vitamin Cottage
and other specialty food stores.
9/07

Great Harvest Bread Company
Facilities are not GF.
3600 S. College Ave.
Fort Collins, CO 80525
(970) 225-0353
www.greatharvest.com

2601 S. Lemay Ave.
Fort Collins, CO 80525
(970) 223-8311
9/07

Great Harvest Bread Company
(continued)
Makes GF bread on Tuesday.
Call ahead to verify.
9/07

The Mouse Pad, Coffee House,
Gluten-Free Bakery and
Computer Repair
*GF Items**
230 East South 1st Street
Johnstown, CO
(970) 587-9028
www.mousepadcoffee.net
5/10

Nunna' The Gluten Bakery
*GF Bakery**
Fort Collins, CO
(970) 219-4861
www.NunnaTheGluten.com
5/10

Outside the Breadbox
A dedicated GF, wheat-free,
*nut-free bakery**
Colorado Springs, CO
(719) 663-3434
www.outsidethebreadbox.com

Refer to the website for dates/times
for delivery to natural health food
stores along the Front Range.
9/07

RAW
Facility is not GF.
3531 S. Logan Street
Englewood
(303) 921-0220
www.doughrawme.com

Organic GF pizza dough in the
freezer section of Whole Foods
stores.
9/07

Rheinlander Bakery
Facility is not exclusively GF.
5721 Old Wadsworth Blvd.
Arvada, CO
(303) 467-1810
1-866-479-2253
www.sweetdeliverance.com
www.wheatfreefood.com

**Rheinlander Bakery
(continued)**

In 10/07 Rheinlander Bakery bought out Spring Bakehouse line of GF food. GF products are available at the bakery, through the website and at select Vitamin Cottage stores.
9/07

**Sweet Escape Pastries
Gluten-Free Bakery**

GF Facility
600 South Sunset, Suite D
Longmont, CO 80501
(720) 204-2062
www.SweetEscPastries.com
5/10

Udi's Cafe

Dedicated GF Bakery
101 East 70th Avenue
Denver, CO 80221
(303) 657-1608
www.udisfood.com
Call for information.
5/10

**Gluten-Free
Resources:**

A Fork in the Road

*Celiac Disease Education,
Gluten-Free Cooking Classes*
Gina Mohr-Callahan
(970) 221-3004
www.glutenfreefork.com
1/08

**Colorado State University
Extension**

*Food and Nutrition Series
no. 9.375*
*Gluten-Free Diet Guide for
People with Newly Diagnosed
Celiac Disease*
www.ext.colostate.edu

Crystal M. North D.O.

*Medical Advisor for Northern
Colorado Chapter #77
CSA/USA, Inc.*
Centers for Gastroenterology
Skyline Center for Health
2555 East 13th Street, Suite 220

Crystal North, DO (continued)

Loveland, CO
(970) 669-5432
5/10

Gluten Detectives

www.dineglutenfree.com

Lists restaurants and food manufacturers providing gluten-free foods in the Denver-area.

**Gluten-Free Culinary
Productions, Inc.**

GF Lecture/Cooking Series
Suzanne Bowland
3065 South Xenia Street
Denver, CO 80231
(303) 368-9990
www.theglutenfreelifestyle.com
7/08

House of Neighborly Service

*Gluten-Free Food Bank
Must qualify financially.*
565 North Cleveland Avenue
Loveland, CO 80537
www.honservice.org
5/10

**Introduction to the Gluten-
Free Diet and Celiac Disease**

Diane Moyer, M.S., R.D., C.D. E.
3-hour class offered in Denver for newly diagnosed
(720) 560-3734

**Poudre Valley Health System/
Community Health Education**

*What's Cooking Gluten-Free
Classes.* Register at
<http://classes.pvhs.org> Complete the form and send payment, either online or U.S. Mail, to the address on the form. For questions call
(970) 495-7500.
5/10

**Vitamin Cottage
Natural Grocers**

Nutritional Health Coach
Lori Kehoe, R.D.
4318 South College Avenue
Fort Collins, CO 80525
(970) 986-4600
5/10

The Wheat-Free Gourmet

Mary R. Capone
*GF Cooking Classes and
Bella Gluten-Free Mixes*
(Boulder area)
www.wheatfreegourmet.com

Call (303) 807-0050 for product information and cooking classes.
9/07

**Celiac Sprue
Association:**

Celiac Sprue Assoc./USA Inc.

P.O. Box 31700
Omaha, Nebraska 68131
1-877-CSA-4-CSA
www.csaceliacs.org

**Denver Metro Chapter #17
CSA/USA, Inc.**

www.denverceliacs.org/

Chapter information and Celiac Disease Information Packet:
www.denverceliacs.org/info_packet.pdf (Hint: the space between info and packet is an underscore_)

**High Plains Chapter #147
(Greeley) CSA/USA, Inc.**

hupalo@comcast.net
(303) 339-8465

**Northern Colo. Chapter #77
CSA/USA, Inc.**

nococeliac@yahoo.com
www.northerncoloradoceliacs.org

**CSA Central Wyoming Celiac
Association 95**

mail@wyceliac.org
www.wyceliac.org

Laramie Support Group

Chris Ehler is trying to organize a celiac group in Laramie. For more information, contact him at
hummerbrd5@hotmail.com

**Gluten-Free
Friendly Grocers:**

Albertson's

1636 North College Avenue
Fort Collins, CO 80524
970 416-5815
www.albertsons.com
8/10

Cabin Country Natural Foods

243 East 4th, Loveland, CO
(970) 669-9280
9/06

Gluten Freedom, LLC

Featuring Deby's Products
394 Neptune Court
Littleton, CO (near C-470 &
Quebec Street)
(303) 725-6439
www.glutenfreedomllc.com
9/07

Granny's Gluten-Free Zone

Olan and Donna Huckaby
3419 W. Eisenhower Blvd.
Loveland, CO 80537
(970) 669-9986
grannys@netscape.com
www.grannysglutenfree.com
7/08

King Soopers

Fort Collins locations
Now carry Bob's Red Mill flours,
Pamela's brownies and cake mixes
and EnerG brand breads, Tinkyada
noodles, Kinnikinnick products, Udi's
GF products and 8 Free Foods.
Selection may vary depending on
the location.

Look for GF labels on the shelves
throughout the store. Timberline
location offers GF tours on the 1st
Saturday of the month. Call ahead
to verify.
5/10

List of Kroger private label
GF items available at:
[www.kroger.com/sitecollectiondocu
ments/pharmacy/glutenlist.pdf](http://www.kroger.com/sitecollectiondocuments/pharmacy/glutenlist.pdf).

**Nancy Lou's
Gluten-Free Goodies Inc.**

Featuring Deby's Products
Tony and Nancy Grieder
1621 Holeman Drive
Erie, CO 80516
303-664-5468
www.nancylous.com
Fresh bread on Tuesdays!
1/06

Safeway

Fort Collins locations
Some stores carry Amy's Entrees
and Bob's Red Mill flours as well as
GF cooking supplies and other
products.

Sprouts Farmers Market #108

*Ask for a GF Product List.**
Watch for quarterly Gluten-Free
Jubilee (25% sale on gluten-free
items.)
4845 Corbett Drive
Fort Collins, CO 80525
(970) 416-3350 5/10
www.sprouts.com

Sunflower Farmers Market

*Ask for a GF Product List.**
Extensive GF section and several
GF items throughout store.
2601 South Lemay Avenue
Fort Collins, CO 80525
(970) 282-8003
www.SFMARKETS.COM
5/10

**Vitamin Cottage/
Natural Grocers**

*Ask for a GF Product List.**
Offers a large selection of GF
products, books and support.
4318 S. College Ave.
Fort Collins, CO 80525
(970) 226-9919
www.vitamincottage.com
5/10

Walmart

Offering selection of GF products.
Always read labels! Many items
contain traces of wheat and other
allergens.
www.walmart.com
7/08

Whole Foods Market

*Ask for a GF Product List.**
2201 S. College Ave.
Fort Collins, CO 80525
(970) 267-9200
[www.wholefoodsmarket.com/spe
cialdiets/glutenfree](http://www.wholefoodsmarket.com/specialdiets/glutenfree)

Offering bakery items from the
Whole Food dedicated Gluten-Free
Bakehouse in North Carolina, Udi's,
Canyon Bakehouse, and other GF
products.

Visit www.wholefoods.com and click
on "stores and events" for a listing of
local gluten-free cooking classes.

Gluten-Free Beer:

Anheuser-Busch

According to A-B, Redbridge
was reformulated to 3.2% and is
reportedly available in select
grocery stores. As of our
publication date, King Soopers in
Fort Collins was carrying it.
www.anheuser-busch.com
8/10

Bard's Tale Beer

Dragon's Gold
1-816-524-3270
www.bardsbeer.com

Estrella D'Aura Beer

www.gleasongroup.ie

Lakefront Brewery

New Grist
www.newgrist.com

New Planet Brewery

Tread Lightly Ale and
Triple R Raspberry Ale
3980 Broadway, Suite 103
Boulder, CO 80304
(303) 842-5665
www.newplanetbeer.net

Park Ridge Beer Company

Prospect Avenue Beer
1-847-528-2541
www.prbeer.com

Rampo Valley Brewery
Passover Honey Beer
1-845-369-7827
www.rampovalleybrewery.com

Saint Louis Brewery
Schlaflly Gluten-Free
1-314-214-BEER
www.schlaflly.com
Available only in Missouri
at this time.

St. Peter's Brewery
St. Peter's Gluten-Free Beer
www.stpetersbrewery.co.uk

Gluten-Free
Friendly Liquor
Stores:

Aggies Liquor Store
429 Canyon Avenue
Fort Collins, CO
970-482-1968
8/10

Super Market Liquors
1300 East Mulberry
Fort Collins, CO
(970) 221-2428
www.sml-uncorked.com
8/10

Westlake Wine and Spirits
Greeley, CO
www.westlakewine.com
8/10

Wilbur's Total Beverage
2201 South College Avenue
Fort Collins, CO
(970) 226-8662
www.wilburstotalbeverage.com
8/10

Northern Colorado
CSA Chapter Member
Recommendations:

THIS INFORMATION HAS NOT
BEEN VERIFIED.

Note: Always call ahead and talk to a manager to verify that the establishment will be able to accommodate your special dietary needs!

Adelita's
GF Item
1451 North Boise Avenue
Loveland, CO
(970) 669-9577

GF item on the menu:
#5 corn tortillas.
9/06

Bann Thai Restaurant
GF Menu
626 South College Ave.
Fort Collins, CO 80524
(970) 224-1512
www.bannthairestaurant.net
8/10

Bisetti's Italian Restaurant
Can Accommodate
Special GF Requests.
120 South College Avenue
Fort Collins, CO 80524
(970) 493-0086

Entrees that can be prepared GF:
Salmon Capri, Swordfish fra
Diavolo, Bistecca Marsala and garlic
mashed potatoes, roasted or
steamed vegetables. GF pasta
occasionally available.
Talk with the manager!
9/06

Breakfast Club
GF Items
1451 North Boise Avenue
Loveland, CO
(970) 461-1261
GF Menu Items:
Green chile, homefries.
9/06

Canino's Italian Restaurant
Will provide GF noodles if you
call in advance.
613 South College Avenue
Fort Collins, CO 80524
(970) 493-7205
www.caninositalianrestaurant.com
1/07

Canton Palace,
Chinese Cuisine
Will work with you to prepare
GF items.
3320 N. Garfield Avenue
Loveland, CO 80538
(970) 663-1188

Talk with owner "Chu," and he will
cook for you.
9/06

Coopersmith's Brewing Co.
GF Items
Old Town Fort Collins
5 Old Town Square
Fort Collins, CO 80524
(970) 498-0483
www.coopersmithspub.com
9/06

Cracker Barrel
Old Country Stores
*GF Items**
5800 McWhinney Blvd.
Loveland, CO 80538
(970) 593-9947

GF items on the menu:
eggs and grilled meats: bacon, ham
sausage, grilled catfish, grilled
chicken tenders, hamburger steak,
rib eye and sirloin steak. Sides:
applesauce carrots, corn, green
beans, pinto beans, turnip greens.

ALL fried items must be avoided due
to cross-contamination from cooking
oil! "OPEN kitchen! Potential for
cross-contamination of gluten is
very high!!!"
9/06

El Monte Grill and Lounge
GF Items
1611 S. College Avenue,
Suite 100
Fort Collins, CO 80525
(970) 372-1869
www.elmontegrill.com
8/10

Fish

Will cook GF on request.
 150 West Oak Street
 Fort Collins, CO 80524
 (970) 224-1188
www.fishmkt.com
 9/06

Hu Hot Mongolian Grill

Ask for GF grill and list of GF sauces.
 249 South College Avenue
 Fort Collins, CO 80524
 (970) 416-0555
Hu Hot (continued)
www.huhot.com
 9/06

Hunan Restaurant

Wheat-free sauce available on request.
 460 West Riverside Drive
 Estes Park, CO
 (970) 586-8287
 9/06

Hunan's Chinese Restaurant

731 East Harmony Road
 Fort Collins, CO 80525
 (970) 207-9000
www.hunantogo.com
 9/06

Jasmine Garden

Can accommodate GF.
 2721 South College Avenue
 Fort Collins, CO 80525
 (970) 223-6211
 "Ask for GF wok."
 9/06

Jay's Bistro

Will make GF on request.
 137 West Oak Street
 Fort Collins, CO 80524
 (970) 482-1876
www.jaysbistro.net
 9/06

Johnny Carino's Italian Restaurant

GF Items
 1455 Rock Mountain Avenue
 Loveland, CO 80538
 970-203-9900
www.carinos.com 9/06

Lone Star Steakhouse

*GF Menu available by e-mail request.**
 5330 Stone Creek Circle
 Loveland, CO 80538
 (970) 203-9464
www.lonestarsteakhouse.com

Locations include: Arvada, Colo. Spgs., Golden, Littleton and Thornton. 1/06

Las Salsitas Mexican Grill

GF items
 1010 South College Avenue
 Fort Collins, CO 80524
 (970) 498-9400
 9/06

Mama Rose's Restaurant

GF Items. Call ahead.
 338 East Elkhorn Avenue
 Estes Park, CO 80517
 (970) 586-3330
 1/07

Okole Maluna Hawaiian Grill

431 Main Street
 Windsor, CO
 970-686-8844
www.okole-maluna.com
 Co-owner is a dietitian.
 9/06

Padres, Mexican Cuisine

GF Items
 Orchards Shopping Center
 29th Street & 287
 Loveland, CO
 Talk to the owner.
 9/06

Pho Duy

Ask about sauces.
 902 West Drake Road
 Fort Collins, CO 80524
 (970) 221-1664
 9/06

Poppy's Pizza & Grill

GF Items
 342 Elkhorn Avenue
 Estes Park, CO 80517
 (970) 586-8282 Talk to the owner.
 1/07

Silver Grill Café

GF Item
 218 Walnut Street
 Fort Collins, CO 80524
 (970) 484-4656
www.silvergrill.com
 9/06

Suehiro Japanese Restaurant

GF Items
 133 Linden Street
 Fort Collins, CO 80524
 (970) 482-3734
www.suehirofc.com
 9/06

4431 Corbett Drive
 Fort Collins, CO 80528
 (970) 672-8185

Taj Mahal

GF Entrees
Talk to the manager.
 148 West Oak Street
 Fort Collins, CO 80524
 (970) 493-1105
www.tajmahalfortcollins.com
 9/06

Texas Roadhouse

No longer offers a GF menu, but can accommodate GF requests.
 4633 S. Timberline Rd.
 Fort Collins, CO 80525
 (970) 207-006
www.texasroadhouse.com

2451 W. 28th Street,
 Greeley, CO 80634
 (970) 330-3668

235 locations in 43 states.

"...willing to accommodate dietary requests to the best of our ability. As such, we suggest that you inform the manager of any special dietary needs so that we can provide you with the latest information about our ingredients, so that you can make informed choices."
 9/07