



Dr Rosarii Mbu is a general practitioner who specialises in treating patients with strict dietary requirements and allergies. Having coeliac disease she knows how very challenging it can be to buy ready made sweets or savoury foods. This is why she established **gluten's FREED**.

Everything at **gluten's FREED** is made on the premises and caters for people whose diets are :

- Gluten free**
- Lactose free**
- Sugar free**
- Soy free**
- Nut free**
- Vegan**

Our foods and breads are additive and preservative free, and are made with 100% rice flour and olive oil.

gluten's FREED has sweet treats and savoury foods for all the family.

Orders welcome

Visit **gluten's FREED**



**413 Magill Road,
St Morris 5068**

Open Hours

Monday to Friday 8am till 4pm

Saturday 8am till 12pm

Closed Sunday and Public Holidays

Contact Us

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Email: receptionmbu@gmail.com

Web: www.glutensfreed.com.au



Follow us on Facebook @glutensFREED



gluten's FREED

*413 Magill Road, St Morris
0407912849*



Lemon Cake

Savoury

Frittata
Risotto slice (Vegan available)
Vegan Pies
Quiches
Slices
Rice Bread
Pizza Bases

Sweets

Chocolate cake
Lemon cake
Carrot cake
Sponge cake
Eclairs
Cupcakes
Tarts
Apple pies
Apple and Sultana Cake
Sugar free cakes
Apple and Date Cake
Zucchini Cake



Chocolate Cake



Biscotti

Treats

Protein balls
Biscotti
Wafers
Cookies
Banana Bread
Pumpkin Bread
Zucchini Bread
Pepita and Craisin Bread

Wholesale Enquiries Welcome