**Where to eat gluten free in Nova Scotia?**

Finding a great meal while dining gluten free is easier than ever in Nova Scotia. Across the province, many restaurants offer gluten-free or gluten-friendly menu options, making it possible to enjoy local flavours while accommodating your dietary needs.

Menu items, ingredients, preparation methods, and allergen information can change. If you have celiac disease, a gluten intolerance, or other dietary requirements, contact the restaurant directly before your visit to confirm menu options and food handling practices meet your needs.

Some restaurants may operate seasonally or have limited hours at certain times of the year. Check current opening dates, hours, and reservation availability before planning your visit.

Restaurants and menu offerings change over time, and this list does not include every restaurant in Nova Scotia that may offer gluten-free or gluten-friendly options.

**Bay of Fundy & Annapolis Valley**

ArtCan Kitchen & Studios, Canning
Belly Up BBQ & Grill, Truro
Bistro on Prince, Truro
Catch of the Bay at Masstown Market, Masstown
Churchill's Restaurant and Lounge, at Digby Pines Golf Resort & Spa
Dockside Restaurant and Bar, Digby
Fuego at Bent Ridge Winery, Windsor Forks
Fundy Restaurant, Digby
Hall's Harbour Lobster Pound & Restaurant, Hall's Harbour
Hole in the Wall Restaurant, Windsor
Joe's Food Emporium, Wolfville
Le Caveau Restaurant at Grand Pré Winery, Grand Pré
Lightfoot & Wolfville Vineyards, Lower Wolfville
Longfellow Restaurant, Grand Pré
Luckett Vineyards, Wallbrook
Maritime Express Cider Company, Kentville
Mary and Larry's Diner, Truro
Miller's Dine and Lounge at Best Western Glengarry, Truro
Millstone Public House–East Hants, Lantz
Mulberries Bistro at Tattingstone Inn, Wolfville
Oaken Barrel Pub, Greenwood
Olive & Vine, Truro
Paddy's Brewpub & Rosie's Restaurant, Wolfville
Paddy's Irish Brewpub & Rosie's Restaurant, Kentville
Schoolhouse Brewery, Windsor
Spitfire Arms Alehouse, Windsor
Sydney Street Pub & Café, Digby
TACOcentric, Kentville
The Church Brewing Company, Wolfville
The Nook and Cranny Brew Pub, Truro

The Port Pub & Bistro, Port Williams
The Trophy Room Pub & Eatery in Digby Pines Clubhouse, Digby
The Union Street, Berwick
Troy Restaurant & Grill, Wolfville
Walker's Restaurant, Windsor

**Cape Breton Island**
Arduane Restaurant & Lounge and Stanley's Sunset Grill at The Keltic Resort, Ingonish Beach
Bras d'Or Lakes Inn, St. Peter's
Cabot Shores Bistro, Indian Brook
Kiju's Restaurant, Membertou
L'abri Restaurant & Bar, Chéticamp
McCurdy's Dining Room at Silver Dart Lodge, Baddeck
Panorama Restaurant, Whit's Public House & Cabot Bar at Cabot Cape Breton, Inverness
The Cable Room at The Telegraph House Hotel, Baddeck
The Narrows Café & Bar and Lakeside Restaurant at Inverary Resort, Baddeck
The Red Shoe Pub, Mabou
The Saltwater Social Raw Bar (Food Trailer), Sydney
Trio Restaurant, Sydney
Wheelhouse Café, Grand Narrows

**Eastern Shore**
Big G's Pizza & Donair, Guysborough
Crazy Weasel, Lake Echo
Salmon River Country Inn, Salmon River Bridge
The Henley House Pub & Restaurant, Sheet Harbour
The Marmalade Café and Coffee Bar, Sheet Harbour

**Northumberland Shore**
Main Street Café, Antigonish
Nook & Cranny: On the Water, Pictou
Our Backyard BBQ, Amherst
Pictou Lunch Box at Birchwood Campground and Cottages, Lyons Brook
Red's Apron, Amherst
Tatamagouche Railway Dining Car at the Train Station Inn, Tatamagouche
The Cove Motel & Restaurant, Auld's Cove
The Willard at Fox Harb'r Resort, Fox Harbour

**South Shore**
27 South at Best Western Bridgewater, Cookville
Broad Cove Café, Broad Cove
Café l'Acadie, Indian Harbour
Dining at Bluenose Lodge, Lunenburg
Eli & Trix, Mahone Bay
Elliot's Dining Room and Founders' Lounge at White Point Beach Resort, White Point
Fancy Pants Café, Bridgewater
Grand Banker Bar & Grill, Lunenburg
Lane's Privateer Inn, Liverpool

Oak & Oar Eatery at Oak Island Resort, Western Shore
Osprey's Nest Public House, Petite Rivière
Quarterdeck Beachside Villas & Grill, Summerville Centre
Rope Loft Restaurant & Marina, Chester
Rose Bay Store & Bistro, Rose Bay
Sou'Wester Restaurant & Gift Shop, Peggy's Cove
The Emerald Light Kitchen + Bar, Shelburne
The Hungry Traveler Café, Lunenburg
The Ship's Galley Pub & Eatery, Shelburne
Train Station Bike & Bean, Upper Tantallon
White Sails Bakery, Tantallon

**Yarmouth & Acadian Shores**
Dennis Point Café, Middle West Pubnico
Honey Bees Restaurant, Dayton
La Cuisine Robicheau, Saulnierville
Red Cap Restaurant & Motel, Middle West Pubnico

**Halifax Metro**
2 Doors Down Food + Wine, Dartmouth
Agricola Street Brasserie, Halifax
Anemone Dining, Halifax
Antojo Tacos & Tequila, Halifax
Boondocks Restaurant, Eastern Passage
Cable Wharf Kitchen & Patio, Halifax Waterfront
Chain Yard Urban Cidery, Halifax
Chef Abod Café & Catering, Halifax
Chop Steakhouse, Halifax
Dear Friend Bar, Dartmouth
Durty Nelly's Irish Pub, Halifax
Eliot & Vine, Halifax
Encore Dining at Inn on the Lake, Fall River
Evan's Fresh Seafoods & Restaurant, Dartmouth
Gahan House Nova Centre, Halifax
Geovanno Pizza, Dartmouth
Harbour City Halifax, Halifax
Harbourstone and Stone's Throw Patio, Halifax Waterfront
Harvest Clean Eats (Bayer's Lake), Halifax
Heartwood by the Sea, Halifax
Los Toros Authentico Espanol, Halifax
Millstone Public House – Baker Drive, Dartmouth
Millstone Public House, Bedford
Morris East Restaurant, Bedford
Morris East Restaurant, Halifax
Nineteen Restaurant at The Links at Brunello, Timberlea
Oasis Pub & Eatery, Halifax
Pi – King's Wharf, Dartmouth
Pitch & Pivot at Delta Hotels by Marriott Dartmouth, Dartmouth

Shuck Seafood + Raw Bar, Halifax
Side Hustle Snack Bar, Dartmouth
Stillwell Beer Garden, Halifax
Stillwell Freehouse, Halifax
Tempo Food + Drink, Halifax
The Arms at the Lord Nelson Hotel & Suites, Halifax
The Board Room Café, Halifax
The Cannery Kitchen & Social, Halifax
The Canteen on Portland, Dartmouth
The Carleton, Halifax
The Commons on Portland, Dartmouth
The Deerfield Pub at Glen Arbour Golf Course, Hammonds Plains
The Esquire Restaurant, Bedford
The Fourth Lock Restaurant, Fall River
The Lower Deck Pub, Beer Market and Brewery, Halifax Waterfront
Trattoria Vesso, Halifax
Vines Pasta Grill, Dartmouth