



Gluten Free in Bali

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GLUTEN FREE IN BALI

We are regularly asked by our clients about *gluten free* suggestion when visiting Bali. *Gluten free* is not a well-known phenomenon in Indonesia, and therefore we recommend you to be very careful when ordering. Indonesians are very helpful in culture, however, they tend to answer yes when they are uncertain. To help you, we have compiled a list of restaurants in Bali which are familiar with *gluten free* diets, as well as a page with a printable card as well as some useful sentences during your journey.

Please note, Happy Trails Indonesia provides this information as a service. However cannot be kept liable for any incorrect information. Information is subject to change.

GLUTEN FREE RESTAURANT SUGGESTIONS

| Restaurant name | Address | Phone | Website if available |
|-------------------------------------|--|------------------|---|
| Poppies Bali | Poppies Gang I, Kuta 80033 | +62 361 751059 | http://poppiesbali.com |
| Star Fish Bloo at W Retreat and Spa | Jalan Petitenget, Kerobokan, Seminyak, Denpasar, 80361 | +62 361 3000106 | http://wretreat.com |
| Alchemy Bali | Jalan Penestanan Klod, Ubud 80571 | +62 361 971981 | http://alchemybali.com |
| Oka's Bakery | Jalan Pantai Batu Bolong, Badung, 80361 | +62 361 8445357 | - |
| The Canggu Deli | Jl. Subak Sari - Pantai Berawa, Canggu | +62 361 844 6485 | - |
| The Bungalow Living | JL Pantai Berawa 35 Canggu, 80361 | +62 361 8446567 | http://www.bungalowlivingbali.com/ |
| Ku De Ta | Jl. Kayu Aya no.9, Seminyak, 80361 | +62 361 736969 | http://kudeta.net |
| Sarong | Jl. Petitenget No. 19 X, Kerobokan, Kuta 80361 | +62 361 4737809 | - |

Saya **tidak bisa makan** makanan yang mengandung **gandum, gandum hitam (rye), jelai (barley), havermut/oat (oats), berbagai macam pasta (spaghetti dsb), kuskus (couscous), remahan roti, adonan tepung, roti, kue kering (pastry), biskuit, mie (kecuali terbuat dari tepung khusus bebas gluten).**

Mohon **periksa** bahan-bahan dalam **daging olahan, sop, saus, kuah, minyak campuran salad, dan vla (custard).**

Saya **bisa makan** berbagai jenis makanan termasuk **daging yang tidak diolah, ikan, telur, buah-buahan, sayur-sayuran, produk yang mengandung susu, nasi, jagung, polenta, lentil, kedelai, dan kentang** selama semuanya **tidak diolah menggunakan bahan berbasis gluten.**

Bisakah anda **menyarankan** makanan yang **tepat** untuk saya?

Saya **tidak bisa makan** makanan yang mengandung **gandum, gandum hitam (rye), jelai (barley), havermut/oat (oats), berbagai macam pasta (spaghetti dsb), kuskus (couscous), remahan roti, adonan tepung, roti, kue kering (pastry), biskuit, mie (kecuali terbuat dari tepung khusus bebas gluten).**

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Bisakah anda **menyarankan** makanan yang **tepat** untuk saya?

To further assist you, please find some useful Indonesian sentences below:

- | | |
|---------------------------------------|---|
| • Excuse me | = Permisi [per-m e-see] |
| • How much/many | = Berapa [ber-ra-pa] |
| • I want | = Saya mau [sigh-yah mow] |
| • I don't want... | = Saya tidak mau [sigh-yah ti-duck mow] |
| • Please (asking for help/bargaining) | = Tolong [toh-long] |
| • Thank You | = Terima Kasih [ter-ree-mar car-see] |
| • Two people | = Dua orang [do-ah or-rung] |
| • You're welcome | = Kembali [kem-bali] |
| • Is there gluten in this food? | = Apakah ada gluten di makanan ini? |