

Spanish Dining with Celiac Disease

There are many ways to make your dining out experiences safe and enjoyable. Remember to always understand the menu, make special requests, and ask the wait staff questions.

When dining out at Spanish restaurants, what are some common menu items and how can you order them gluten-free?

Ensalata: Salad

- ✓ Rusa: Salad with egg, potato, olives, tuna, and mayo (plain mayo is ok).
- ✓ Mixta: mixed salad with lettuce, tomatoes, olives, tuna, hard boiled eggs.

Paella: A traditional rice-based dish originating from the Valencia region of Spain.

- ✓ Ensure any seasonings do not contain wheat flour.
- ✓ Ensure there is no cross-contact with gluten-containing foods and kitchen oven and cookware used to prepare paella.

Patatas Bravas: A tapas dish of spicy fried potatoes.

- ✓ Ensure a dedicated fryer is used to make the patatas.
- ✓ Ensure any seasonings do not contain wheat flour.

Gambas al Ajillo: A tapas dish of fried garlic shrimp in olive oil.

- ✓ Ensure a dedicated fryer is used to make the patatas.
- ✓ Ensure any seasonings do not contain wheat flour.

Pulpo Gallego: A tapas dish of grilled octopus.

- ✓ Ensure grill has no cross-contact and has been cleaned.
- ✓ Ensure any seasonings do not contain wheat flour.

Tarta de Santiago: Traditional cake dessert made of almond flour, Crema Catalina (milk, citrus peel, cinnamon, egg yolks).

- ✓ Ensure any seasonings do not contain wheat flour.

- ✓ Ensure there is no cross-contact with gluten-containing foods and kitchen oven and cookware used to prepare dessert.

Sangria: Alcoholic drink that is typically gluten-free.

Useful Words to Know in Spanish

Soy Celiaco/a	I have Celiac disease
Para celiacos	For celiacs
Gluten	Gluten
Sin gluten	Without gluten
Trigo	Wheat
Alergia	Allergic
Dieta sin glúten	Gluten-free diet
No puedo comer gluten	I cannot eat gluten
¿ Tiene opciones sin gluten?	Do you have gluten free options?

Dishes/Ingredients to Avoid: Gazpacho (unless gluten-free thickener is used in place of bread), marinara sauces (often made with flour or bread), Fish like hake or squid that are battered and fried (merluza rebozada (breaded white fish) or calamares a la romana (fried squid) unless coating is gluten-free and has been fried in a dedicated gluten-free fryer, thickening agents (unless arrowroot or corn starch is used), pasta (orzo or any other type), dressings (unless just olive oil and vinegar), pastelitos (pastries) typically made with wheat flour unless stated they are made with gluten-free flour, empanadas (fried or baked crescent moon-shaped pastry) made with wheat flour unless stated they are made with gluten-free flour.

Always identify your needs. Consider carrying a [gluten-free restaurant card](#) in different languages or a [gluten-free restaurant card in English](#).

If a utensil, preparation area, or cooking surface is used for foods that must be avoided, ask for it to be cleaned before cooking your meal. To be safe, ask staff to use disposable tin foil.