

Resources for Gluten Free Food in the Fargo/Moorhead Area

GF GROCERY STORES

Sydney's Health Market	302 27 th St. N, Fargo	701.526.0983
	<i>Entire store is GF! Wide choice of product. Will special order for you in advance. Many frozen products. Specializes in Gluten Free/Wheat Free & Organic. Many products also free of several allergens, (dairy, casein, egg, etc.)</i>	
Hornbachers	Many F/M Locations – Osgood has largest GF Section	
SunMart Foods	Many F/M Locations – 32 nd Avenue South store in Fargo has best selection	
Cash Wise Foods	(Large Natural Foods Section – GF Items are tagged red)	
	1401 33 rd St SW, Fargo	701.237.4120
	3300 Hwy 10 E, Moorhead	218.236.4910
Asian Market	1015 Main Avenue, Fargo	701.271.0687
FM International Market	1402 Main Avenue, Fargo	701.356.7883
Swanson Health Products	109 N Broadway, Fargo	701.293.9842
Tochi Products	1111 2 nd Ave N, Fargo	701.232.7700

RESTAURANTS WITH GLUTEN FREE MENUS

Godfather's Pizza	4340 13 th Ave W, Fargo	701.277.1666
Carino's Italian Grill	4410 17 th Ave S, Fargo	701.282.2922
Chili's Bar & Grill	4000 13 th Ave S, Fargo	701.282.2669
Nine Dragons	4525 17 th Ave S, Fargo	701.232.2411
Olive Garden	4439 13 th Ave S, Fargo	701.277.1241
Xtreme Pizza Kitchen	1404 33 rd Ave S, Fargo	701.298.0420

RESTAURANTS WITH EXPERIENCE IN GLUTEN FREE MEALS – WILL ACCOMMODATE!

Jimmy Johns	2 F/M Locations (North & South Fargo) (Lettuce wrapped sandwiches)	
Texas Roadhouse	4971 13 th Ave S, Fargo	701.282.8590
Timber Lodge Steakhouse	1111 38 th St S, Fargo	701.282.8990
Doolittles Woodfire Grill	2112 25 th St S, Fargo	701.478.2200
Speak Easy	1001 30 th Ave S, Moorhead	218-233-1326 (has GF Pasta)
Holiday Inn	I29 & 13 th Ave S, Fargo	701.282.2700
Monte's	220 Broadway, Fargo	701.526.0149
Red Lobster	4215 13 th Ave SW, Fargo	701.282.8983
Shang Hai	3051 25 th St S, Fargo	701.280.5818
Sarello's	28 4 th St N, Moorhead	218.287.0238
Fortune House	1100 19 th Ave N, Fargo	701.232.6316 (ask for white sauce)
Basies	Ramada Inn	701.281.7105
Granite City	1636 42 nd St S, Fargo	701.293.3000
Casa Ramos	1649 38 th St S, Fargo	701.281.1033 (bring tortilla chips)
Mexican Village	2 F/M Locations	
Paradiso	801 38 th St S, Fargo	701.282.5747
Qdoba	2 F/M Locations Get Naked Burrito	
Pancho's Mexican Grill	803 Belsly Blvd, Moorhead	218.477.1990
Drunken Noodle	2 F/M Locations Has GF Soy Sauce – call ahead	
Kobe's	4228 15 th Ave S, Fargo	701.282.8888

HANDMADE GF GOODS (Fargo/Moorhead):

Bakery Babe – Andrea Ehlis Chang

Specializing in Gluten Free and Top-8-Allergen Free. Fresh baked GF breads, cookies, cupcakes, and celebration cakes; available upon order. Please allow 48 hours notice.

www.bakerybabe.com

andrea@bakerybabe.com

701-361-8934

A Better Bread Bakery – Liz Reprogal

Buttermilk Biscuits, Bread Sticks, French Bread, Pitas, Soft Pretzels, Sourdough Bread and many handmade desserts and quick breads.

abetterbreadbakery@live.com

701.293.7557

RESOURCES FOR GLUTEN FREE FOOD IN THE LAKES AREA

Lakes Area Group ALEXANDRIA • ELBOW LAKE • FERGUS FALLS • MORRIS

Contact: Susan Frykman, Manager 320.528.2404 or papabear@runestone.net

Meadow Farm Foods

23064 Co Hwy 1
Fergus Falls, MN 56537
218-739-4585

PommeDe Terre Foods

613 Atlantic Ave.
Morris, MN 56267
320-589-4332

Pete's County Market

2612 Broadway St.
Alexandria, MN 56531
320-762-1158

Grain Bin

3015 Hwy 29 S
Alexandria, MN 56308
320-763-6876

Union Avenue Market

116 S. Union Ave.
Fergus Falls, MN 56308
218-998-3663

Everybody's Health Food Market

11 1st St. North
Long Prairie, MN 56347
320-732-3900

OTHER RESOURCES

Third Street Market

120 3rd Street West
Park Rapids, MN 56470
218.732.9063

Colors of Health

31 Sims St
Dickinson, ND 58601
866-483-1060

Twisted Bakery

Dickinson ND 58601
701-483-4726
kpwanner@ndsupernet.com

CONTACT INFO: www.redriverceliacs.org email: redriverceliacs@gluten.net

Stacey Juhnke: 701-237-4854

Sara Vollmer: 701-238-0587

Jan Hammer: 701-232-3896

Red River Celiacs GIG is a Branch of The Gluten Intolerance Group®, also known as GIG®, and is a 501c (3) non-profit organization. Tax deductible donations can be sent to Red River Celiacs GIG, PO Box 464, Fargo, ND 58107. Donations will be used for educational awareness of Celiac Disease and our Nov. 2-3, 2007 Gluten Intolerance Education Conference at the Moorhead Marriott. Red River Celiacs GIG is an all volunteer organization.