**TOKYO**

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| **Nabezo Shabu Shabu**3-30-11 Shinjuku | Shinjuku Takano Dai2 Bldg 8F, Shinjuku | Hot pot shabu shabu restaurant chain. Must ask for ox tail broth (bring your own soy sauce for dipping)  | <https://www.tripadvisor.com.au/Restaurant_Review-g1066457-d1676825-Reviews-Nabezo_Shinjuku_3_Chome-Shinjuku_Tokyo_Tokyo_Prefecture_Kanto.html> |
| **Cafe Littlebird**1-20-12 jinngumae,Shibuya-kuHarajyuku-Fource 1F | Entirely gluten free menu | <https://www.facebook.com/cafe.littlebird> |
| **Moyan Curry** 160-0021 Tōkyō-to, Shinjuku-ku, Kabukichō, 1 Chome−12−5 1F | Beef and pork curry both are gluten free  | <http://www.moyan.jp/english/><https://en.japantravel.com/tokyo/moyan-curry/22965>  |
| **Matsuya** (chain of gyudon restaurants)3-11-11, Shinjuku, Shinjuku-ku, | BBQ beef and pork meat set meals (incl miso soup), Grilled salmon set meal (until 11am). See website link for allergens | [www.matsuyafoods.co.jp/english/menu/teishoku/tei\_gyuuyaki\_180403\_hp.html](http://www.matsuyafoods.co.jp/english/menu/teishoku/tei_gyuuyaki_180403_hp.html)  |
| **Sora no Iro Nippon - Ramen St Tokyo Station**1-9-1 Marunouchi, Chiyoda-ku, Tokyo Ramen Street No 1 Tokyo Station | They have one gf ramen – order vege soba ramen | <https://www.tripadvisor.com.au/Restaurant_Review-g1066443-d8719872-Reviews-Sora_no_Iro_Nippon-Chiyoda_Tokyo_Tokyo_Prefecture_Kanto.html>  |
| **Guzman y Gomez**[2F Laforet Harajuku, 1-11-6 Jingumae, Shibuya-ku, Tokyo](http://gyg.jp/en/) | Nachos is gluten free (including meat and chicken toppings) | <http://gyg.jp/en/>  |
| **Breizh Cafe Creperie** – Chain in Shinjuku, Ginza, Omotosando, Kyoto | GF buckwheat galettes | <https://breizhcafe.com/en/breton-crepes-and-buckwheat-galettes-creperie-paris-saint-malo-cancale-tokyo/>  |
| **Gluten Free 61 Cafe & Bar** 3-4-6 Roppongi | 1f, Minato 106-0032,  | Entirely gluten free restaurant incl ramen, okonomiyaki, pasta, chips etc | https://www.tripadvisor.com.au/Restaurant\_Review-g1066451-d13202104-Reviews-Gluten\_Free\_61\_Cafe\_Bar-Minato\_Tokyo\_Tokyo\_Prefecture\_Kanto.html |
| **Captain Cook** British restaurantTEL 03-6277-2308. 5-2-37 MINAMI AZABU | Many GF items. Make own gf bread, GF eggs benedict | <https://www.captaincook.co.jp/about>  |
| **Moss Burger** | Have an allergen free burger + hotdog w/ rice bun (all stores). Fries & shakes are OK | <https://www.mos.jp/menu/pdf/global_regular_menu.pdf?_ga=2.183524966.1753183403.1537658011-936006867.1537658011>  |
| **McDonalds** | Fries, thick shakes and meat patty are all OK |  |

**KYOTO**

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| **Sugar Hill**725 Uematsucho, Shimogyo-ku | Fully understand gf. Have gf soy & teriyaki sauce. Can make many dishes gf incl teriyaki chicken, fried rice, Japanese omelette  | <https://www.tripadvisor.com.au/Restaurant_Review-g298564-d4081495-Reviews-Sugar_Hill_Kyoto-Kyoto_Kyoto_Prefecture_Kinki.html>  |
| **Botejyu Kyoto**279 Minamikurumayacho Kawaramachidori Sanjo Sagaru 3 Chome Higashi Iru | Grill restaurant that makes Okonomiyaki (not gf) but were very accommodating and suggested gf options for us | <https://www.tripadvisor.com.au/Restaurant_Review-g14124519-d9640290-Reviews-Botejyu_Kyoto-Nakagyo_Kyoto_Kyoto_Prefecture_Kinki.html>  |