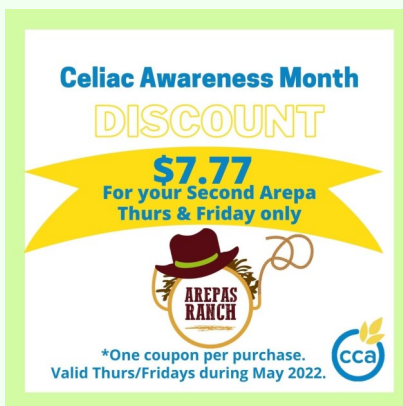


# Local Gluten-Free Business Discounts %

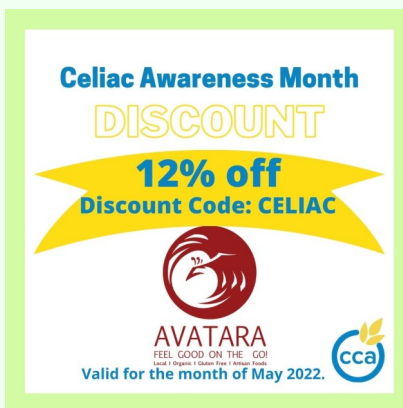
Did you know that Calgary has a number of businesses that are 100% Gluten-Free? The [Calgary Celiac Association](#) hopes that you will be able to use some of these discount offers in May to celebrate Celiac Disease Awareness Month and show support to our amazing local Gluten-Free businesses.

We would love to hear more about your experiences.  
Share your pictures or reviews with us on social media!



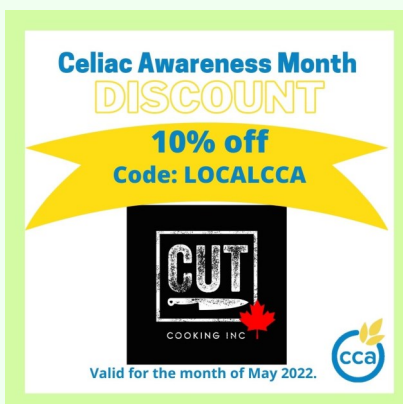
*Arepas Ranch is a family owned business. Our menu is composed of tasteful plates from the Venezuelan traditional cuisine. Our main dish is the Arepa, a cornmeal patty that we fill with your choice of shredded beef, chicken salad, pulled pork, black beans, ham, cheese & veggies. All our menu is 100% gluten free. Our Arepas can also be purchased from our Food Truck. Find us at Fresh & Local Market & Kitchens in Avenida Village Thursday—Sunday. Enjoy your second arepa for only \$7.77 on Thursdays & Fridays in May.*

<https://www.arepasranch.ca/>



*Avatara is a restaurant that supports local producers with responsible environmental practices, organic & sustainable production. We also support gluten free companies, as our production facility, our two restaurants, and mobile vending units, are 100% gluten free. We also offer dairy free, vegan, vegetarian, and halal, food options. Enjoy 12% off in May. You must call the restaurant to get the discount over the phone at 403.457-4992 (NW location) or 403-874-7000 (Deep SW location). Use code "Celiac".*

<https://www.avatarapizza.com/>



*CUT Cooking is the story of two best friends - friends who are passionate about empowering everyone from the rookie to master chef to achieve success in their own kitchen! They manufacture a gluten free flour blend that is also free from dairy, soy, corn, and nuts. It is a flour blend that has proven to be consistent and easily substituted. Not only does CUT Cooking promise your food won't taste like cardboard, they promise to support you with this endeavor on their food blog at [cutcooking.com](http://cutcooking.com). With over 200+ recipes using CUT Cooking GF Flour to inspire you, you'll have the opportunity to be adventurous and have fun in your kitchen. Look for CUT Cooking flour sold throughout So-beys, Safeway and many other retailers. For the month of May, enjoy a 10% discount when ordering directly at [cutcooking.com](http://cutcooking.com) or on [Amazon.ca](http://Amazon.ca). <https://cutcooking.com/>*



*Delissitude is a gluten, nut & dairy free bakery and perogy emporium. Founded in 2013 by Renay Eng-Fisher, and operating out of the Calgary Farmers Market they offer a variety of baked goods, pies and perogies each week, with vegan options.*

*Enjoy 10% off our gluten free and vegan gluten free perogies, pizza crust, pakoras and samosas and a Free Lemon Cookie with Purchase.*

<https://delissitude.com/>



*Earth's Oven Bakery has been making delicious, locally-made gluten free products for you in its gluten free facility since 2003. Offering a great selection of baked goods and groceries including bread, focaccia, Naan bread, muffins, cookies, cake, treats, pies, perogies, Mexican meals and Lotus leaf wraps. Enjoy 10% off your purchase in May.*

[www.earthsoven.com](http://www.earthsoven.com)



*Expatasia. After 30 years of living abroad, this dynamic father and son duo have moved back to their roots. They have brought home with them the secrets of Asian cuisine and preparation and they are ready to stimulate all of your senses with their extensive culinary experiences from all over S.E. Asia. Their entire menu is gluten-free and can be found at Fresh & Local Market & Kitchens in Avenida Village. Enjoy a free soft drink with lunch or dinner purchase. On Sunday, May 15th, enjoy a free Crème Brulee when you purchase one. <https://expatasia.ca/>*



*Heaven Restaurant & Bar is a cozy, family-owned eatery. Featuring gluten-free Venezuelan fare, including arepas, empanadas and savoury plantain. Heaven also has Mexican food, Vegan and vegetarian options. Heaven is 100% gluten free so come in, relax and enjoy anything off of our menu. We now have a market section where we offer frozen meals ready to heat and serve. Enjoy 10% off your purchase in May.*

<https://heavengf.com/>



*At The Keto Caché we pride ourselves on being 100 percent gluten-free, sugar free and low carb / keto friendly.*

*We are creating tasty, healthy options for celiacs, diabetics, people who are choosing a keto lifestyle and those who suffer from a variety of health issues.*

*Enjoy 10% off your purchases in May.*

<https://www.theketocache.org/>



*Kinnikinnick has been crafting safe and scrumptious gluten-free baking since 1991, also free from dairy, nuts, peanuts and soy. Half egg free. Still family owned, we're loved the world over by those with Celiac disease and on restricted diets.*

*Find us in your local grocery store and online. Enjoy free delivery and 10% off online orders of \$55 or more in May using code CCACALGARY.*

<https://www.kinnikinnick.com/>



*Lakeview Bakery is a dedicated gluten-free facility making a variety of desserts and fresh artisan bread which carries a wide selection of gluten-free dry goods. Dairy-free, egg-free, and Vegan options, available. Note: Lakeview on 90th is a dedicated gluten free facility. All gluten free goods are prepared there. Lakeview on Crowchild Trail sells gluten free goods from the dedicated facility. Enjoy 10% off in May with a weekly bonus treat.*

<http://www.lakeviewbakerycalgary.com>



*Mestizo is a family business focused on delivering authentic Mexican and traditional street food. Our tacos include Pastor, Bistec (sirloin), Suadero (brisket), Chorizo, Carnitas, Cochinita Pibil (Mayan), Birria, different kinds of enchiladas and more. All of our menu is gluten free. Enjoy 10% off during the month of May.*

<https://www.mestizoyyc.com/>





*Mountain Rhino is a small dedicated gluten free, peanut and tree nut free kitchen. We make everything in house to maintain our high quality. All of our products are all gluten free and some are dairy free and/or vegan as well.*

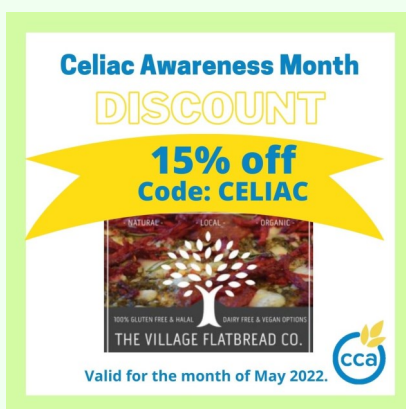
*Enjoy 10% off online orders in May with code CALGARYCELIAC.*

<https://www.mountainrhino.ca/>



*QueChivo offers authentic Salvadoran pupusas ( hand made corn tortillas ) filled with many delicious flavors including.....pork, chicken and vegetarian options. We have many other goodies like tamales, plantain empanadas, tacos, and bowls! Cook at home meals available too so you can enjoy a delicious gluten free meal at home. Enjoy 10% off in May.*

<https://quechivo.ca/>



*The Village Flatbread Co. offers gluten- free gourmet Flatbread Pizzas, Salad, Starters, Desserts & Beverages. Natural & Organic Ingredients, Sourced Locally. 100% Gluten Free & Halal. Plenty of Dairy Free, Keto, Vegetarian, & Vegan Options.*

*Use promo code CELIAC online to get 15% off during May.*

<https://www.myvillageeyc.com/>



*At Whole Life Go our entire menu Is Gluten-Free. We believe keeping it simple "the way nature intended it to be" with minimal processing, no artificial colors or additives provides the best tasting and nutritionally dense food. Our major ingredients are organic providing abundant vitamins, essential proteins and flavor to our products. Enjoy 10% online orders for May.*

<https://wholelifego.com/>

*All of the offers listed are provided at the discretion of the businesses listed and are subject to change. If you have any questions about the offers, please contact the businesses directly. Also note that some businesses are not open 7 days a week so plan your visits accordingly.*