



## Gluten Free / Vegetarian / Vegan Options/ Dairy Free

There is a wide range of catering options available at the Royal Adelaide Show. All outlets are encouraged to offer options for vegetarians, vegans as well as those who require gluten free or dairy free diet. You will find these options scattered around the Showground with notations on their menus however the vendors listed below offer that little bit more.

<u>Name</u>	<u>Location</u>	<u>Map Ref.</u>	<u>Dietary</u>	<u>Example/Feature Products</u>
Arena Lounge	Members Grandstand	F11	V	Pub style meals available – Fresh laksa and margherita pizzas available for vegetarians.
Atrium Café	Atrium Food Court	M8	GF,V, DF	Gourmet Salad box options are hearty w/ gluten free & vego options. Plus vegetarian sandwiches, Falafel wrap or try the GF chicken wing snack box. Gluten free cake options from the Coffee Pot.
Baked Potatoes	Boulevard South	H6	V	Five vegetarian options incl. Vegan Delight
Bean Machine	Public Grandstand	G9	GF,DF,V	Delight in a waffle cone that can be gluten free, dairy free and/or vegan. Then finish it off with a soy or coconut milk coffee.
Beyond India	Kingsway Food Court	E8	GF, DF, V	Vegan Curries & entrée items. Halal options also available
Butterfingers	Goyder Pavilion	N6	GF, V, DF	Fresh, Healthy and Tasty Vegan & Gluten free options as the heart of their menu – Nacho Bowl, Avo Boat +
Carnivore	Arena Rendezvous	G9	V	If you can get past the slow cooked meat, they also offer a tasty Halloumi burger
CWA Country Cafe	Kingsway West	C8	V	Salad plates, sandwiches, pastries
Corn Shacks	Two locations	N2,G9	V, GF	Hot, juicy corn on the cob
Golden North	Jubilee Pavilion Corner	J7	GF	All soft serve GF, all scoop (except Cookies & Cream) GF - just ask for it in a cup!
Gourmet BBQ	Kingsway Food Court	F8	GF, V	Gluten free buns now available as well as a Falafel Burger – all hot chips GF.
Goyder Café	Atrium Food Court	N7	V,GF,DF	Vegetarian, dairy free & gluten free toppings for baked potatoes. Hot Chips and GF Chicken wings w/chips and slaw.
Maxine's Baked Potatoes	Heavy Horse	E12	V,GF, DF	Hearty Vegan, Gluten Free & Dairy Free options are available for baked potatoes and nachos.
Mary Jane Burgers	Kingsway Food Court	E8	GF, V	NY style burgers, Gluten Free & Vegetarian option are available and tasty Vegan fried snacks
Nachos/ Chips on a stick	Boulevard South	H6	GF, V	100% vego with gluten free nachos.
Sit Lo	Kingsway Food Court	E8	GF, V	GF Laksa that can also be made Vegetarian. Their spring rolls are also available in vego.
Red Dove Cafe	Horse Precinct	L16	V	Warm up with a vegetarian breakfast or later in the day a vegetarian lasagne
Span Thai	Kingsway Food Court	E8	GF,V	Enjoy a Spanish Paella, Tapas Tasting Plate or a Pad Thai – GF and Vego options for each
Strawberries Galore	Heavy Horse	E11	V, GF	Strawberries & Icecream/Cream/Yoghurt plus their mousse and pavlova is gluten free
The Cajun Kitchen	Kingsway Gourmet	E8	GF,V	Fries & Nachos both include gluten free and vegan options. Also available a Tofu wrap with salad and two sauces.
Triple B Burgers	Dairy Pavilion	B8	V	¼ pound veggie burger

