



OLIVE TREE
COUNSELING CENTER

Gluten Free OPTIONS

GROCERIES:

- **Carrefour**
- **Migros:** Schar Ciabatta Rustica Glutensiz Esmer Ekmek (Bread) recommended, but many other gluten free items available
- **Macro Center**
- **Caglarsoy**, gourmet shop near the Counseling Center

RESTAURANTS & THINGS YOU CAN ORDER:

- **Piyazci:** local bean egg and tahini bowl that is flavored with lemon
- **Shakespeare's Coffee & Bistro:** salad, quinoa bowls, and grilled salmon
- **G'Hot Pizza:** has gluten free pizza but don't always have flour in stock. Call first.
- **Balık Restaurants:** Many fish restaurants with salad
- **Rokka:** by Hadrian's Gate speak English and have good gluten free food
- **SultanYar Kebapçısı:** has a good lamb and eggplant dish that is gluten free
- **HazarBey:** many gluten free options
- **Epey Falafel & Bowls:** Buddah bowls and other gluten free options
- **Arap Nazmi, Lara:** Grilled Chicken Salad
- **Burger Cars, Konyaltı:** Lettuce Wraps available
- **Texas Buffalo Burger:** ask for burger only on the plate

BAKERIES:

- **Charlotte:** bakery shop has gluten free sweets
- **PUF Bakery:** right down the road from the office has a gluten free bread option (order ahead)
- **Glutensiz Seferoğlu:** Konyaltı

SOME CAUTIONS & NOTES:

- The white rice usually has orzo noodles in it, so do not believe them if they say it is white rice unless you can see it.
- The brown or red rice option is bulgar wheat so avoid it too.
- The french fried potatoes are usually contaminated.
- Bring your own gf bread to restaurants so you can enjoy the fresh jams and jellies that are available for a Turkish breakfast.

TURKISH WORDS TO LOOK FOR:

- Wheat - "bugday"
- Barley - "arpa"
- Rye - "cavdar"
- Oats - "yulaf"
- Gluten free - "glutensiz"

BRANDS:

- Glutensiz Ada (breads, snacks, cookies, pizza)
- Ege Glutensiz (bread, pudding)
- Eti (chocolate cupcakes, cookies, crackers)
- Barkat