

Gluten-Free Catering: What It Really Means



Inclusive, safe and delicious catering for guests with gluten sensitivities.

Why Gluten Matters

Gluten is the protein in wheat, rye and barley, and for individuals with celiac disease or gluten intolerance, even small traces can cause a serious reaction.

At events and gatherings, ensuring dishes are truly gluten-free means more than removing flour, it means understanding how gluten sneaks into meals.

- Shared ovens or fryers can lead to cross-contamination.
- Ingredients that seem safe may hide gluten.
- A caterer must have dedicated processes and trained staff.



What Gluten-Free Catering Looks Like

A caterer who claims “gluten-free” must go beyond simple substitution. From prep to plate they ensure safe handling, clear labeling and dedicated staffing so every dish remains gluten-free.

- ✓ Every gluten-free dish labeled from the beginning.
- ✓ Dedicated staff oversees the gluten-free prep.
- ✓ Specific staff handles only gluten-free items when both gluten & gluten-free menus run.
- ✓ Fully gluten-free kitchen possible when requested.



Delicious Doesn't Mean Compromised

Today, gluten-free dishes can be just as flavourfull and visually impressive as traditional ones. From flourless cakes to corn-shell tacos and panko-crusted arancini using gluten-free crumbs, the possibilities are endless.

When gluten safety and culinary creativity combine, your guests feel not only catered to, but delighted.

