

# Gluten-Free & Low-Gluten Beers

**Important:** This list includes brews with no gluten present, as well as brews that are made from gluten-containing ingredients but which have a very low gluten content. Similarly, some breads available on prescription have low quantities of gluten. The list gives gluten levels described by brewers or distributors\*, but all beers are marketed to coeliacs.

There is some debate over the gluten "level" acceptable to coeliacs, and there is also debate about the testing method used. Nobody involved in the gluten free beer festival or CAMRA takes responsibility for the accuracy of the information provided by breweries, but if you are at all concerned, stick to brews that brewers claim have less than one part per million, or only involve non-gluten ingredients.

Please note that some brews contain "crossed grain" marks. What qualifies will differ around the world. Whilst we hope you enjoy the range of brews available, whatever you choose to consume will of course be at your own risk!

Make sure you have entered the draw for a case of Against the Grain. You can leave entry cards at the Gluten Free Bar.

\*ppm = Parts Per Million. (eg, 1ppm means that for every million parts of beer, one part will be gluten)

<b>1</b>	<b>Fine Ale Club - Against the Grain</b> (½ pint) (Gluten: 13ppm)	4.5%	Token	
<input checked="" type="checkbox"/>	From the cask! Smooth, creamy and reportedly indistinguishable from a normal bitter!			<b>UK</b>
<b>2</b>	<b>Fine Ale Club - Against the Grain</b> (500ml) (Gluten: 13ppm)	4.5%	2 Tokens	
<input checked="" type="checkbox"/>	Bottled-conditioned version of the above <a href="http://www.ale4home.co.uk/fine_ale_club.htm">www.ale4home.co.uk/fine_ale_club.htm</a>		+20p	<b>UK</b>
<b>3</b>	<b>Green's - Discovery</b> (330ml) (No gluten containing ingredients)	6.0%	2 Tokens	
<input checked="" type="checkbox"/>	Belgian-brewed beer. <a href="http://www.glutenfreebeers.co.uk">www.glutenfreebeers.co.uk</a>		+40p	<b>UK</b>
<b>4</b>	<b>Green's - Explorer</b> (330ml) (No gluten containing ingredients)	6.0%	2 Tokens	
<input checked="" type="checkbox"/>	Belgian-brewed stout. <a href="http://www.glutenfreebeers.co.uk">www.glutenfreebeers.co.uk</a>		+40p	<b>UK</b>
<b>5</b>	<b>Green's - Herald</b> (500ml) (No gluten containing ingredients)	4.0%	3 Tokens	
<input checked="" type="checkbox"/>	Belgian-brewed ale. <a href="http://www.glutenfreebeers.co.uk">www.glutenfreebeers.co.uk</a>		-20p	<b>UK</b>
<b>6</b>	<b>Green's - Pioneer</b> (330ml) (No gluten containing ingredients)	5.0%	2 Tokens	
<input checked="" type="checkbox"/>	Belgian-brewed lager. <a href="http://www.glutenfreebeers.co.uk">www.glutenfreebeers.co.uk</a>		+30p	<b>UK</b>
<b>7</b>	<b>Green's - Trailblazer</b> (500ml) (No gluten containing ingredients)	4.7%	3 Tokens	
<input checked="" type="checkbox"/>	Belgian-brewed low-carb lager. <a href="http://www.glutenfreebeers.co.uk">www.glutenfreebeers.co.uk</a>		-20p	<b>UK</b>
<b>8</b>	<b>Hambleton's - GFA</b> (500ml) (No gluten present)	4.2%	3 Tokens	
<input checked="" type="checkbox"/>	A tawny ale with aromas of Cascade, Liberty and Challenger hops with dark sugars providing full bodied sweetness with a strong citrus finish. <a href="http://www.hambletonales.co.uk/gfa.htm">www.hambletonales.co.uk/gfa.htm</a>			<b>UK</b>
<b>9</b>	<b>Koff - Täyteläinen Kevytolut</b> (330ml) (Gluten: less than 20ppm)	4.1%	2 Tokens	
<input checked="" type="checkbox"/>	A light beer. <a href="http://www.koff.fi/en.html">www.koff.fi/en.html</a>			<b>Finland</b>

<b>10 Koff - Koff 1</b> (330ml) (Gluten: less than 20ppm)	2.6%	2 Tokens
☒ Refreshing light lager. <a href="http://www.koff.fi/en.html">www.koff.fi/en.html</a>		-20p <b>Finland</b>
<b>11 Laitilan - Kukko Pils III</b> (500ml cans) (Gluten: 4ppm)	4.5%	2 Tokens
☒ A pilsner style lager. "Kukko" is Finnish for "Cock"! <a href="http://www.laitilan.com">www.laitilan.com</a>		+10p <b>Finland</b>
<b>12 Laitilan - Kukko Tumma III</b> (500ml cans) (Gluten: 4ppm)	3.8%	2 Tokens
☒ A dark beer reminiscent of an old English canned bitter. <a href="http://www.laitilan.com">www.laitilan.com</a>		<b>Finland</b>
<b>13 Lakefront - New Grist</b> (12fl.oz / c.355ml) (Gluten-free ingredients)	5.0%	2 Tokens
☒ Session Ale brewed from sorghum. <a href="http://www.lakefrontbrewery.com">www.lakefrontbrewery.com</a>		+40p <b>USA</b>
<b>14 Les Bières de la Nouvelle France - La Messagère</b> (341ml) (Gluten: <1ppm)	4.7%	2 Tokens
☒ A Pale Ale from Québec - specially released from Stansted airport where it was "arrested" by UK Customs until they knew where it was bound! <a href="http://www.lesbieresnouvellefrance.com">www.lesbieresnouvellefrance.com</a>		+10p <b>Canada</b>
<b>15 Mongozo - Glutaner</b>		
☒ Brew based on Sorghum. <i>Please note that at the time of writing this beer based on an innovative ingredient, had not arrived. For details see the bar list. This beer probably will not be ready in time!</i>		<b>Netherlands</b>
<b>16 O'Brien - Premium Lager</b> (330ml) (No detectable gluten)	4.5%	2 Tokens
☒ Untasted! <a href="http://www.gfbeer.com.au">www.gfbeer.com.au</a>		+40p <b>Australia</b>
<b>17 Ramapo Valley - Passover Honey Beer</b> (12fl.oz / c.355ml)	4.5%	2 Tokens
☒ Kosher Light Beer. (No Gluten-containing ingredients) <a href="http://www.ramapovalleybrewery.com">www.ramapovalleybrewery.com</a>		+10p <b>USA</b>
<b>18 Silly Yak - Aztec Gold</b>		
☒ Pale Golden Ale <i>Please note that at the time of writing this beer had not arrived and for details, including ppm, volume, ABV and price see the bar list. This beer may not arrive in time!</i>		<b>Australia</b>

### **Absent Without Leave (etc.):**

**Lee & Lynda's brew (USA):** This innovative brew, using an unusual base ingredient, is still in the early stages of development. We received a few samples for tasting only.

**Schafly (USA):** This brew is not ready yet.

**Heron (UK):** This is Greens, under a different label.

**Bi-aglut (Italy):** The UK importer did not want to be involved with the beer festival. This was the only brew to choose not to be involved.

**Bards (USA):** These guys are between breweries but will be back on the market soon.

**BCS (UK):** This is another brew under development. A lager to be aimed at large production and hopefully to be available in pubs and restaurants!

**BeerUp (Austria):** Recently discovered and being investigated!

Keep an eye on [www.glutenfreebeerfestival.com](http://www.glutenfreebeerfestival.com) for information on the gluten-free beer scene!

# Ciders

## *Bollhayes Cider - Cullompton, Devon*

<b>1</b>	<b>Sweet</b>	7.0%	Token
<input checked="" type="checkbox"/>	Rich, dark and clear		+10p

## *Burrow Hill Cider - Martock, Somerset*

<b>2</b>	<b>Medium Dry</b>	6.4%	Token
<input checked="" type="checkbox"/>	Medium coloured tannic cider (for those who like tea!).		+10p

## *Denings Cider - Yeovil, Somerset*

<b>3</b>	<b>Rough Medium</b>	6.0%	Token
<input checked="" type="checkbox"/>	Despite its name, this cloudy cider is light and fruity.		+10p

## *Hecks Cider - Street, Somerset*

<b>4</b>	<b>Medium</b>	6.0%	Token
<input checked="" type="checkbox"/>	Semi-clear, light coloured cider with a rich flavour.		+10p

## *Winkleigh Cider - Winkleigh, Devon*

<b>5</b>	<b>Autumn Scrumpy</b>	7.5%	Token
<input checked="" type="checkbox"/>	Clear and white medium-sweet cider with wine like qualities.		+10p

## *Woodthorpe Hall - Holmesfield, Derbyshire*

<b>6</b>	<b>Owd Barker</b>	9.0%	Token
<input checked="" type="checkbox"/>	2005 Cider of the Festival. Traditionally dry and crisp - made with locally grown apples. The flavour is more rounded due to its maturing in the barrel since 2004 - dangerously more-ish!		+10p

<b>7</b>	<b>Ruby Soози</b>	9.0%	Token
<input checked="" type="checkbox"/>	A medium sweet cider made with local apples.		+10p

# Perries

## *Holder's Cider*

<b>8</b>	<b>Oldfield Perry</b>	7.5%	Token
<input checked="" type="checkbox"/>	Very well made medium perry - similar to white wine.		+10p

## *Moore's Perry - Gloucester, Gloucestershire*

<b>9</b>	<b>Dry Perry</b>	6.0%	Token
<input checked="" type="checkbox"/>	Cloudy and distinctive.		+10p

## *Weston's Cider - Much Marcle, Herefordshire*

<b>10</b>	<b>County Perry</b>	4.5%	Token
<input checked="" type="checkbox"/>	Medium-sweet clear, easygoing introduction to perry.		+10p

*The festival organisers have received assurances from all of the above cider and perry producers that none of their products involve gluten-containing ingredients. This information was received verbally and in good faith. However, we stress that this festival's organisers accept no responsibility with regards to the accuracy of these statements.*