

# Wienstein & Gavino's

New gluten free menu!

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Wienstein & Gavino's, located on trendy Crescent street has recently added a gluten free menu! I have not been there in person to try the food but am excited to go and see what it is all about! Below is a quote from their announcement. Please note that they do mention that the menu was not created for persons with Celiac disease so please if you do go, be mindful of that and ask your server about their food preparation practices to determine if it is right for your dietary needs.

” Gluten free diets has become realized in the past few years as people have realised the benefits of eating gluten free such as better digestion and an increase in energy.

Making eating out a great experience for gluten free enthusiasts in Montreal, Wienstein and Gavino's is expanding the Italian culinary experience by creating a menu with a varied choices of gluten free dishes.

This menu was created for those who prefer to follow a gluten free lifestyle and not for those who suffer from Celiac disease. W&G cannot guarantee against possible cross-contamination or traces of gluten.”