

More benefits for our members with our Exclusive Member Discount Program

We have been working hard to ensure we can deliver more benefits to our members in order to make your life just that little bit easier.

We know that the cost of the gluten free diet is challenging for many, so we are constantly trying to find ways to reduce that burden – sourcing new recipes and new products and working closely with the food industry to ensure greater quality and choice.

Through our new member discount program, we have attracted the support of more than 80 businesses who have agreed to provide exclusive discounts to members presenting their membership card (or providing their member number on line).

There is an extensive range of discounts available right across metropolitan and regional NSW and ACT (see below).

If you do get the opportunity to take advantage of some of these discounts, please make a point of thanking the businesses involved for their support of Coeliac NSW/ACT and you, our members.

The list of supporting businesses is located on our website at: www.coeliac.org.au/nsw-act/membership



Member Card

John Smith

Member number: Q000000

Expires: 30/06/2012

Present your Coeliac Australia membership card to take advantage of the exclusive member discounts available at the following businesses

Does not include already discounted items.

Not to be used in conjunction with any other offer.

Offers End: 30 June 2012

Home Delivery / Online / Catering

Pinnacle Catering

1800 193 831

www.pinnaclecatering.com.au

5% Discount for function bookings made before the 30th June 2012. NSW member bookings only.

Tender Loving Cuisine

1800801200

www.tlc.org.au

5% discount on orders quoting their member card number.

Third Generation Gourmet

0418297585

www.thirdgenerationgourmet.com.au

10% discount on 250ml bottles of Third Generation Gourmet at any market, listed on the website. For details and dates go to the website.

Sydney Region

Sydney City

Pakwaan Indian

Shop FC09 Harbourside, 2 Darling Drive, Darling Harbour

92119165

www.pakwaan.com.au

Free bottle of water with every purchase over \$10

Blue Mountains & Surrounds

Rene's Pizza and Pasta

4 Katoomba Street, Katoomba

47821859

www.renospizza.com.au

10% discount

Eastern Suburbs

7th Heaven Wholefoods
122 Belmore Road, Randwick
9326 5006
10% discount on all gluten free products

Malabar Indian Restaurant
6/274 Victoria Street, Darlinghurst
93321755
www.malabarcuisine.com.au
25% discount off the total bill up to a value of \$20. Valid only Sunday -Thursday, Valid only at Darlinghurst location.

Vientiane
Shop 1A, 1-11 Oxford Street, Paddington
9380 7414
www.bamboostickyrice.com
10% discount

Emmilou Tapas Bar
413 Bourke Street, Surry Hills
93606991
www.emmilou.com.au
15% off Monday-Thursday nights.

Moroccan Feast
127 Avoca Street, Randwick
93999882
www.moroccanfeast.com.au
10% discount on a minimum spend of \$50.

King Gourmet Wood Fire Pizza
730 Anzac Parade, Maroubra
9314 0855
10% off the total bill

One Six Nine Café
169 Alison Road, Randwick
93982007
www.onesixninecafe.com.au
10% off all food purchases

Hills

The Australian Brewery
350 Annangrove Road, Annangrove
9679 4555
www.australianbrewery.com.au
Purchase any main meal & receive a complimentary serve of garlic pizza crust

Go Vita Health
Shop 31, Cherrybrook Village: 41 - 47
Shepherds Drive, Cherrybrook
94847616
10% discount on all gluten free food products

Blu Ginger Indian Restaurant
Castle Towers, Castle Hill
86777721
www.bluginger.com.au
10% discount on total bill

Millones Ristorante & Bar
2 locations:
43 Old Northern Road, Baukham Hills
11/16 Groves Avenue, McGraths Hill
1300 645 566
www.millones.com.au
10% off, up to a total value of \$50

Dijon Foods
6/8 Gladstone Road, Castle Hill
88507811
www.dijonfoods.com
5% discount, no minimum spend

North Shore

Campbell's Superior Meats West Pymble
Shop 4, Philip Mall, Kendall Street, West Pymble
94985238
10% off all purchases over \$30

The Village Courtyard Café
56/47 Neridah Street, Chatswood
94132866
Buy one lunch and get the second half price, buy one dinner and get the second half price + a glass of wine

Jo's Glutenfree Pantry
Shop 8, 2 Durham Street, St Ives
0431 743 801
5% discount

Wi Marn Thai Restaurant
7 Help Street, Chatswood
9411 7351
www.wimarn.com.au
15% discount for food bill (up to \$25.00 value)

Pakwaan Indian
FCK 5, Level 3 Food Court Westfield, 236 Pacific Highway, Hornsby
99870575
www.pakwaan.com.au
Free bottle of water with every purchase over \$10

Northern Suburbs

Coffee Fest
Macquarie Shopping Centre, North Ryde
98889194
10% discount on gluten free products

The North Shore Providore
Unit 12, 9 Pioneer Avenue, Thornleigh
0414 362 640
5% discount

Pakwaan Indian
Shop 206, Top Ryde City: 109-129 Blaxland Road, Ryde
98075236
www.pakwaan.com.au
Free bottle of water with every purchase over \$10

**Northern
Beaches**

Fishmongers Manly

Shop 4, 11-27 Wentworth Street, Manly
99771777
www.mongers.com.au
10% off gluten free menu items

Home Bistro

21 Robertson Road, Newport
99996887
www.homebistro.com.au
10% discount on all purchases over \$20

Parramatta

Beef Bullion

Shop 64-65 Westfield, North Rocks
98722013
www.beefbullion.com.au
10% off our extensive range of gluten/
preservative free sausages and Big Ricks
gluten free sauces

Cedars @ the Rocks

11 Lawndale Avenue, North Rocks
9871 1222
www.cedarsattherocks.com.au
20% discount up to a value of \$20

Gloria Jean's Coffees

10/103 George Street, Parramatta
0403273152
10% off the total bill

Sahara Turkish Restaurant

Shop 2185 Parramatta Westfield, Cnr Argyle
& Church Streets, Parramatta
9687 7898
www.sahararestaurant.com.au
10% off total bill to a maximum value of \$20

Restaurant 317

317 Church Street, Parramatta
1300 317 317
www.317.com.au
10% discount off your total bill

**Western
Sydney**

Cold Rock Ice Creamery

Shop 2, 191 High Street, Penrith
47321179
www.coldrock.com.au
10% discount

Inner West

Baywok Concord

61 Majors Bay Road, Concord
87650922
www.baywokcatering.com.au
10% discount

Bay Tinh Restaurant

318 Victoria Road, Marrickville
9560 8673
10% discount, Sunday to Friday

Brioche

349 Darling Street, Balmain
9555 7703
www.brioche.net.au
A free coffe/tea with any other purchase

Healthlands Leichhardt

Shop 19, Leichhardt Marketplace, Cnr Marion
& Flood Street, Leichhardt
95600621
www.healthlands.com.au
10% off when you purchase any two gluten
free products

**Health Matters Australia
Health Foods**

37 Majors Bay Road, Concord
97434611
www.healthmattersaustralia.com.au
10% discount

Indian Palace Restaurant

235 Darling Street, Balmain
98183272
www.indianpalace.com.au
5% off the total bill (not available for
takeaway and internet orders, dine in only)

The Organic Pomegranate

534 King Street, Newtown
95162888
www.theorganicpomegranate.com.au
10% off total Bill

**The Peasants Feast Organic
Restaurant**

121A King Street, Newtown
9516 5998
www.peasantsfeast.com.au
5% discount off the bill for members

Pizza Picasso

Shop 5, 503-511 King Street, Newtown
95577700
www.pizzapicasso.com.au
10% off order value

Rowies Cakes

78 Livingstone Road, Marrickville
95500346
www.rowiescakes.com.au
\$10 off any purchase over \$100.00
\$5 off any purchase over \$50.00

St George**Oatley Clock Butchery**

22 Oatley Avenue, Oatley

95801842

www.oatleyclockbutchery.com.au

10% discount on sales of \$20 or more

Scrummies

Shop 1, 15 Letitia Street, Oatley

95859920

www.scrummies.com.au

10% off gluten free products storewide

Shipwrights On The Marina

739 Princes Highway, Blakehurst

95470666

www.shipwrightsrestaurant.com

5% discount

Sutherland**Café Manna**

2/22-30 Brighton Street, Bundeena

95239555

10% discount on purchases over \$10

Sweet Chilli Thai

Shop G18A Illawong Village Shopping Centre, Fowler Road, Illawong

9543 9870

10% discount on takeaway. \$50 minimum spend. Not valid with lunch special

Hunter, Central & North Coasts**Central Coast****Avoca Beach Pizza & Pasta Cafe**

172 Avoca Drive, Avoca Beach

43823506

5% discount

Go Vita Lake Haven

Shop 66 Lake Haven Shopping Centre, Lake Haven

43932888

10% discount-\$10 minimum spend.

Peter Hutton & Son Family Butchers

3/46 Picnic Parade, Ettalong

43412293

10% discount

Hunter Valley**Cracked Pepper Restaurant**

1616 Broke Road, Pokolbin

49987076

www.cracked-pepper.com.au

Complimentary House-made gluten-free bread roll (with our dukkah and local extra virgin olive oil) with any meal and complimentary gluten-free house-made petit fours with any coffee or tea

Endeavour Restaurant

Cnr New England Highway and High Street, East Maitland

49335488

www.bestwestern.com.au

10% off all a la carte menu

Singleton Organics

71 John Street, Singleton

65723444

www.singletonorganics.com.au

5% discount on all gluten free food purchases over \$25. Excludes specials, reduced items & non gluten free foods.

Zaffran Indian Restaurant and Takeaway

367 High Street, Maitland

49339191

10% discount on dine in or takeaway, with a minimum spend of \$40

Port Stephens**Casa De Oro**

2/30 Donald Street, Nelson Bay

49813232

10% discount

Rocklobster Restaurant

Upstairs, D'Albora Marina, Nelson Bay

49811813

www.rocklobsterrestaurant.com.au

10% off your food bill

Newcastle & Region

Bread Basket

161 Lang Street, Kurri Kurri
49362226
www.breadbasket.net.au
10% discount on gluten free products

Pakwaan Indian

Shop 20Y8 Charlestown Square, Pearson Street, Charlestown
49209922
www.pakwaan.com.au
Free bottle of water with every purchase over \$10

Gourmet Goose Deli Café

37 Beaumont Street, Hamilton
49691477
www.gourmetgoose.com.au
10% off any sit down meal or table - no takeaways

Newcastle's Pudding Lady

81 Mitchell Road, Cardiff
49566400
www.puddinglady.com.au
10% discount on all gluten free christmas puddings

Pudding Lane

4 Guernsey Street, Sandgate
49672715
www.puddinglane.com.au
10% discount off all pudding purchases, (excludes freight)

Mid North Coast

Jaaning Tree Restaurant

8/1 Wellington Drive, Nambucca Heads
65694444
www.jaaningtree.com.au
10% discount off main meal

Terra Cottage Gallery

17 Cowper Street, Stroud
49945338
10% discount in our café

Nambucca Pride Café

2/4 Pacific Highway, Nambucca Heads
65685566
Gluten free Home made friand and cuppa for \$5.50

Perenti Café

69 Church Street, Gloucester
65589219
www.perenti.com.au
10% off purchase price

Toro's Mexican Cantina

Shop 2, 22 Murray Street, Port Macquarie
65834340
10% off Total Bill, not just the main meals, its 10% off everything-meals, drinks, desserts, souvenirs.

Northern Rivers

Mandarin Palace Chinese Restaurant

151 Keen Street, Lismore
66215060
5% off gluten free dishes

Mavis's Kitchen and Cabins

64 Mount Warning Road, Uki
66795664
www.maviskitchen.com.au
10% discount on food only

Illawarra & South Coast

Wollongong/ Illawarra

Cold Rock Ice Creamery

Shop 3, 22 Market Street, Wollongong
42443488
www.coldrock.com.au
10% discount

IGA Warrawong

42-46 King Street, Warrawong
4276 4643
10% off the total bill (purchases over \$50)

Pai-Tong Thai Restaurant

Shop 5, 409 Princes Highway, Woonona
42840321
www.pai-tongthai.com.au
10% off the total bill (dine in customers only)

Zweefers Great Cakes

43 Princes Highway, Fairy Meadow
42854155
www.zweefers.com.au
10% discount on any large gluten free cake (3 options - Pear & Ricotta, Triple Chocolate Truffle & Flourless Chocolate)

Shoalhaven

MEnU 1eighty2

182 Jacobs Drive, Sussex Inlet

4441 1480

www.menu1eighty2.com.au

10% off any purchase of our gluten free menu

Far South Coast

Grapevine Pizza Kitchen

Shop 2, 2 Market Street, Merimbula

64951119

www.merimbulagrapevinepizza.com

10% off any gluten free dishes

Hungrys Takeaway

1-11 Merimbula Drive, Merimbula

64951197

10% off meal

Regional NSW

Central West

Go Vita Bathurst Health Store

103 George Street, Bathurst

63313820

10% discount off RRP on gluten free ranges.
(Does not include refrigerated or frozen ranges)

Scrumptious on Summer Cafe

Shop 8 Orange Arcade, 142 Summer Street, Orange

63617200

www.scrumptiousonsummer.com.au

10% of all food, dine-in only

That's Better Health Store

194b Lords Place, Orange

63624060

5% off all purchases (no minimum spend)
+ quarterly specials advertised in store on gluten free products

Capital Monaro & Snowy

40 Cafe

43 Bombala Street, Nimmitabel

64546432

www.40cafe.com

10% off all food purchases

Riverina

Cafe De Lish

14B Baylis Street, Wagga Wagga

6921 8855

10% discount off total bill

Australian Capital Territory

ACT

The Allergy Centre

Shop 2, Jamison Centre, Bowman Street, Macquarie

62512670

10% discount

Deeks Health Bakery & Cafe

2 outlets: Hodgson Street, Pearce Shops and Dickson Place, Dickson Shops

6286 9444

www.deeks.com.au

10% discount, valid in store only (excludes online orders)

The Perfect Bean Cafe

Florey Shops, Kesteven Street, Florey

6156 0468

www.perfectbean.com.au

10% discount on any gluten free food for the card holder