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The Flowing Spring shortlisted in national FreeFrom Eating Out Awards

The Flowing Spring pub in Playhatch has been shortlisted in the national FreeFrom Eating Out Awards, beating hundreds of other outlets to become one of just seven independent pub-restaurants in the UK up for the prestigious award. The Awards recognise businesses in the food industry making special efforts to accommodate the growing number of people with food allergies and intolerances.

Michelle Berriedale-Johnson, Director of the FreeFrom Eating Out Awards said: “Now in our third year and, along with the food service sector in general, we are really getting our heads around the concept of ‘freefrom’ eating. Indeed, far from the new allergen regulations holding the industry back, they are offering exciting marketing opportunities right across the board from gluten-free days at fish and chip shops to dedicated gluten and dairy-free menus at top West End restaurants. The shortlist shows how the sector has grown with a wide range of independent outlets scattered across the country and a number of the bigger café, pub and restaurant chains now taking part.”

Nick Willson, landlord of the country pub, said: “We have been serving customers with dietary needs for six years and are increasingly being recognised for it. To be shortlisted by yet another credible organisation that focuses on dietary needs is excellent news. We make as many of our meals gluten-free and dairy-free as possible, also accommodating the needs of vegetarians and vegans. And our menu lists all allergens used in our food which gives everyone complete reassurance over what they choose to eat.”

Last November Nick and his wife Hazel who run the Oxfordshire pub were awarded a top ten vegan pub position in the UK by PETA (People for the Ethical Treatment of Animals).

The winners of the FreeFrom Eating Out Awards will be announced at a presentation party on Tuesday 22 November, the first day of the Food Matters Live event, at Excel in London’s Docklands.

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2016 FreeFrom Eating Out Awards SHORTLIST

All listed alphabetically

Cafés, coffee shops and tearooms – sponsored by Can I Eat There?

Independent Cafés and Tearooms

- Blackberry Grove (Cheshire)
- British Motor Museum (Banbury)
- Bugs Play Café (Bungay, Suffolk)
- Café Lauderdale (Dunbar, East Lothian)
- Cafe Nouveau (Frome)
- Follow Your Bliss (Bangor)
- Good2Go (Perranport, Cornwall)
- Heaven Scent (Kinross)
- Labyrinth Holistic Café (Stockton on Tees)
- Little Amsterdam (Banbury)
- Lu-Ma Café (SW London)
- Mad Hatters Tea Emporium (Stafford)
- Nutkin Café (SE London)
- Pure Nest Café (NW London)
- Rainbow Vegetarian Café (Cambridge)
- Romeo's (Islington, London)
- Roost (Bagshot, Surrey)
- The Acorn Café (Norwich)
- The Beach Hut Café (Sandwich)
- The Mae Deli (London, West End)
- The Olive Tree Bistro Café (Holmfirth)
- Yorica (Soho, London)

Café chains

- Loungers (country-wide)

Fish and Chip shops

Independent Fish & Chip shops

- Bizzie Lizzie's (Skipton)
- David's Fish and Chips (Brixham, S Devon)
- Kingfisher Fish & Chips (Plymouth)
- Olley's (South London)
- Quayside (Whitby)
- Rockfish (Dartmouth)
- The Fish Factory (Worthing)
- Vinegar Jones (Bowness on Windermere)

Fish & Chip shop chains

- Churchill's Fish & Chips (various)

Pub restaurants –sponsored by Genon Laboratories

Independent Pub Restaurants

- On the Waterfront (Exeter)
- The Alford Arms (Hemel Hempstead)
- The Cock, Hemingford Grey (Peterborough)
- **The Flowing Spring (Reading)**
- The Duke of Edinburgh (Maidstone)
- The Royal Oak (Marlow, Bucks)
- The Sandford Pub (Dorset)

Pub chains

- JD Wetherspoon (countrywide)

Restaurants – sponsored by Riso Gallo

Independent Restaurants

- 2 Oxford Place (Leeds)
- Asparagasm (Nailsworth, Glos)
- Farmstand (Central London)
- Fishers Restaurant (Bristol)
- Indian Summer (Brighton)
- Knife and Fork (Banbury)
- La Polenteria (Central London)
- Mommi (S London)
- Ned's Noodle Bar (S London)
- Niche Food & Drink (Central London)
- Percy's Country Hotel & Restaurant (Devon)
- Radley's Bistro & Bar (Hastings)
- Rainbow Vegetarian Café (Cambridge)
- Rainforest Café (Central London)
- Rustic Stone Restaurant (Dublin)
- The Crown Post Restaurant (Harwich)
- The Port House (Dublin & London)
- The Willow (Kingston on Thames)

Restaurant chains

- Center Parcs (countrywide)
- Filmore & Union (Yorkshire)
- Pho (countrywide)
- Strada (countrywide)
- The Clink Restaurants (countrywide)

Corporate Hospitality & Venues

- Suzanne James

- Number 8 Business Rooms
- The Spark Conference Centre (Southampton)

B&Bs and guest houses – sponsored by Thomas Ridley Foodservice

- Aviator - a hotel by TAG (Farnborough)
- Brocco on the Park (Sheffield)
- Knife and Fork (Banbury)
- Strattons Hotel (Waffam, Norfolk)
- Swandale Guest House (Yorkshire)

Schools, colleges and universities – sponsored by Thomas Ridley Foodservice

- Brenscombe Outdoor Centre (Dorset)
- HC3S (Hampshire County Council Catering Services)
- Manchester Metropolitan University (Manchester)
- Southampton Solent University (Southampton)
- University of Winchester (Winchester)

Food manufactured for food service

Savoury

- Mum's Mill: Gluten-free Bread Mix
- Aviko: Sweet potato Fries
- Brakes: La Boulangerie 9" Gluten Free Sub Rolls Mixed Case, White & Multigrain
- Ilumi: Kerala Chicken Curry
- JJ Food Service: Super Crisp Chips 3/8
- Nairn's: GF Super Seeded Wholegrain Cracker
- Paramount 21: Gluten-free Butternut, goat's cheese and beet burger
- Pidy: Gluten Free Neutral Tartelette Cases 5cm
- Pieminister: Gluten free Heidi Pie
- Pieminister: Gluten free Moo Pie
- Snowbird: Gluten-free Fully Cooked & Frozen Lamb Koftes

Sweet

- Borough 22: Raspberry Pistachio Glazed Doughnuts
- Brakes: Gluten-free Carrot Cake
- Brakes: Gluten-free Sticky Toffee Puddings
- Honeybuns: Squillionaire
- Nairn's: GF Breakfast Biscuit Breaks (Apricot)
- Nestlé: GoFree Corn Flakes (single serve pouch)
- Pidy: Gluten Free Sweet Tartelette Cases 8.5cm
- Taywell: Chocolate Dairy Free Frozen Dessert