

Make it a Safe and Festive Holiday! This year as you plan the bar for your holiday social events and weddings, be sure to accommodate your guests who need gluten free alternatives. Here is a great bar list compiled by Scott Adams on [www.celiac.com](http://www.celiac.com)



All [distilled alcohols](#) are gluten-free.

- Armagnac - made from grapes.
- Beer - A number of premium and craft brewers now produce specialty [grain](#) gluten-free beers using non-gluten ingredients such as buckwheat, sorghum, rice, corn, etc. *Not all the beers listed below use specialty [grains](#), and some of them have had the gluten removed using special filters and/or [enzymes](#), and in such cases they may not be 100% gluten-free (although each claims to test below 20 PPM gluten).*
  - Against the Grain, World Top Brewery (United Kingdom)
  - Bards Tale Dragons Gold, Bard's Tale Beer Company (USA)
  - BeerUp Glutenfrei, Grieskirchen (Austria)
  - Birra 76 Bi-Aglut, Heineken Italy (Italy)
  - Blonde (also Ginger and Apple Beers), Billabong Brewing (Australia)
  - Daura, Estrella Damm (Spain)
  - G-Free, St. Peter's Brewery (United Kingdom)
  - Green's Endeavour Dubble, Green's (United Kingdom)
  - Koff I, Sinebrychoff (Finland)
  - Lammsbräu, Neumarkter (Germany)

- Messagère, Les bières de la Nouvelle-France (Canada)
- Mongozo's exotic flavored pilsners (The Netherlands)
- New Grist, Lakefront Brewery (USA)
- Nodogoshi, Kirin (Japan)
- O'Brien Brown Ale, O'Brien Brewery (Australia)
- Passover Honey Beer, Ramapo Valley (USA)
- RedBridge, Anheuser-Busch (USA)
- Residenz Bio-Reis-Gold Dunkel, Liebhart's (Germany)
- Schnitzer Bräu (Germany)
- Sorghum Molasses Brown, Outer Banks (USA)
- Toleration, Hambleton (United Kingdom)
- Tread Lightly Ale and 3R Raspberry Ale, New Planet (USA)
- Tumma Kukko, Laitilan (Finland)
- Bourbon - *Makers Mark*
- Brandy
- Champagne
- Cider - fermented from apples or other fruits. Some are safe, however, many add barley for enzymes and flavor.
  - *Old Deadly Cider*
- Cognac - made from grapes.
- Gin
- Grappa
- Kahlua
- Kirschwasser (cherry liqueur)
- Margarita Mix:
  - *Jose Cuervo*.
  - *Mr. & Mrs. T*.
- Martini:
  - *Club Extra Dry Martini* (corn & grape).
  - *Club Vodka Martini* (corn & grape).
- Mead - distilled from honey.
- Mistico:
  - *Jose Cuervo Mistico* (agave and cane).
- Mixes & Cooking Alcohol:
  - *Club Tom Collins* (corn).
  - *Dimond Jims Bloody Mary Mystery*.
  - *Holland House* - all EXCEPT Teriyaki Marinade and Smooth & Spicy Bloody Mary Mixes.
  - *Mr. & Mrs. T* - all Except Bloody Mary Mix.
  - *Spice Islands* - Cooking Wines - Burgundy, Sherry and White.
- Ouzo - made from grapes and anise.
- Rum

- Sake - fermented with rice and Koji enzymes. The Koji enzymes are grown on Miso, which is usually made with barley. The two-product separation from barley, and the manufacturing process should make it safe for celiacs.
- Scotch Whiskey
- Sherry
- Sparkling Wine
- Tequila
- Vermouth - distilled from grapes.
- Vodka
- Wine - all wines, including port wines and sherry, are safe for celiacs.
- Wine Coolers:
  - *Bartle & James* - their wine-based beverages (EXCEPT their malt beverages - read the label carefully!).
  - *Boones* - their wine-based beverages (EXCEPT their malt beverages - read the label carefully!).