



Hi everyone! My name is Jackie Arbogast, and I studied abroad in Spring '25 in Madrid, Spain! It was the best experience of my life and I wouldn't trade it for anything.

I have celiac disease, so I was very nervous to spend three months in a place where I was unfamiliar with the cuisine and if they took allergies seriously.

Luckily, Madrid is such an incredible place for those who eat gluten free! In this, I highlighted some of my favorite places to eat, and highlight just how easy it is to eat celiac safe, gluten-free food!



We're starting off strong with my favorite place, LaLina Tapas y Bravas, a 100% gluten free Tapas spot. They have all of the Tapas staples: patatas bravas, croquetas, tortillas, nachos, jamon iberico, gazpacho, chicken fingers, huevos rotos con patatas, etc.

The food was UNREAL. I took my friends who don't eat GF and they couldn't tell the difference. This is a must!



BREAKFAST

Açai San & Brunchit

AÇAÍ BOWLS WITH GLUTEN FREE
GRANOLA, EGG AND BREAKFAST
DISHES WITH GF BREAD!

If you're a brunch person, my best recommendation is Brunchit, which has GF bread as an alternative to all of their breakfast options!

Or if you need a breakfast/lunch option near the Institute, Açai San was my best friend. They have the best açai bowls with gluten free granola (which they have a separate spoon for, and they change their gloves), and they were so delicious. It was really refreshing, since Madrid was very warm and sunny in the spring!



This one is less about the food (although Good News has gluten free pastries), but as a non-coffee matcha girl, I got my fix at Good News. They have flavored matchas (that were so delicious) and a plethora of iced drinks (which is a rarity in Spain, so if you want an iced drink, GO HERE!!)

East crema coffee also has some great hot coffee and it's near the Institute!



I would have never believed that the best pizza I've ever had would be in Madrid, but look at the quality of this pizza! It's really a testament to how good the ingredients are in Spain, because they care about quality and catering to all types of people.

Grosso Napoletano was a delicious, 100% gluten-free spot that has so many different options for pizza. They also have GF gelato! What a treat.

JAPANESE

Okashi Sanda

DUMPLINGS, RAMEN, NOODLES,
SUSHI, KATSUDON--I TRIED SO
MANY NEW FOODS WHILE IN
MADRID!



When we're not talking about tapas, my other favorite spot in Madrid is Okashi Sanda, which was a Japanese spot that allowed me to try foods--like ramen, noodle dishes, and katsudon--that I've never had before! This place also had some delicious dessert options that are 100% GF (that I wish I tried!).



Pasta Balboa is a gluten free pasta bar where you can either select from their menu or build your own bowl with different types of pasta shapes, sauces, toppings, and can mix and match!

They came in these cute to-go containers, and were a great option for lunch!

PASTRIES

Sana Locura & Celiacoteca

CROISSANTS HAVE NEVER
TASTED BETTER! ALL YOUR
FAVORITE PASTRIES
TOTALLY GF



If you are looking for a pastry, Sana Locura and Celiacoteca are great options for croissants, empanadas, flatbreads, breads, cakes, cookies, etc.!



I am such a sweet treat girl, and I was lucky to be able to partake in churros with chocolate, a popular food combination in Madrid. Churreria Chocolateria 1902 makes identical gluten free churros to their originals, and use a separate kitchen to make all of their GF products. They have a separate menu for all of the GF options, and sell bocadillos and other savory options as well!

Töto has gluten free gelato and cones! They also have specialty beverages that were delicious!

BURGERS

Pink's!! & Goiko

GF SMASH BURGERS WITH THE
BEST GF BUN I'VE EVER HAD
& FRIES IN A DEDICATED FRYER!



One of the best restaurants for a quick meal was right near the institute, and was totally gluten free! Pink's was a spot where I became a local (they literally knew my name by April) while abroad, as their smashburgers were delicious.

The buns were the best gluten free buns I've ever had, and I was so impressed with the quality that I had to ask them to make sure it was GF!

Goiko is another great place with great options (but personally, I liked Pink's better).

The fries in both places are gluten free, as well!

MY FAVORITE *Foods in Madrid*

SO HARD TO PICK JUST THREE! MADRID IS THE BEST PLACE
FOR A CELIAC, I FELT SO SO SAFE THERE, AND THEY REALLY
CARE!

PINK'S SMASH
BURGERS -->

PATATAS BRAVAS OFC

TORTILLA WITH
GF BREAD

I ate sooooo well in Madrid, but my staples had to be (in no order):

1. The smashburgers from Pink's
2. Patas Bravas from LaLina
3. Tortillas with GF bread (this never came from a restaurant but I ate one as much as I could--all the time at the cafe in the institute, with my host family, at restaurants, etc.)

Overall, the food in Madrid made me feel so safe, cared for, and I didn't get sick once while abroad! I honestly wish that the U.S. was as good as Spain with their options, and it made me want to move to Spain even more!

I hope this presentation serves to be a comfort for those who are nervous to eat abroad, because trust me, all will work out for you!