



Why Gluten Free?

Emerge being a steak house has always had a natural tendency towards being gluten free. We use simple produce surrounding mainly proteins & vegetables. We never over complicate a dish. We allow the produce to really speak for itself. Therefore, by keeping dishes simple & avoiding processed ingredients gluten has always been on the lower side at Emerge.

Over the years we have become very popular with coeliacs & it has become known we are a safe place to dine with plenty of gluten free options. Our chefs have always been well versed in allergens & the risks of cross contamination. Owner Leah Gill also has a background in naturopathy.

By the start of 2024 we had the menu being 95% gluten free. It was later that year we discovered a fantastic gluten & dairy free pastry that we made the decision to go 100% gluten free & undertake the gluten free accreditation process with Coeliac Australia.

In December of 2024 we received accreditation!

Why is Gluten Free Important to us?

In Australia we celebrate many occasions & each other's company over food & beverage. We often book restaurants to catch up & conversate with friends & family & celebrate special occasions.

At Emerge we want every guest to have a safe & enjoyable experience. We never want a customer to feel like they are an inconvenience or a problem to other guests at their table, servers & chefs. Whether is a dietary choice or a severe allergy we want to cater for all!

Does Gluten Free Change Emerge?

No Emerge was basically already gluten free. It doesn't ruin the food. Gluten free produce has come a long way over the years. Emerge is just as delicious as ever! So, whether coeliac or not book on in!