

# Cardiff to get its first exclusively gluten-free coffee shop

A completely gluten-free coffee shop is opening its doors in Cardiff this Saturday after securing a £15,000 micro-loan from the Development Bank of Wales.

The coffee shop, named Against the Grain, is due to open on Merthyr Road in Whitchurch this Saturday after securing the micro-loan to furnish and equip the new business venture.

It will serve a range of barista-made coffees, cold drinks, light meals and homemade snacks that are all gluten-free, allowing gluten-intolerant customers to safely enjoy food and drink without potential risk of cross-contamination.

Owner and director of Against the Grain Frazer Twigg was inspired to set-up a gluten-free coffee shops after his long-term partner Chris Thomas was diagnosed with coeliac disease in 2018.

Seeing a gap in the market for an exclusively gluten-free coffee shop in Cardiff, Mr Twigg attended a number of courses run by Business Wales and completed a City & Guilds Barista Skills course.

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Employing three people, the coffee shop will have a sustainable ethos and source as many local ingredients and products as possible.

Mr Twigg said: "As many as one in ten people are gluten intolerant and one in 100 have coeliac disease, yet it can be incredibly difficult to eat out without the fear of cross-contamination. There is also a growing trend that means the health conscious are increasingly choosing gluten-free products. In fact, the global market for gluten-free food is expected to expand considerably between by 2025, from \$3.73billion to \$6.43billion."

He added: "Against the Grain is very personal to us which is why I'm particularly grateful to the Development Bank for their help in making it happen. As a start-up I've been keen to take advantage of all the support available so that we are in the strongest position possible to hit the ground running and build a successful and sustainable business. We can't wait to open our doors and welcome our first customers."

The funding for the business came from the £30m Wales Micro Loan Fund which is financed by the Welsh Government. Loans offered are between £1,000 and £50,000 with repayment terms ranging between one and ten years.

Donna Strohmeyer of the Development Bank of Wales said: "Frazer is a great example of how our micro loans can help entrepreneurs and sole traders to start-up or expand their business with loans of up to £50,000. Frazer's commitment and passion stood out from the first conversation we had so it has been a pleasure to help him on his journey and we're looking forward to our first visit to Against the Grain."

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