

GF BEER SOCIETY



2026

Gluten-Free

Beer Guide

THIRST VERDICT FIRST EDITION

Ranked with integrity. Built for gluten-free drinkers.



IPA RUNNER-UP
26.6/30

BEST OVERALL
27/30

BEST CRISP POUR
25.1/30



UNPAID
REVIEWS



30- POINT
SCORING



CELIAC-AWARE
STANDARDS

BOLD. HONEST. CELIAC-AWARE.



WE BUILT THE GUIDE WE KEPT LOOKING FOR.

**Not a sponsored list. Not brewery hype.
Not a popularity contest.**

Gluten-free beer drinkers deserve better than guesswork.

The 2026 GFBS Gluten-Free Beer Guide: Thirst Verdict First Edition was created to help gluten-free and celiac-aware drinkers find beer that is actually worth opening.

Every review in this first edition comes from GFBS Thirst Verdict tastings using our 30-point scoring system:



**PERSONAL
ENJOYMENT**
/10 POINTS



**CRAFT &
EXECUTION**
/10 POINTS



**GLUTEN-FREE
STANDARD &
INNOVATION**
/10 POINTS

Sponsored placements do not affect rankings, scores, badges, or editorial order.

GFBS exists for drinkers who care about both flavor and trust. We want beer with structure, drinkability, and a reason to take the second sip.

Safe matters. Taste matters.

Both can be true.



EDITORIAL INTEGRITY NOTE



Scores are not for sale.



Badges are earned.



Rankings are independent.



Sponsored placements will be clearly labeled.

GFBS does not sell scores, badges, rankings, or positive reviews.

Some beers and beverages may have been submitted for review consideration, but submission does not guarantee a positive review, badge, ranking, guide inclusion, or social feature.

All Thirst Verdict reviews in this first edition are unpaid. Future sponsored placements, brewery ads, affiliate links, or paid media opportunities will be clearly labeled and separated from editorial rankings.

GFBS reviews are based on available label, ingredient, brewery, and tasting information.

Always verify current packaging and brewery disclosure before drinking. Personal tolerance and medical needs vary. GFBS does not provide medical advice or guarantee safety for every individual.

The Thirst Verdict is in.



2026 GF BEER GUIDE

TABLE OF CONTENTS

Your shortcut to the rankings, reviews, safety notes, partner pages, and sips worth opening.

START HERE

- 1 Why We Built This Guide — 2
- 2 How to Use This Guide — 4

SCORING + TRUST

- 3 How We Score — 5
- 4 GFBS Scorecard — 6
- 5 Meet the Tasting Table — 7
- 6 Badge Guide — 8
- 7 How We Chose the Winners — 9
- 8 Protect Trust — 10
- 9 Celiac Beer Label Safety Ladder — 11

RANKINGS

- 10 Top 10 Ranked Results — 12
- 11 Best Overall Winner — 13
- 12 IPA Showdown — 14
- 13 Best of by Style — 15

BEER PROFILES

- 14 Ghostfish Grapefruit IPA — 16
- 15 Green's India Pale Ale — 17
- 16 Green's Dry-Hopped Lager — 18
- 17 Wake Zone Pineapple Seltzer — 19
- 18 Green's Tripel Ale — 20
- 19 Green's Dubbel Ale — 21

SUBMIT + PARTNER

- 20 Brewery Directory — 22
- 21 Your Sip Could Be Next — 23
- 22 GFBS Summer Sip Bingo — 24
- 23 Partner Spotlight: Meli — 25
- 24 Celiac Label Quick Guide — 26
- 25 Pour Caddy Partner Page — 27
- 26 Safe Sip + Drinking Safety — 28

CLOSING

- 27 Coming Next / Join the Waitlist — 29

SAFE MATTERS. TASTE MATTERS. BOTH CAN BE TRUE.

GF Beer Society | 2026 GF Beer Guide | Thirst Verdict First Edition

How to Use This Guide

Not sure where to start? Follow the pour.



Looking for the best beer overall?

Start with Best of 2026 and Top 10 Ranked Results.



Want the full breakdown?

Go to the Beer Profiles for scores, tasting notes, badges, and why each beer stood out.



Need label confidence?

Read the Celiac Beer Label Safety Ladder before choosing your next sip.



Want to know how we scored?

Check How We Score, Meet the Tasting Table, and How We Chose the Winners.



Have a beer we should try?

Head to Your Sip Could Be Next and submit a beer for review consideration.



Are you a brewery or partner?

Look for the Partner Spotlight and submission details near the back of the guide.



GFBS is built for gluten-free drinkers who want more than “good enough.” We review for taste, trust, and whether a beer deserves a second sip.





HOW WE SCORE

30 POINTS. 3 CATEGORIES. NO BOUGHT VERDICTS.

GFBS reviews each beer or beverage using a 30-point Thirst Verdict scoring system. Each score reflects three core categories: how much we enjoyed drinking it, how well it was made, and how confidently it fits the gluten-free standard.

Scores are not based on popularity, brewery size, sponsorship, or hype. They are based on the pour, the sip, the finish, the label, and the second-sip test.



PERSONAL
ENJOYMENT

10
POINTS

Would we finish it?

Would we buy it again?

Did it survive the second
sip?



CRAFT &
EXECUTION

10
POINTS

Balance, aroma,
mouthfeel, carbonation,
finish, and whether the
beer delivers on its
stated style.



GLUTEN-FREE
STANDARD &
INNOVATION

10
POINTS

Label clarity, ingredient
transparency, absence of
wheat/barley/rye where
applicable, and how well
it advances the gluten-
free drinking experience.

Taste Matters. Safety Matters.

Both Can Be True.



THE THIRST VERDICT IS IN.



GFBS SCORECARD

SIMPLE. HONEST. DRINKER-FIRST.

BEER: _____

BREWERY: _____

STYLE: _____

ABV: _____

DATE REVIEWED: _____



1. PERSONAL ENJOYMENT

How much did you enjoy drinking this beer?

____ /10



2. CRAFT & EXECUTION

Balance, flavor, aroma, mouthfeel, finish, and overall execution.

____ /10



3. GLUTEN-FREE STANDARD & INNOVATION

Label clarity, ingredient transparency, and innovation in the GF category.

____ /10

TOTAL SCORE

____ /30

TASTING NOTES / REVIEWER NOTES:

VERDICT:



TAP IT



SKIP IT



REVISIT

GF STATUS / LABEL NOTE:

Meet the Tasting Table

Three reviewers. Three lenses. One honest score.

GFBS reviews are not based on hype, popularity, or one person's palate. Each beer is evaluated through three distinct perspectives so gluten-free drinkers can understand how it performs for celiac confidence, everyday enjoyment, and actual beer quality.



CARLA

THE CERTIFIED CELIAC

Primary lens:

Safety, trust, label clarity, and whether the beer is worth the risk.

CARLA ASKS:

- Is the label clear?
- Are the ingredients disclosed?
- Would a celiac drinker feel confident enough to try this?

“ If the label makes me work too hard, the beer already has a problem. ”



COLEMAN

THE EVERYMAN

Primary lens:

Casual drinkability, mainstream appeal, BBQ readiness, and whether he would drink it twice.

COLEMAN ASKS:

- Would I finish this can?
- Would I bring it to a cookout?
- Would I drink it again without needing a dietary reason?

“ If I'd bring it to a BBQ and not apologize for it, that's a win. ”



SEAN

THE CRAFT PURIST

Primary lens:

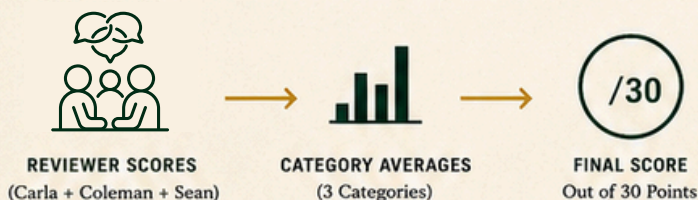
Brewing technique, balance, mouthfeel, hops, finish, complexity, and style accuracy.

SEAN ASKS:

- Is the beer balanced?
- Does the aroma match the style?
- Would this hold up in a craft beer conversation?

“ Good gluten-free beer still has to behave like good beer. ”

HOW THE PANEL SCORE WORKS



GFBS 30-POINT SCORE

- 1 PERSONAL ENJOYMENT — 10 POINTS**
Did the reviewer enjoy drinking it? Would they finish it? Would they drink it again?
- 2 CRAFT & EXECUTION — 10 POINTS**
How well is the beer made? Is it balanced, clean, accurate, and technically sound?
- 3 GLUTEN-FREE STANDARD & INNOVATION — 10 POINTS**
How strong is the gluten-free clarity, ingredient transparency, and category contribution?



SCORES ARE EARNED. BADGES ARE EARNED. TRUST COMES FIRST.

GFBS may accept brewery submissions, donated samples, sponsorships, or paid media add-ons, but those do not influence scores, badges, or rankings. We do not sell positive reviews. We do not sell badges. We do not let sponsors influence rankings. We respect the brewers. We fight for the drinkers.

INDEPENDENT.
TRANSPARENT.
UNBIASED.

BADGE GUIDE

DEFINE BADGES BEFORE RANKINGS

Badges help readers quickly understand what makes a beer stand out. Some recognize trust and label confidence. Others highlight standout taste, category wins, or memorable traits.

BADGES ARE EARNED. TRUST IS PROTECTED.

Sponsors may receive visibility in the guide, but GFBS scores, badges, and rankings are never for sale. Every badge is awarded through our independent review process.



1. Certified Celiac

Ingredient-verified, clearly labeled, and built for stronger celiac confidence.

Earned when: label and ingredient disclosure support the highest GFBS trust standard.



2. Tap It

Worth drinking again. Reliable, enjoyable, and an easy yes for another round.

Earned when: the panel would happily order or open it again.



3. Hop Head Approved

A hop-forward beer with balance, character, and IPA credibility.

Earned when: the hop profile lands well without losing drinkability.



4. Story-Worthy Sipper

Memorable, unique, and worth talking about after the can is empty.

Earned when: a beer delivers an experience that stands out from the pack.



5. Not Beer, But...

An alt-category standout that brings something special to the gluten-free table.

Earned when: a non-beer pour impresses in its own lane.



6. Seltzer Survivor Club

A clean, crushable contender in the gluten-free seltzer or alt-beverage lane.

Earned when: a seltzer or alt-pour rises above the usual disappointment.



7. Brewed Abroad

An imported gluten-free beer worth discovering.

Earned when: an international pour earns its place through flavor and credibility.



8. Crowd Pick

A fan-voted favorite chosen by the GFBS community.

Earned when: the audience lifts a beer to the top through community love.



9. Nightcap

Smooth, mellow, and built for the final pour of the night.

Earned when: a beer feels like the right closer — easygoing, darker, or winding-down worthy.



10. One of a Kind

A truly distinctive pour with originality and character unlike anything else in the guide.

Earned when: a beer breaks category expectations in the best possible way.



11. Local Legend

A hometown favorite with standout local love and regional credibility.

Earned when: a beer earns strong local loyalty and feels rooted in place.

Badges highlight
standout traits —
they do not replace
full scores or
reviewer notes.



HOW WE CHOSE THE WINNERS

SCORES FIRST. HYPE LAST. ALWAYS.

The Best of 2026 winners were selected using the GFBS review system: three reviewer lenses, a 30-point scoring framework, category fit, gluten-free confidence, and editorial judgment. Popularity, sponsorship, brewery size, and hype do not determine winners.

“SCORES ARE EARNED.
BADGES ARE EARNED.
AWARDS ARE EARNED TOO.”

1 WHAT MAKES A BEER ELIGIBLE?

A beer must have enough information to be fairly reviewed and placed into a category.

- ✓ Beer was reviewed by GFBS
- ✓ Beer had enough label, ingredient, or brewery disclosure for classification
- ✓ Beer fit one or more award categories
- ✓ Beer could be scored using the GFBS framework
- ✓ Beer met the category definition it competed in

★ Some beers may be included as *watchlist mentions* or *community nominations* without being eligible for official awards.

2 THE THREE-PART SCORE

Each beer is scored out of 30 points.



PERSONAL ENJOYMENT — 10 POINTS

Did the beer taste good? Would the reviewer finish it? Would they drink it again?



CRAFT & EXECUTION — 10 POINTS

Was the beer balanced, clean, well-made, and true to its style?



GLUTEN-FREE STANDARD & INNOVATION — 10 POINTS

Was the gluten-free claim clear? Were ingredients transparent? Did it move the category forward?

3 THREE REVIEWERS. THREE REASONS TO CARE.



CARLA CERTIFIED CELIAC

Focuses on safety, trust, label clarity, and whether the beer is worth the risk.



COLEMAN THE EVERYMAN

Focuses on casual drinkability, BBQ readiness, mainstream appeal, and whether he would drink it twice.



SEAN CRAFT PURIST

Focuses on brewing technique, balance, mouthfeel, hops, finish, and style accuracy.

A winning beer has to survive more than one kind of scrutiny.



REVIEWER SCORES

(Carla + Coleman + Sean)



CATEGORY AVERAGES

(3 Categories)



FINAL SCORE

Out of 30 Points

4 CATEGORY FIT MATTERS

THE HIGHEST SCORE DOES NOT ALWAYS WIN EVERY CATEGORY.

Awards are based on both score and fit.



Best IPA must perform as an IPA.



Best BBQ Beer must be drinkable, crowd-friendly, and food-friendly.



Best Celiac-Confidence Pick must carry strong gluten-free clarity.



Most Surprising Sip must overperform expectations.



Best Not Beer, But... must win its own lane, not pretend to be beer.

The best beer overall is not automatically the best beer for every moment.

5 HOW WE BREAK CLOSE CALLS

When scores are close, GFBS considers:



Stronger category fit



Clearer gluten-free disclosure



Reviewer consensus



Repeat-drink potential



Distinctiveness



Availability or relevance to guide readers



Whether the beer meaningfully raises expectations for gluten-free drinkers

Tie-breakers never include sponsorship, paid media, donated samples, or brewery relationships.

6 WHAT DOES NOT INFLUENCE AWARDS

- ✗ Sponsorship does not influence awards.
- ✗ Paid placements do not influence awards.
- ✗ Donated samples do not influence awards.
- ✗ Brewery relationships do not influence awards.
- ✗ Social media popularity does not influence awards.
- ✗ Badges are not sold.
- ✗ Scores are not sold.



**A SPONSOR CAN BUY VISIBILITY.
THEY CANNOT BUY A WIN.**

7 AWARD TYPES EXPLAINED



EDITORIAL WINNER

Chosen by GFBS scoring and category fit.



REVIEWER PICK

Chosen by Carla, Coleman, or Sean and clearly labeled as a personal selection.



CROWD PICK

Chosen by community vote and clearly separated from editorial rankings.



SPONSORED FEATURE

Paid visibility. Clearly labeled, never treated as an award.

8 WHY THIS MATTERS

GFBS exists to help gluten-free and celiac-aware drinkers find beer worth opening. Awards only matter if readers can trust how they were earned.

*We respect the brewers.
We fight for the drinkers.*



TRUST IS OUR STANDARD. GFBS awards are based on available labels, ingredient disclosures, brewery information, independent tasting notes, reviewer scores, and category fit. GFBS may accept submissions, samples, sponsorships, or paid media add-ons, but those do not influence scores, badges, rankings, or awards. Our loyalty is to safety, transparency, and every person who depends on trusted gluten-free drinking.

**INDEPENDENT.
TRANSPARENT.
UNBOUGHT.**

Protect Trust

Transparency and celiac safety are at the heart of everything we do. Here's how we keep our reviews trustworthy and you protected.



CELIAC-AWARE DISCLAIMER

We are not medical professionals. Always read labels, check with the manufacturer, and consult your doctor if you have celiac disease or a gluten sensitivity.

Gluten-free means less than 20 ppm gluten by FDA standard. Reactions can still vary.



We look for this cert We use strong label, as one of our top sig ingredient, and of celiac-safe produ certification signals as part of our celiac-aware review process.



UNPAID REVIEW DISCLOSURE

All reviews are 100% independent. We do not accept payment for reviews or rankings. Beers and beverages are purchased by us—just like you. Our opinions are our own, always.



REAL REVIEWS.
REAL PEOPLE.
REAL TRUST.



Our Commitment

We're here to build a safer, more inclusive beer and beverage community—where great taste and peace of mind can go hand in hand.



THE CELIAC BEER LABEL SAFETY LADDER

BECAUSE “GLUTEN-FREE” AND “CRAFTED TO REMOVE GLUTEN” ARE NOT THE SAME SIP.

GF Beer Society evaluates gluten-free beer using labels, ingredient disclosures, brewery information, and independent tasting. Use this guide to understand what the label means, what to watch for, and how GFBS classifies confidence.



i GFBS reviews are based on available labels, ingredient disclosures, brewery information, and independent tasting notes. GFBS is not a medical authority or certification body. Always verify current labels, brewery disclosures, and your personal dietary needs before drinking.¹

THE GFBS SAFETY LADDER



💡 “Crafted to remove gluten” is not the same as gluten-free for many celiac drinkers.²



CHECK THE LABEL



1 GLUTEN-FREE CLAIM

Look for language like: gluten-free, free of gluten, no gluten, or without gluten.



2 INGREDIENT TRUST CHECK

No barley, wheat, rye, malt, or unclear brewer's grains.



3 CRAFTED TO REMOVE WARNING

If the beer started with gluten-containing grain and was processed later, GFBS places it in a separate classification.



4 WHEN IN DOUBT, VERIFY

Ask the brewery for full ingredient disclosure.

INGREDIENT RED FLAGS

- ✗ Barley / Malt / Malt Flavoring / Barley Malt
- ✗ Wheat / Rye / Brewer's Malt
- ✗ Malt Extract / Malt Syrup
- ✗ Oats (without gluten-free verification)
- ✗ Natural Flavors (source unclear)
- ✗ Beer brewed from traditional gluten grains unless certified or tested and disclosed



These ingredients require extra caution for celiac and gluten-free drinkers.²

CERTIFIED CELIAC BADGE HIGH CONFIDENCE ONLY



GFBS reserves its strongest celiac-confidence language for products with clear labeling, disclosure, or certification.²

- ✓ Label clearly says gluten-free and does not show barley, wheat, or rye.
- ✓ Brewery provides full ingredient disclosure supporting GF status.
- ✓ Product is certified gluten-free by a recognized body.

THE GFBS CLASSIFICATION FRAMEWORK

Beer is evaluated using our 3-part 30-point scoring system.



PERSONAL ENJOYMENT
10 POINTS

Would we finish it?
Would we buy it again?
Does it survive the second sip?



CRAFT & EXECUTION
10 POINTS

Balance, aroma, mouthfeel, finish, style accuracy, and brewing quality.



GF STANDARD & INNOVATION
10 POINTS

Label clarity, ingredient transparency, innovation in the GF category, and celiac confidence.

30
TOTAL POINTS

WHY THIS MATTERS

- ✓ Helps celiac and gluten-free drinkers find beer worth opening.
- ✓ Encourages ingredient transparency and better labeling.
- ✓ Rewards breweries raising the bar in the gluten-free category.
- ✓ Creates a trusted resource for drinkers, breweries, and the industry.



NOTES & DISCLAIMERS

- ⚠ GFBS is not a medical, legal, or scientific authority.
- 👤 Personal tolerance varies. Always follow your own health needs and medical advice.
- 📄 Always check the current label and brewery info.
- ⚠ This content is educational and not medical advice.¹

SOURCES (GFBS KNOWLEDGE FOUNDATION)

- 1 GFBS Gluten-Free Safety + Labeling Guide Knowledge File
- 2 Digital Gluten-Free Beer Guide Strategy File
- 3 GFBS Editorial Standards + Ranking Methodology
- 4 GFBS SEO + Content Authority Plan

SUBMIT A SIP

Breweries and drinkers can submit beers for review. Inclusion is not guaranteed.



SUBMIT YOUR SIP →



TOP 10 RANKED RESULTS

THE HIGHEST-SCORING GLUTEN-FREE BEERS FROM THE 2026 GFBS TASTING TABLE.



RANKED BY FINAL GFBS SCORE OUT OF 30.
Scores reflect GFBS tastings completed for the 2026 guide.

RANK	BEER	BREWERY	STYLE	SCORE OUT OF 30	BADGES
	GHOSTFISH GRAPEFRUIT IPA	Ghostfish Brewing Co.	American IPA		
	GREEN'S INDIA PALE ALE	Green's Gluten Free Beers	Belgian-Style IPA		
	GREEN'S DRY-HOPPED LAGER	Green's Gluten Free Beers	Dry-Hopped Lager		
4	WAKE ZONE PINEAPPLE	Stellwagen Beer Co.	Hard Seltzer / Alt Beverage		
5	GREEN'S BELGIAN GOLDEN STRONG GF TRIPEL	Green's Gluten Free Beers	Belgian Tripel		
6	GHOSTFISH SHROUDED SUMMIT	Ghostfish Brewing Co.	Belgian White Ale		
7	GREEN'S DUBBEL ALE	Green's Gluten Free Beers	Belgian Dubbel		
8	WAKE ZONE LIME	Stellwagen Beer Co.	Hard Seltzer / Alt Beverage		
9	GREEN'S AMBER ALE	Green's Gluten Free Beers	Amber Ale		
10	WAKE ZONE FRUIT PUNCH	Stellwagen Beer Co.	Hard Seltzer / Alt Beverage		

HOW RANKINGS ARE CALCULATED

GFBS uses a 30-point scoring system across three core categories.



PERSONAL
ENJOYMENT
/10



CRAFT &
EXECUTION
/10



GLUTEN-FREE
STANDARD &
INNOVATION
/10

Final rankings reflect the averaged GFBS score and category fit.

IMPORTANT NOTES



Alt beverages are included where reviewed under GFBS "Not Beer, But..." criteria.



GFBS rankings are editorial and unpaid.



Donated samples do not influence scores.



Badges are earned based on tasting results, ingredient disclosure, and GFBS review standards.



Always check current labels and brewery disclosures before drinking.



BEST OVERALL WINNER

THE HIGHEST-SCORING GLUTEN-FREE BEER OF THE 2026 GFBS GUIDE

GHOSTFISH GRAPEFRUIT IPA

BEST OVERALL GLUTEN-FREE BEER
2026 GFBS GUIDE

Bright, bitter, citrus-loaded, and confident enough to make gluten-free beer feel like the main event.



FINAL SCORE

27
/ 30

A STANDOUT SCORE BACKED BY BOLD FLAVOR, STRONG CATEGORY EXECUTION, AND CLEAR GLUTEN-FREE CONFIDENCE.

SCORE BREAKDOWN

	PERSONAL ENJOYMENT	9 /10
	CRAFT & EXECUTION	8 /10
	GLUTEN-FREE STANDARD & INNOVATION	10 /10

TOTAL SCORE 27 / 30

BEER SNAPSHOT

BREWERY	Ghostfish Brewing Co.
BEER	Grapefruit IPA
STYLE	American IPA
ABV	5.5%
IBU	85
PACKAGE	12 oz cans
GLUTEN-FREE STATUS	Labeled Gluten Free
KEY INGREDIENTS	Sorghum, brown rice, candi syrup, tapioca maltodextrin, hops, grapefruit puree, yeast

WHY IT TOOK BEST OVERALL

- 1 IT DRINKS LIKE A REAL IPA.**
Hop-forward, bitter, citrusy, and structured — not thin, timid, or apologizing for being gluten-free.
- 2 THE GRAPEFRUIT ACTUALLY SHOWS UP.**
The citrus does not feel like a gimmick. It reinforces the hop profile and makes the beer memorable.
- 3 IT DELIVERED ACROSS ALL THREE GFBS LENSES.**
It had enough safety clarity for Carla, enough drinkability for Coleman, and enough IPA credibility for Sean.

BADGES EARNED



BEST OVERALL



ONE OF A
KIND



HOP HEAD
APPROVED



CERTIFIED
CELIAC



TAP
IT

“This is the beer that reminded us gluten-free can still mean full-send flavor.”

REVIEWER LENS



CARLA
CERTIFIED CELIAC

Clear gluten-free labeling, real IPA energy, and a flavor profile that actually makes the risk conversation feel worth it.”



COLEMAN
THE EVERYMAN

“I’d bring this to a cookout and not feel like I was handing someone the gluten-free backup option.”



SEAN
THE CRAFT PURIST

Big grapefruit, firm bitterness, and enough hop structure to stand up as an IPA — not just a gluten-free substitute.”



SAFETY + LABEL NOTE

GFBS noted this beer as labeled gluten-free with disclosed gluten-free ingredients. As always, check current packaging and brewery disclosure before drinking.

TASTING NOTES



AROMA

Grapefruit peel, citrus zest, hop resin, light sweetness.



FLAVOR

Bright grapefruit up front, firm bitterness, citrus-forward hop character, subtle malt-alternative body.



MOUTHFEEL

Medium-light body with a sharp, clean finish.



FINISH

Bitter, zesty, dry enough to keep the next sip moving.



BEST FOR

- IPA drinkers
- Summer cookouts
- grapefruit lovers
- drinkers who miss bold hop-forward beer

IPA SHOWDOWN

Compare Top IPAs

GHOSTFISH GRAPEFRUIT IPA vs. GREEN'S INDIA PALE ALE

GHOSTFISH GRAPEFRUIT IPA

Bold citrus, hop-forward bitterness, and a loud grapefruit personality.



GREEN'S INDIA PALE ALE

Classic IPA structure with a smoother, more balanced finish.



BEST CITRUS POP:
Ghostfish



BEST CLASSIC IPA FEEL:
Green's



MOST HOP-FORWARD:
Ghostfish



MOST APPROACHABLE:
Green's



THIRST VERDICT:
Ghostfish wins on punch;
Green's wins on balance.

SCORE COMPARISON

GHOSTFISH GRAPEFRUIT IPA

😊	Personal Enjoyment	9/10
🍷	Craft & Execution	8/10
✅	GF Standard & Innovation	10/10

TOTAL SCORE

TOTAL SCORE
27/30

GREEN'S INDIA PALE ALE

😊	Personal Enjoyment	8/10
🍷	Craft & Execution	8/10
✅	GF Standard & Innovation	9/10

TOTAL SCORE

TOTAL SCORE
26.6/30

BEER SNAPSHOT

CATEGORY

Brewery

Style

ABV

Package

GF Status

GHOSTFISH GRAPEFRUIT IPA

Ghostfish Brewing Co.

Grapefruit IPA

5.5%

12 oz can

Labeled Gluten Free

GREEN'S INDIA PALE ALE

Green's

India Pale Ale

6.0%

11.2 fl oz / 330 mL can

Naturally Gluten-Free

Balanced, classic,
smoother

TASTING

GHOSTFISH

GREEN'S



AROMA

grapefruit peel,
citrus zest, resin

floral hops,
mild citrus, soft malt



FLAVOR

bright grapefruit, firm
bitterness, assertive hops

traditional IPA bitterness,
cleaner balance, softer citrus



MOUTHFEEL

lean, sharp, crisp

slightly fuller,
smoother, rounder



FINISH

dry, zesty, bitter

clean, gentler,
balanced

WHO SHOULD CHOOSE WHICH?



GHOSTFISH GRAPEFRUIT IPA

Choose this if you love bold grapefruit, sharper bitterness, and a more modern hop punch.



GREEN'S INDIA PALE ALE

Choose this if you prefer a classic IPA feel, smoother balance, and an easier-drinking pour.

REVIEWER LENS



CARLA: Ghostfish brings the strongest flavor confidence with clear gluten-free positioning.



COLEMAN: Green's feels like the easier handoff for a casual cookout crowd.



SEAN: Ghostfish lands the bolder IPA statement; Green's delivers classic drinkability.

“

Both beers prove gluten-free IPA can show real character. Ghostfish is the louder pour. Green's is the steadier one.

”

BEST OF BY STYLE

Help readers choose by category

From bold IPAs to crisp summer pours, these standout winners help readers find the right gluten-free can for their taste, mood, and moment.

BEST OVERALL + BEST IPA

Ghostfish Grapefruit IPA

Ghostfish Brewing Co.

27/30 | 5.5% ABV

Bright citrus, real bitterness, crisp structure, and enough gluten-free confidence to make it the standout of the tasting.



Best for: hop lovers, grapefruit fans, bold beer drinkers



BEST CLASSIC IPA



Green's India Pale Ale

Green's Gluten Free

26.6/30 | 6.0% ABV

Balanced and flavorful, with bright hops, subtle malt, and a cleaner, more classic IPA finish.



Best for: classic IPA drinkers, balanced beer fans

BEST CRISP POUR



Green's Dry-Hopped Lager

Green's Gluten Free

25.1/30 | 4.1% ABV

Crisp, sharp, and super light on the palate, with a clean hop bite that stays easy to drink.



Best for: lager drinkers, seafood, summer BBQs

BEST BELGIAN-STYLE POUR



Green's Tripel Ale

Green's Gluten Free

24/30 | 8.5% ABV

Bold, refined, and unexpected, with fruity lift, slight sweetness, and a clean bitter finish.



Best for: adventurous sippers, dinner pairings, slow pours

BEST ALTERNATE POUR



Wake Zone Seltzer: Pineapple

Stellwagen Beer

24.6/30 | 4.5% ABV

Bold pineapple aroma, sweet-sour balance, and a smooth, summery finish made it the standout alternate pour.



Best for: cooler packs, beach days, seltzer drinkers

Ghostfish Grapefruit IPA

Ghostfish Brewing Co.

Bright citrus meets real IPA backbone. This gluten-free Grapefruit IPA leads with vibrant grapefruit peel and zesty hop aroma, followed by a clean, assertive bitterness and balanced hop bite. It's bold, refreshing, and built for those who want full-flavored IPA—without compromise.

27 / 30

- Personal Enjoyment 8/10
- Craft & Execution 9/10
- Gluten-Free Standard & Innovation 10/10



BEER SNAPSHOT

Brewery:	Ghostfish Brewing Co.
Beer:	Grapefruit IPA
Style:	Grapefruit IPA / IPA
ABV:	5.5%
Package:	12 oz can
Gluten-Free Status:	Gluten-free

★ WHY IT STANDS OUT

- 1 Real IPA bitterness with bright grapefruit character.
- 2 Crisp, drinkable body that does not fall thin.
- 3 Strong gluten-free confidence without sacrificing flavor.

TASTING NOTES



AROMA
grapefruit peel,
citrus zest,
hop resin



FLAVOR
bright citrus,
clean bitterness,
balanced hop bite



MOUTHFEEL
crisp, lively,
drinkable



FINISH
zesty, refreshing,
pleasantly
bitter

👥 BEST FOR

- hop lovers
- grapefruit fans
- celiacs craving a true IPA experience
- summer deck / cookout drinking

“ This beer announces itself with bright citrus, real bitterness, and the kind of IPA structure gluten-free drinkers rarely get. ”



Featured beer profile

Green's India Pale Ale

Green's Gluten Free

A standout IPA in the gluten-free category, Green's India Pale Ale brings bright hops, subtle malt, and a cleaner, more classic IPA finish. It delivers flavor with balance, giving hop lovers an international gluten-free option that still feels approachable and celiac-aware.

26.6 / 30

- Personal Enjoyment 7.9 / 10
- Craft & Execution 8.7 / 10
- Gluten-Free Standard & Innovation 10 / 10



BEER SNAPSHOT

Brewery:	Green's Gluten Free
Beer:	India Pale Ale
Style:	India Pale Ale
ABV:	6.0%
Package:	11.2 fl oz / 330 mL can
Gluten-Free Status:	Naturally Gluten-Free



WHY IT STANDS OUT

- 1 Bright hops and subtle malt create a balanced, classic IPA feel.
- 2 Clean finish and real drinkability make it approachable for a wide range of drinkers.
- 3 Strong gluten-free confidence and international character help it stand apart.



TASTING NOTES



AROMA
bright hops,
light citrus,
soft malt



FLAVOR
balanced
bitterness,
subtle malt,
classic IPA
character



MOUTHFEEL
clean,
medium-light,
easy-drinking



FINISH
crisp, tidy,
gently bitter



BEST FOR

- hop lovers
- classic IPA drinkers
- gluten-free beer drinkers wanting an imported option
- easy food pairings
- readers who want a safer IPA starting point

“ This is the gluten-free IPA you hand to someone who wants classic structure, balanced hops, and a clean finish without the grapefruit spotlight. ”



Featured beer profile

Green's Dry-Hopped Lager

Green's Gluten Free

25.1 / 30

- Personal Enjoyment 7.5 / 10
- Craft & Execution 8.3 / 10
- Gluten-Free Standard & Innovation 9.3 / 10



BEER SNAPSHOT

Brewery:	Green's Gluten Free
Beer:	Dry-Hopped Lager
Style:	Dry-Hopped Lager
ABV:	4.1%
Package:	11.2 fl oz / 330 mL can
Gluten-Free Status:	Naturally Gluten-Free

★ WHY IT STANDS OUT

- 1 Crisp, approachable lager profile with a light hop edge.
- 2 Easy entry point for drinkers who want flavor without IPA intensity.
- 3 Refreshing and food-friendly, especially with seafood and summer BBQ.

TASTING NOTES

AROMA
light hops,
clean grain,
fresh crispness

FLAVOR
crisp, sharp,
gently hoppy

MOUTHFEEL
light-bodied,
easy-drinking

FINISH
clean,
refreshing,
subtle hop bite

BEST FOR

- beginner-friendly gluten-free beer drinkers
- lager fans
- seafood pairings
- summer BBQs
- IPA-shy drinkers

“ This is the clean, easy-drinking gluten-free lager you hand to someone who says they're not sure where to start. ”



Top alt beverage

Wake Zone Pineapple Seltzer



Stellwagen Beer

Our standout alternate pour and seltzer pick, Wake Zone Pineapple Seltzer brings bold pineapple aroma and a sweet-sour balance that's dangerously smooth. Slightly heavier in body than expected, it stays clean with a lingering finish that feels summery and refreshing—a quietly confident choice you'll reach for again.

24.6 / 30

- Personal Enjoyment 7.3 / 10
- Craft & Execution 7.3 / 10
- Gluten-Free Standard & Innovation 10 / 10



BEER SNAPSHOT

Brewery:	Stellwagen Beer
Beverage:	Wake Zone Seltzer: Pineapple
Style:	Hard Seltzer / Alternate Beverage
ABV:	4.5%
Package:	12 oz can
Gluten-Free Status:	Gluten-Free



TASTING NOTES



AROMA

bold pineapple, tropical fruit



FLAVOR

sweet-sour balance, juicy pineapple, refreshing



MOUTHFEEL

slightly fuller than expected, smooth



FINISH

clean, lingering, summery



BEST FOR

- beach days
- cooler packs
- seltzer skeptics
- summer hangs
- drinkers wanting a non-beer option



“A quiet standout that proves the alternate-pour lane deserves a serious spot in the guide.”



Unexpected standout

Green's Tripel Ale

Green's Gluten Free

This was the beer that felt the most unexpected in the tasting — bold, refined, and unlike anything else we tried. Crisp, slightly sweet, with a fruity linger and a clean bitter finish.

24 / 30

- Personal Enjoyment 8 / 10
- Craft & Execution 6 / 10
- Gluten-Free Standard & Innovation 10 / 10



BEER SNAPSHOT

Brewery:	Green's Gluten Free
Beer:	Tripel Ale
Style:	Belgian-Style Ale / Tripel Ale
ABV:	8.5%
Package:	11.2 fl oz / 330 mL can
Gluten-Free Status:	Naturally Gluten-Free



WHY IT STANDS OUT

- 1 Bold, refined, and completely unexpected.
- 2 Crisp with slight sweetness, a fruity linger, and a clean bitter finish.
- 3 Feels elevated and memorable — the kind of gluten-free pour that surprises seasoned drinkers.



TASTING NOTES



AROMA
subtle fruit,
soft sweetness,
lightly floral lift



FLAVOR
crisp, slightly
sweet, refined,
unexpectedly
elegant



MOUTHFEEL
smooth,
lively,
polished



FINISH
clean,
bitter,
fruity linger



BEST FOR

- adventurous sippers
- dinner pairings
- nightcap pours
- readers who want something different
- gluten-free drinkers bored with predictable beer

“

*Like the cordial of beer —
bold, refined, and totally
unexpected.*

”



Memorable beer

Green's Dubbel Ale

Green's Gluten Free

This is the one that sticks with you. Green's Dubbel Ale lands as a memorable pour with nutty and cacao notes on the nose, sweet-bitter depth, and a bourbon-kissed caramel character that gives it real personality. Smooth yet sharp, with a clean caramel finish, it feels less like a quick fridge grab and more like a beer with a story.



22 / 30

- Personal Enjoyment 4.8 / 10
- Craft & Execution 7.2 / 10
- Gluten-Free Standard & Innovation 10 / 10

BEER SNAPSHOT

Brewery:	Green's Gluten Free
Beer:	Dubbel Ale
Style:	Belgian-Style Ale / Dubbel Ale
ABV:	7.0%
Package:	11.2 fl oz / 330 mL can
Gluten-Free Status:	Naturally Gluten-Free

★ WHY IT STANDS OUT

- 1 Nutty and cacao on the nose with caramel depth.
- 2 Sweet-bitter balance and a smooth yet sharp mouthfeel.
- 3 Memorable, conversation-worthy, and built for slower sipping.

TASTING NOTES

AROMA
nutty, cacao,
light caramel

FLAVOR
sweet-bitter,
bourbon-kissed
caramel, old-school
candy note

MOUTHFEEL
smooth,
slightly sharp,
medium-bodied

FINISH
clean
caramel,
lingering,
warming

👥 BEST FOR

- red meat pairings
- adventurous sippers
- slower pours
- readers who want a memorable non-IPA
- cooler-weather drinking

“Like a porter. Meant to go with red meat, fo’sho.”



Brewery Directory

A quick reference to the breweries and brands featured in this guide.

 BREWERY / BRAND	 LOCATION	 FEATURED PRODUCTS	 HIGHEST SCORE	 NOTES
 Ghostfish Brewing Co.	Seattle, WA	 Grapefruit IPA	 27/30 BEST OVERALL WINNER	Best Overall Winner
 Green's Gluten Free	Belgium/ Imported	 Indian Pale Ale, Dry Hopped Lager, Dubbel Ale, Tripel Ale	 26.6/30	Strong brewed-abroad showing
 Stellwagen Beer	Marshfield, Massachusetts	 Wake Zone Pineapple Seltzer	 24.6/30	Alt-beverage feature



Directory inclusion reflects products reviewed or featured in this guide. It does not imply brewery-wide endorsement or certification.



WANT YOUR BREWERY CONSIDERED?

Submit beer name, style, ABV, label photos, ingredient list, gluten-free claim or certification details, and availability information.

✉ cheers@gfbeersociety.com | 🌐 gfbeersociety.com/submit



SAFE MATTERS.

GF Beer Society



TASTE MATTERS.

2026 GF Beer Guide



BOTH CAN BE TRUE.

Thirst Verdict First Edition

SUBMIT YOUR SIP

Your Sip Could Be Next.



We're building the most trusted guide to gluten-free beer and beverages—and we can't do it without you.

Share your favorites. Help others sip with confidence.

SHARE A SIP

SUBMISSIONS ARE ALWAYS OPEN



Submit a Review

Tried a great gluten-free beer or beverage? Let us know what you think.



Brewery Submissions

Are you a brewery or producer? Submit your product for consideration.



Help Others Sip Safely

Your review could be the reason someone finds their new favorite.

SUBMIT NOW

IT ONLY TAKES A FEW MINUTES



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PARTNER WITH US

SPONSORSHIP & COLLABORATION INQUIRIES

We partner with mission-aligned breweries, brands, and businesses that support the gluten-free community.

Let's create something great together.



Email us at
partners@gfbeersociety.com



GFBS SUMMER SIP BINGO



Sip, tag, and play along all summer long.

A bonus guide page for readers, brewery fans, and gluten-free beer lovers who want a little extra fun with their next pour.

B	I	N	G	O
Tried a new GF beer	Poured into a proper glass	Shared a sip with a friend	Posted your pour	Beach or boat drink
Cookout pairing	Brought a 4-pack to a party	Brewery visit	Found a new favorite	Tag the brewery
Drank it ice-cold	Read the label first		Tried a fruity pour	Summer sunset sip
Used a koozie	Tried a local brew	Shared on Stories	Picnic or patio drink	Cans in the cooler
Rated it with friends	Tried a hop-forward beer	Snack pairing win	Tagged @gfbeersociety	Bingo!



HOW TO PLAY

- Save this page or screenshot the card.
- Mark each square as you complete it.
- Get five in a row for bingo.
- Share your card and tag @gfbeersociety.
- Bonus points for tagging the brewery too.

KOOZIE + TAGGING RULES



- Follow @gfbeersociety
- Post your bingo card to Stories or feed
- Tag @gfbeersociety
- Tag the brewery or beverage featured
- Selected players may receive a GFBS koozie or feature

For fun, community, and summer sipping glory.

INNOVATION SPOTLIGHT



MELI: THE SIP THAT NEEDED ITS OWN SCORECARD



Most drinks in this guide fit our standard Thirst Verdict scorecard. **Meli did not.**



It required a new lens because it sits in **its own lane** — not traditional beer, not seltzer, and not an easy comparison.



So GFBS built a specialty scorecard around **drinking experience, category innovation, and gluten-free trust.**



Same GFBS standards. **Different lane.**



NOT TRADITIONAL BEER

No barley. No wheat.
No usual playbook.
Meli plays by its own rules.



CATEGORY INNOVATION

A 100% quinoa-based beer
that redefines what
gluten-free beer can be.



GLUTEN-FREE TRUST

Celiac-conscious.
Ingredient transparent.
Trust earned, always.



SPECIALTY SCORECARD

A custom scoring lens built
for the experience, innovation,
and category Meli represents.



SAME GFBS STANDARDS. **DIFFERENT LANE.**

Different category. Same commitment.
Better choices for every GF drinker.

The Celiac Beer Label Safety Ladder

— ★ GLUTEN-FREE ≠ CRAFTED TO REMOVE GLUTEN ★ —

GLUTEN-FREE BEER



★

- ✓ Brewed with gluten-free ingredients
- ✓ May carry a gluten-free claim
- ✓ Higher celiac confidence when label + ingredients align



GLUTEN-REMOVED BEER



★

- Started with gluten-containing grains
- Processed to reduce or remove gluten
- Not the same trust level





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BAR QUALITY POURS. ANYWHERE.

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AT HOME. ON THE COURSE. EVERYWHERE.

Pour Caddy creates premium barware for people who appreciate quality, convenience, and adventure. From the first pour to the last toast, their gear keeps your favorite drinks perfectly chilled and ready to share.



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14 oz. Speaker Tumbler



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DRINKING SAFETY ADVICE

A better pour starts before the first sip.

1

Hydrate before and during.

Keep water within reach and pace your pours. A cold beer still counts.

2

Eat something first.

Bring real food, not just snacks. Gluten-free drinkers deserve safe options at the table.

3

Know your limit.

ABV matters. Small cans, tasters, and strong Belgian-style pours can add up fast.

4

Protect your pour.

Keep your drink with you, use a lid when it makes sense, and replace anything that feels off.

5

Plan the ride home.

Designate a driver, book the ride early, or stay put. The best night is the one everyone gets home from.

DRINK WATER. EAT SOMETHING.
KNOW YOUR LIMIT. PROTECT YOUR POUR.

Safe matters. Taste matters. Both can be true.



SAFE SIP

Safety you can sip on.

@drinksafesip



*Tamper-Resistant
Drink Lid*

PROTECT YOUR DRINK. LOOK OUT FOR EACH OTHER.

Safe Sip is a startup dedicated to eliminating drink spiking by building community, providing resources to those affected, and tamper-resistant solutions to prevent it. Drink spiking is a widespread, severely underreported issue that disproportionately affects women and remains absent from everyday safety conversations.



Our first product is a tamper-resistant silicone drink lid, designed to protect drinks while fitting naturally into a night out. It's reusable, food-safe graded, and recyclable — compact enough to easily bring with you wherever the night takes you.

At our core, Safe Sip is built on community. We're building a movement to normalize drink protection the same way society has normalized seatbelts, sunscreen, and helmets. Until protecting your drink is as automatic as buckling up, we'll keep building, advocating, and pushing this conversation forward to create safer social settings.



Tamper-Resistant



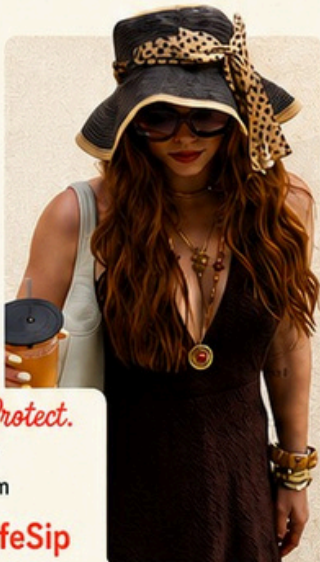
Reusable



Food-Safe Graded



Recyclable



Follow. Share. Protect.

Scan to learn more or
follow us on Instagram



@DrinkSafeSip

DRINKING SAFETY ADVICE

Smart choices. Stronger community. Better nights.



1. NEVER LEAVE YOUR DRINK UNATTENDED.

Always keep your drink in sight.
If you step away, take it with you.



2. USE A TAMPER-RESISTANT LID.

Add an extra layer of protection.
Safe Sip lids help keep unwanted hands out.



3. STICK TOGETHER.

Look out for your friends, and let them
look out for you. We keep each other safe.



4. TRUST YOUR INSTINCTS.

If something feels off, it probably is.
Remove yourself from the situation and
get help if you need it.



5. HAVE AN EXIT PLAN.

Know how you're getting home before
the night starts. Save numbers for a
trusted friend or a ride service.



6. SPEAK UP. GET HELP.

If you see something, say something.
If you or someone you know needs help,
reach out to venue staff or call 911.



7. PACE YOURSELF. STAY HYDRATED.

Drink water between alcoholic drinks.
Know your limits, and honor them.
You deserve to feel good tomorrow.



BETTER CHOICES. BETTER NIGHTS.

Protect your drink. Protect each other.



DRINK WATER



EAT SOMETHING



KNOW YOUR LIMIT

GFBS reminder: Drink water. Eat something.

Know your limit. Protect your pour.

GFBS reviews are based on available label, ingredient, and
brewery disclosure. Always verify before you sip.

The Next Pour Is Already Coming

THE 2026 GFBS GUIDE IS JUST THE FIRST ROUND.

Here's what's on deck for the next chapter of the GF Beer Society.



More Beer Profiles

New reviews, new breweries, and more gluten-free beers put through the tasting table.



Regional Rankings

Where to find standout gluten-free beer by region, taproom, and retailer.



Seasonal Guides

Summer sips, fall dark beers, holiday pours, BBQ picks, and game-day rankings.



Crowd Pick Voting

The community gets a voice — clearly separate from GFBS editorial scores.



Brewery Watchlist

Promising beers and breweries we are tracking for future review.



Searchable Digital Guide

A full digital version with filters by style, score, badge, brewery, availability, and best occasion.



JOIN THE DIGITAL GUIDE WAITLIST!

Be the first to know when new profiles, rankings, and features drop.

EXCLUSIVE UPDATES. EARLY ACCESS. COMMUNITY FIRST.



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