



ENGLISH GLUTEN FREE RESTAURANT CARD

To the chef or manager:

I have celiac disease, which means I will get very, very sick if I eat any gluten - even a tiny crumb. I need to avoid gluten in any food, side dish, or sauce that I eat.

It is a medical requirement. It is not a lifestyle choice.

I am hoping you can help me find something that I can safely eat here at your restaurant. Thank you in advance for your help in making sure I have a great dining experience.

When you prepare my meal, can you prepare it in a way to ensure that there is no cross-contamination with gluten? For example, if something is fried in oil that was also used to fry something with gluten, it is not safe for me to eat. If something is prepared on the same surface or in the same pan that was used to cook gluten without a thorough cleaning, it is not safe for me to eat. I would appreciate it if you could help me avoid getting sick by washing hands or changing gloves, cleaning pots, pans and utensils, and using fresh water and oil to make my food.

If you have any questions, let me know and I am happy to provide more information.

On the back of this card are some things that I can safely eat, and things that I cannot eat.

THANK YOU SO MUCH!



HERE ARE SOME THINGS THAT I CAN SAFELY EAT:

- Fresh fruits and vegetables
- Beans, seeds, lentils, and nuts in their natural forms
- Corn, potatoes, and rice
- Eggs
- Unprocessed meats, fish and poultry (like chicken, beef, pork, lamb, turkey)
- Most dairy products (including cheese, butter, and milk or cream)
- Buckwheat
- Corn and cornmeal
- Flax
- Hominy (corn)
- Millet
- Quinoa
- Sorghum
- Soy (except for soy sauce)
- Tapioca (cassava root)
- Teff
- Wine

HERE ARE THINGS THAT I CANNOT EAT:

Gluten is found in:

- Wheat (including durum, emmer, semolina, spelt, farina, and farro)
- Barley
- Rye
- Oats
- Beer and malt

And sometimes in:

- Soy sauce
- Breadcrumbs or croutons
- Marinades
- Salad dressings
- Bouillon cubes or pre-packaged stocks