

Simple Dining Out Card English

To the Chef:

I am on a medically required diet and need special assistance with my meal. I cannot eat wheat and gluten (gluten is found in wheat, rye and barley). Even the smallest amount of gluten can make me sick and therefore I must avoid any food, sauce or garnish containing gluten or any of its byproducts, including wheat flour, oats, breadcrumbs, soy sauce, bouillon cubes and purchased stocks, teriyaki sauce, commercial seasoning blends, marinades and sauces (unless they are labeled gluten free).

I can safely eat fruits, vegetables, rice, quinoa, buckwheat, amaranth, corn, potatoes, peas, legumes, millet, sorghum and nuts, chicken, red meats, fish, eggs, dairy products, fats and oils, distilled vinegars, and homemade stocks and gravies, as long as they are not cooked with wheat flour, breadcrumbs or sauce.

Please prepare my food in a way that avoids cross contamination with wheat. Use fresh water, separate oil, pots, pans and utensils. If you are not sure about an ingredient that the food contains, please let me know and I may be able to give you more information.

Thank you for helping me to have a safe and pleasant dining experience.

Gluten Free Meal Card English

To the Chef:

I am on a medically required diet and need to know how my food is prepared. I cannot eat wheat and gluten (gluten is found in wheat, rye and barley). Even the smallest amount of gluten can make me sick, and therefore I must avoid any food, sauce, or garnish containing gluten, and any of its byproducts. If you are not sure if a menu item, recipe or ingredient contains gluten, please let me know and I may be able to give you more information.

Foods that I can safely eat include:

- Beef, fish, lamb, pork, duck, goose and other poultry, rabbit, seafood, tofu and most soy products (except soy sauce made with wheat)
- Eggs
- 100% Natural dairy products
- Fruits and juices, vegetables, including canned tomato products
- All beans, legumes, nuts, including peanut butter and nut butters
- Amaranth, buckwheat, corn, millet, gluten-free oats, potatoes, rice, quinoa, sorghum and teff
- Homemade stocks and broths (without added wheat)
- Butter, margarine and vegetable oils
- Pure spices and herbs, distilled vinegars that do not contain malt, wheat free soy sauce
- Distilled alcohol, wine

Foods that I cannot safely eat (unless they have been checked to be gluten free) include:

- Some luncheon and processed meats, self-basting poultry, artificial bacon bits, imitation crab meat
- Seasoning blends, modified wheat starch, soy sauce, teriyaki sauce, hydrolyzed vegetable protein, Worcestershire sauce
- Bouillon cubes, canned stocks and broth, packaged soup and soup bases, gravies, cream sauces and some marinades
- Salad dressings, and sauces that include malt or any gluten containing byproduct
- Barley, bread, bulgur, couscous, orzo, pasta, rye, semolina, spelt, stuffing, tabouli, wheat, wheat germ
- Beer

If a label says that a food product was made on equipment that processes wheat, rye or barley, I cannot eat it. If the label says malt or barley, I cannot eat it.

In the Preparation of my Food:

Please prepare my food in a safe way to avoid cross contamination with wheat, rye, and barley. Use fresh water, separate oil, pots, pans, colanders and utensils.

Thank you for preparing my meal in a creative way that includes safe foods so I can have a wonderful dining experience.

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