Hello! I have an Autoimmune disease called Celiac Disease. Celiac disease is a serious genetic autoimmune disorder, where the ingestion of GLUTEN/WHEAT leads to severe damage in the small intestine, and may cause cancer of the esophagus. I must follow a very strict diet, or I become severely ill. You can help prevent this by please washing your hands before handling any part of my meal, changing your food gloves, and using clean dishes/pans/utensils before handling my food, to reduce the risk of cross-contamination. I know the risk cannot be guaranteed; however, reducing the risk to the best of your ability is greatly appreciated.

On the back of this card, you will find ingredients I CANNOT have in or NEAR my meal. Please pass this card onto the Chef, Cook, or Management to confirm which items I may choose from on your menu?

Thank you for your greatest consideration!

*** All of my ingredients should be free of, and not come in ANY contact with: