

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 my food ingredients should be free of, and do not enter ANY contact with:

WHEAT	RYE	BARLEY	SPELT	SEMOLINA	GRAHAM	FARINA
BREWERS YEAST	FARRO	APPLE CIDER VINEGAR	RED WINE VINEGAR	BALSAMIC VINEGAR	CHAMPAGNE	CHAMPAGNE VINEGAR
WINE	GRAPE JUICE	DRIED FRUIT (UNLESS ORGANIC)	LEMON/LIME JUICE FROM CONCENTRATE	WORSTECHEIRE SAUCE	SOY SAUCE	NUTS UNLESS LABLED GLUTEN FREE
OATS UNLESS LABLED GLUTEN FREE	BEER	CIDERS	MONOSODIUM GLUTAMATE (MSG)	SULFITES/ SULFATES PRESERVATIVES (ex: Potassium Sulfite)		