

Persons with this hereditary disorder MUST avoid eating WHEAT (all forms including, bulgar, spelt or kamut), RYE and BARLEY, triticale and all derivatives of these grains. If ingested, intestinal damage will occur. Sources include: flours, thickeners, coatings, sauces, soy sauce, marinades, malt and malt flavorings, hydrolyzed vegetable protein, modified food starch, pasta, croutons, stuffings, imitation meats and self-basting poultry. Please avoid accidental contamination by using clean utensils, equipment and work surfaces.
Other sensitivities: _____.

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for your help . . .

Dear Restaurant Staff & Chef -
I would like to ask for your help in meeting my dietary needs. I have Celiac Disease and cannot eat anything with wheat, rye or barley as an ingredient or in contact with my food. Additional information and food sensitivities are on the back. *Thank you*

Dining Card




www.glutenfreeway.info

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