



**I have Celiac Disease
& need to follow a strict
100% gluten free diet**

Gluten comes from **wheat, barley and rye** and is in anything derived from or made with those ingredients.

My food, drinks, plates, and utensils **cannot** be prepared with or come in contact with any **gluten** or I will get **very sick**.

Please prepare my **gluten free** food with fresh gloves, in an area **away** from gluten containing food and ingredients.

Please only use **dishwasher clean** stainless steel, metal, glass and kitchen equipment/tools that are used to prepare gluten free food.

Gluten cannot be removed by adjusting cooking methods. If my food comes in contact with **gluten**, my plate will need to be **remade** - removing the food that contains gluten is not enough.

Thank you and please let me know if you or the chef have any questions.



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A Few Sources of Gluten:

croutons, noodles, non-certified oats, batter, sauces, marinades, breaded food, seasonings, soy sauce, beer, condiments, shared fryers, shared cooking surfaces and shared ingredients

A Few Gluten Free Options:

potatoes, rice, quinoa, vegetables, fruits, corn, non-marinated tofu, eggs, most dairy products, non-processed meat, fish and poultry