

Celiac Disease Restaurant Guide

INFORM THE RESTAURANT

- I have a Celiac Disease, it is like a severe allergy to gluten.
- I will get very sick from a tiny amount of gluten.
- Then ask the questions (there may be more than are listed on this card)

EDUCATE

Gluten is protein found in wheat, rye, barley, and triticale. Gluten is found in breads and pastas, but also in many other foods. Sauces, gravies, beer, malt vinegar, croutons soy sauce, licorice, gummy bears, and fries may contain gluten. I need to make sure all of the ingredients you use or touch do not contain gluten.



Celiac Disease Restaurant Questions

HOW DO YOU HANDLE FOOD ALLERGIES?

WHAT FOODS ARE SAFE?

HOW IS THIS COOKED?

- Do you have shared fryers?
- Can you cook this in a clean pan?
- Can you leave off any spreads or dressings?
- For anything boiled, can you please cook this in fresh water?

HOW DO YOU PREPARE OR ASSEMBLE THE FOOD?

- Do you have a separate prep area?
- Can you add toppings from a new container?
- Can you change your gloves?
- Can you use a clean spoon, spatula, etc

