

GLUTEN-FREE RESTAURANT CARD

I have celiac disease. Gluten makes me sick. I need to eat gluten-free. Can you help me identify if there is gluten in my food?

Gluten is found in wheat, barley, rye, and their derivatives.

Here are some other names for gluten: malt, bulgur, couscous, kamut, seitan, spelt, semolina, tabbouleh, farro, bran, durum, triticale.

Gluten can also commonly be found in soups, sauces, gravies, salad dressings, soy sauce, bouillon, and marinades. Any oat products must be labeled "gluten-free."

Does my food contain any of these ingredients?



I also have to make sure my food doesn't touch gluten, also known as “cross-contact.” Avoiding cross-contact with gluten is just as easy as avoiding cross-contact with raw chicken. When my food is being prepared, please ensure:

- Fried foods are made in a dedicated fryer
- Anything boiled or steamed uses clean, unused water
- Utensils and prep surfaces are cleaned
- Cooking surfaces (grills, griddles, etc.) are wiped down
- No flour is used on fish, meat, etc.
- Clean gloves are used

Thank you!

