

Gluten-Free Restaurant Communication Cards — Print, Cut & Carry!

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Cut along dashed lines to separate cards



GLUTEN-FREE DINING CARD

LetsGoGlutenFree.com



MEDICAL DIETARY REQUIREMENT

This is not a preference — it is a medical necessity.

Dear Server / Chef,

I have celiac disease / gluten sensitivity. Eating even a tiny amount of gluten (found in wheat, barley, rye, and their derivatives) will make me seriously ill. I appreciate your help in keeping my meal safe. Thank you!

CANNOT EAT / CONTACT:

- Wheat, barley, rye, spelt, kamut
- Regular bread, pasta, flour tortillas
- Soy sauce (unless tamari / GF)
- Beer, malt, malt vinegar
- Shared fryers or cooking surfaces

SAFE OPTIONS:

- Plain grilled meat, fish, poultry
- Rice, potatoes, corn, quinoa
- Fresh fruits & vegetables
- Butter, olive oil, fresh herbs
- Dedicated clean cooking surfaces

CROSS-CONTACT: Please use clean pans, utensils, cutting boards, and gloves. Even crumbs from gluten-containing food can cause a serious reaction.

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