




THE ART OF LIVING A JOY-FILLED,
GLUTEN-FREE LIFE!



MEDICAL CONDITION
I HAVE CELIAC DISEASE

I BECOME ILL IF I EAT GLUTEN!


! Please use caution with the following foods + items:

- Fried Foods
- Spices
- Griddles
- Cast Iron Skillet
- Pizza
- Pasta
(must be boiled separate)
- Shared Cooking + Baking Surfaces
- Shared Prep Areas
- Utensils + Serving
- Cutting Boards
- Shared Fryers

✓ I can have:

- Anything labeled Gluten-free
- Naked Foods
- Meats
- Vegetables
- Potatoes
- Rice
- Salads (no croutons)
- Fresh Fruits
- GF Salad Dressings
- GF Sauces

Thank you! I understand if you cannot accommodate me.



MEDICAL CONDITION
I HAVE CELIAC DISEASE

I AM GLUTEN-FREE

Celiac Disease is an autoimmune disease. I must adhere to a strict gluten-free diet or I become very ill. Even trace amounts of gluten (**wheat, rye, barley, oats**) will cause sickness. Avoid cross contamination by cleaning all utensils, pans, cooking surfaces and cutting boards.

X Please do not use these ingredients in my meal unless labeled gluten-free:

- Batters
- BBQ Sauce
- Beer
- Bouillon Cubes
- Breadcrumbs
- Broth
- Couscous
- Croutons
- Farro
- Gravies
- Malt
- Marinades
- Miso
- Pasta
- Salad Dressing
- Sauces
- Spices
- Soy Sauce
- Tabouli
- Teriyaki

Cut all the way around edges. Fold on the white line.



MEDICAL CONDITION
I HAVE CELIAC DISEASE

I BECOME ILL IF I EAT GLUTEN!


! Please use caution with the following foods + items:

- Fried Foods
- Spices
- Griddles
- Cast Iron Skillet
- Pizza
- Pasta
(must be boiled separate)
- Shared Cooking + Baking Surfaces
- Shared Prep Areas
- Utensils + Serving
- Cutting Boards
- Shared Fryers

✓ I can have:

- Anything labeled Gluten-free
- Naked Foods
- Meats
- Vegetables
- Potatoes
- Rice
- Salads (no croutons)
- Fresh Fruits
- GF Salad Dressings
- GF Sauces

Thank you! I understand if you cannot accommodate me.



MEDICAL CONDITION
I HAVE CELIAC DISEASE

I AM GLUTEN-FREE

Celiac Disease is an autoimmune disease. I must adhere to a strict gluten-free diet or I become very ill. Even trace amounts of gluten (**wheat, rye, barley, oats**) will cause sickness. Avoid cross contamination by cleaning all utensils, pans, cooking surfaces and cutting boards.

X Please do not use these ingredients in my meal unless labeled gluten-free:

- Batters
- BBQ Sauce
- Beer
- Bouillon Cubes
- Breadcrumbs
- Broth
- Couscous
- Croutons
- Farro
- Gravies
- Malt
- Marinades
- Miso
- Pasta
- Salad Dressing
- Sauces
- Spices
- Soy Sauce
- Tabouli
- Teriyaki

Cut all the way around edges. Fold on the white line.

TALKING WITH WAITSTAFF

- First off, be kind.
- Preface your order that you have dietary restrictions and have some questions about the menu, preparation, etc.
- It's OK to ask to speak with a manager.
- Ask good questions to help you feel safe.
- Be understanding if they can't accommodate you.
- Again, be kind. Kindness will always be the way to go.

OTHER TIPS + TRICKS

- Always carry a bar or snack with you as a back up.
- You may encounter people that don't understand and won't try to either.
- There's always a potential you may get sick, unfortunately.
- If you don't feel safe, then politely decline.
- You are the only one who can advocate for your health or your child's. Don't be afraid to speak up.