

ATTENTION: MANAGERS, CHEFS & SERVERS

I have *Celiac Disease* and am medically required to follow a **strict gluten free** diet.

I become very ill if I eat foods containing gluten, which is in wheat, rye, barley (and malt), and oats and their derivatives. Please advise me if the foods I am ordering contain the above items.

- * If you are at all uncertain about what the food contains, please tell me so that I can **read the labels**.
- * **I can eat foods containing:** rice, potatoes, vegetables, meats, fish, fresh eggs, fruits, nuts, cheese and milk **as long as they are NOT cooked with flour or dipped in batter, breadcrumbs, sauces thickened with flour, and most soy sauces.**
- * **When preparing my food please use a clean glove, cutting board, knife, and a clean grill that gluten-containing items have not been prepared on, or use aluminum foil on the grill to prevent cross-contamination. Please do not reuse pots and pans that have come in contact with gluten for my food without being washed.**
- * I also **cannot** eat foods fried in oils that have ever been used to fry breaded products.

Thank you for your help in keeping me safe!

For more information go to: www.lancasterareaceliacs.org

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