

Coeliac Disease Safe Dining Card

Please read carefully — this is a serious medical condition, not a preference.

I CANNOT EAT

- Wheat (all forms)
- Barley & malt
- Rye
- Regular oats
- Spelt, kamut, farro
- Soy sauce (contains wheat)
- Regular flour, breadcrumbs
- Beer & malt vinegar

PLEASE ENSURE

- Dedicated gluten-free prep area
- Clean utensils & cookware
- No shared fryer (cross-contact)
- Gluten-free tamari, not soy sauce
- No flour to thicken sauces
- Check all marinades & dressings
- Staff are aware of severity
- When unsure — please ask chef

Even small traces of gluten can cause serious intestinal damage.

This is coeliac disease — an autoimmune condition, not a food preference.