



English Gluten Free Restaurant Card

I have an illness called Celiac Disease and have to follow a strict gluten free diet.

I may therefore become very ill if I eat food containing flours or grains of wheat, rye, barley and oats.

Does this food contain flour or grains of wheat, rye, barley or oats? If you are at all uncertain about what the food contains, please tell me.

I can eat food containing rice, maize, potatoes, all kinds of vegetables and fruit, eggs, cheese, milk, meat and fish - **as long as they are not cooked with wheat flour, batter, breadcrumbs or sauce.**

Thank you for your help.

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