



GLUTEN FREE

⊕ I require my meal to be gluten-free.
Please give this card to the chef.

⤵ Please check the reverse side of this card for
any additional dietary restrictions

Thank you for your help

NO GLUTEN:

wheat, (durum, semolina, farina, spelt, kamut,
triticale, einkorn, bulgar, seitan),
barley, rye and oats

Marcel's Food blog