

Hi there



CELIAC DINNIG CARD

Thanks for your interest in my dinning card.
Please scroll to the next page to print it.

I designed this card because I wanted something that would explain all my needs on one card without me having to tell the waitron. All I do is hand it to the waitron when I order and ask them to give it to the Chef and then return it to me.

I hope you will find it useful too.

Please visit www.bountifullyhealthy.com for more resources, courses, blog posts on Celiac Disease.

[Visit here](#)

Have a great day

Bonnie

CELIAC DISEASE (AUTOIMMUNE CONDITION)
I CANNOT EAT GLUTEN, IT MAKES ME ILL



TO THE CHEF: PLEASE COULD YOU ACCOMMODATE MY DIETARY NEEDS?

PLEASE PREPARE MY MEAL IN A SEPARATE CLEAN AREA AND WITH UTENSILS THAT HAVE NOT BEEN USED FOR OTHER FOOD TO AVOID CROSS CONTAMINATION.



NO: wheat, wheat flour, rye, barley, bread, soy sauce, spelt, oats. No SAUCE, SPICE, DRESSING with gluten.

If you are unsure about what may have gluten in, please ask me before preparing my meal.

Thank you!

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