

# Print and laminate

**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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