

Instructions

When eating out, carry an allergy card with you that can be sent to the kitchen with your order and will ensure attention to your allergies as your food is passed down the prep line.

Print these index-sized allergy cards on your home computer and cut them out or purchase perforated postcards - [Avery Postcards Wide \(8387\) - 5.5 x 4.25](#). You'll need to print the front of the card and reinsert the same page to print the back.

Circle all allergies on the front of the card and make any relevant notes on the back.

Pro Tips:

- Once you fill out the front and back, make photocopies to avoid having to write it out all the time.
- To avoid having to re-print more cards when the kitchen gets them dirty, laminate them and keep a few handy in case you forget to ask for it back.



Cook with Care



Hi Chef - I'm sitting at table _____ and I have **severe food allergies**. In order to avoid a **life-threatening** reaction, I must avoid all foods that contain:

Peanuts Soy Dairy Wheat
 Tree Nuts Shellfish Eggs Fish
 Gluten Other (see reverse side)

Please make sure that my food does not contain any of these ingredients and that any utensils and equipment used to prepare my meal, as well as prep surfaces, are fully cleaned immediately before using. If you are unsure, please ask questions! **THANK YOU!**

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Other Allergies / Notes for the Kitchen

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