

To the chef:

I am on a medically required diet and need special assistance with my meal. I cannot eat wheat and gluten (gluten is found in wheat, rye and barley). Even the smallest amount of gluten can make me sick and therefore I must avoid any food, sauce or garnish containing gluten and any of its byproducts including wheat flour, oats, breadcrumbs, soy sauce, bouillon cubes and purchased stocks, teriyaki sauce, commercial seasoning blends, marinades and sauces (unless they are labeled gluten free).

I can safely eat fruits, vegetables, rice, quinoa, buckwheat, amaranth, corn, potatoes, peas, legumes, millet, sorghum and nuts, chicken, red meats, fish, eggs, dairy products, fats and oils, distilled vinegars, and homemade stocks and gravies, as long as they are not cooked with wheat flour, breadcrumbs or sauce.

Please prepare my food in a way that avoids cross contamination with wheat. Use fresh water, separate oil, pots, pans and utensils. If you are not sure about an ingredient that the food contains, please let me know and I may be able to give you more information.

Thank you for helping me to have a safe and pleasant dining experience.

## Traditional Chinese

致廚師：

在醫學上，我被指定遵循特殊的飲食需要和幫助。我不能食用麥類和麩類的食物(小麥，黑麥和大麥含有麩類)。既使是最小量的麩類也會使我惡心，因此我不得不避免任何含有麩類的食品，湯

及配料，任何可能含有麩類的副產品包括麥粉，燕麥，面包屑，醬油，牛肉和雞肉湯，及各種湯料，腌和醬食品(除非他們是標明不含麩類食品)。

對我安全的食物有：水果，蔬菜，大米，藜，蕎麥，莧菜，玉米，馬鈴薯，豌豆，豆類，小米，高粱和堅果，雞肉，紅肉類，魚，蛋，乳製品，脂肪和油類，蒸餾水，自制湯料和鹵汁。只要上述食物不與小麥面粉，面包屑，湯汁同煮即可。

在準備我的食物時，請避免與小麥產品及副產品接觸。請用淡水，單獨的烹調油，平底鍋，盤及餐具。如果你對任何食物的所含原料不確定，請告訴我。我可以提供更多的信息給你。

感謝你為我提供一個既安全又愉快的用餐經歷。

## **Gluten Free Meal Card      Chinese**

To the Chef:

I am on a medically required diet and need to know how my food is prepared. I cannot eat wheat and gluten (gluten is found in wheat, rye and barley). Even the smallest amount of gluten can make me sick, and therefore I must avoid any food, sauce, or garnish containing gluten, and any of its byproducts. If you are not sure if a menu item, recipe or ingredient contains gluten, please let me know and I may be able to give you more information.

### **Foods that I can safely eat include:**

- Beef, fish, lamb, pork, duck, goose and other poultry, rabbit, seafood, tofu, and most soy products (except soy sauce made with wheat)
- Eggs
- Dairy products
- Fruits and juice, vegetables, coconut, bean sprouts
- All legumes, beans, nuts, peanut butter
- Rice, rice noodles, spring roll wrappers that are 100% rice
- Homemade stocks and broths (that do not contain wheat)
- Pure spices and herbs, distilled vinegars that do not contain malt, wheat free soy sauce, fish sauce
- Oils
- Distilled alcohol, wine

### **Foods that I cannot safely eat (unless they have been checked to be gluten free) include:**

- Imitation crab meat, seitan and artificial meat substitutes
- Chinese crispy noodles, egg roll wrappers, egg or wheat based noodles or dishes that contain these noodles such as lo mein and chow mein, fortune cookies, pancakes, spring roll wrappers that are not 100% rice, wonton wrappers
- Any foods with a flour based coating or breadcrumbs or pastry coating such as sesame chicken or sweet and sour chicken
- Any foods containing a sauce that has been thickened with wheat flour
- Seasoning blends (that have not been checked for gluten), Chinese five spice seasoning mixes, hoisin sauce, plum sauce, some barbecue sauces, soy sauce, tamari sauce, teriyaki sauce
- Bouillon cubes, canned stocks and broths, packaged soup bases, some marinades, rice and malt vinegar, beer, food additives, hydrolyzed vegetable protein

If a label says that a food product was made on equipment that processes wheat, rye or barley, I cannot eat it. If the label says malt or barley, I cannot eat it.

### **In the Preparation of my Food:**

Please prepare my food in a safe way to avoid cross contamination with wheat, rye, and barley. Use fresh water, separate oil, pots, pans, colanders and utensils.

Thank you for preparing my meal in a creative way that includes safe foods so I can have a wonderful dining experience.

## **不含麩類食物卡 (中文) Traditional Chinese**

致廚師：

在醫學上，我有特殊的飲食要求。我需要知道我的食物是如何制作的。我不能食用含有麥類和麩類的食物(麥類存在于小麥，黑麥和大麥產品中)。即使是少量麩類也會使我惡心，因此我不得不避免任何含有麩類及其副產品的食品，醬油和湯汁。如果你對任何一個菜單，菜譜及原材料是否含有麩類不確定，請告訴我，我或許能提供更多的信息給你。

### **對我安全的食物包括：**

- 牛肉，魚，羊肉，豬肉，鴨子，鵝及其他家禽，兔肉，海鮮，豆腐和大多數的豆制品(除外用小麥制作的醬油)。
- 雞蛋
- 乳製品
- 水果及水果汁，蔬菜，椰子，豆芽
- 所有豆類，各色堅果，花生醬
- 大米，米粉，用100%大米粉制作的春卷皮
- 自家制作的不含麩類的湯料
- 純香料和香草，不含有麥芽的蒸餾醋，不含麥粉的醬油，魚子醬
- 油類
- 蒸餾酒和葡萄酒

### **對我不安全的食物有(除非這些食物被證實是不含麩類的產品)：**

- 人工蟹肉，seitan和人工肉類替代品
- 中國油炸面條，春卷皮，蛋或小麥面粉制作的面條及其含這類面條的食品，例如：撈面, chowmei, 餃子餅，烙餅，不是100%純米粉的春卷，及混沌皮
- 所有用小麥面粉包裹的食物，面包屑及糕點，例如：芝麻雞和甜酸雞
- 任何用小麥面粉做添稠劑的醬油
- 食品調味劑(未經檢驗麩類含量的)，含5種香料的調味劑，hoisin 醬，李子醬，一些燒烤
- 醬汁，醬油，tamari 調味汁, teriyaki調味汁
- 罐裝湯汁，袋裝湯料，一些腌菜，米及麥芽醋，啤酒，食品添加劑，水解植物蛋白

如果商標證明此種食物曾經用處理過小麥，黑麥和大麥的器械，那麼我不能食用。

如果商標上顯示該食品為麥芽或大麥，我也不能食用。

### **如何準備我的食物：**

在準備我的食物時，請避免接觸任何含有小麥，黑麥和大麥的用俱。用淡水，單獨的油，鍋，盤，過濾用品及餐具。

非常感激你能用具有創新性的途徑，為我準備安全的食品，讓我享受這美好的就餐體驗。

