

*Dear Chef*



**CELIAC COACH**

• [ServingCeliacs.com](http://ServingCeliacs.com) •

**I HAVE  
CELIAC  
DISEASE**

AKA 100%  
'GLUTEN FREE'

PLEASE HELP ME TO  
REMAIN SAFE

EVEN ONE CRUMB CAN STAY IN MY  
SYSTEM FOR 2-3 MONTHS WHERE  
MY BODY LITERALLY ATTACKS  
ITSELF

I WOULD LOVE TO HELP YOU  
UNDERSTAND HOW TO PREP MY  
FOOD TO ENSURE THE SAFETY OF  
MY HEALTH

I AM 100% GLUTEN FREE  
*Please help me stay that way while dining out!*



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### *Necessary Precautions to take:*

PREP AND COOK MY FOOD AWAY FROM OTHER FOODS  
NEVER USE A FRYER THAT IS USED WITH OTHER BREADED ITEMS

### *Where gluten hides:*

ANY INGREDIENTS THAT HAVE WHEAT, BARLEY, MALT,  
RYE, OATMEAL (UNLESS SPECIFIED)  
SAUCES: SOY SAUCE, KETCHUP, BBQ SAUCES...  
SALAD AND DIPPING DRESSINGS  
THICKENING AGENTS SUCH AS GRAVY...

### *Cross Contamination:*

IS A REAL THING. THE BUTTER. THE PEANUT BUTTER JAR. THE MAYO,  
THE JELLY. THE PREP STATION. THE CUTTING BOARD. THE TOASTER.  
THE BLENDER...

◆ WHEN SERVING ME FOOD PLEASE TAKE ALL PRECAUTIONS. I'D RATHER NOT EAT IT ◆  
IF WE AREN'T SURE IT IS SAFE. I APPRECIATE YOUR HONESTY AND HOW YOU TAKE  
YOUR JOB AND MY DISEASE SERIOUSLY!