

RESTAURANT CARD

This card was designed by the Gluten Intolerance Group, founded in 1974, to make life easier for everyone living gluten-free. We serve individuals with celiac disease, dermatitis herpetiformis, gluten sensitivity, and other gluten-related disorders. www.gluten.org



Get your restaurant validated as a GFFS Gluten Free Safe Spot! Go to gffs.org to learn more.



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This individual has a medical condition requiring caution when eating out. They are gluten-free meaning they must avoid eating WHEAT (e.g. spelt, durum, semolina, bulgur, etc.), RYE, BARLEY, & all derivatives of these grains to avoid intestinal damage and/or other health problems. Oats should also be avoided unless they are certified or labeled gluten-free.

Some possible sources of gluten can include:

Baking Mixes	Flours	Malt/Malt Flavoring	Thickeners/Roux
Bread/Rolls	Herbal Tea (from Barley)	Pasta	Sauces/Marinades
Broth and Soup Bases	Hydrolyzed Wheat Protein	Salad Dressings (Bottled)	Self-Basting Poultry
Coating /Breading	Imitation Seafood	Stuffing/Dressing	Soy Sauce
Crackers/Croutons			

Avoid Foods fried in oil used for frying gluten-containing foods.
Avoid surfaces and utensils shared with gluten-containing foods.

