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.
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. Quats should also be avoided unless they are certified or labeled gluten-free.

Some possible sources of gluten include:

- Baking Mixes
- Bread/Rolls
- Broth and Soup Broths
- Coating/Breading
- Crackers/Crostins
- Flours
- Herbal Tea (from Barley)
- Hydrolized/Wheat Protein
- Imitation Seafood
- Malt/Malt Flavoring
- Pitas
- Salad Dressings (Bottled)
- Stuffing/Dressing
- Thickeners/Roux
- Sauces/Marinades
- Self-Rising Flour
- Soy Sauce

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