

I have celiac disease.

I need a strictly gluten-free meal.

Even small amounts of gluten can harm me.

- Please do not use wheat, barley, rye or ingredients made from them, including wheat flour, ordinary breadcrumbs and barley malt.

Please check sauces, seasonings and stocks, including soy sauce; use only versions confirmed to be gluten-free.

- Please use freshly cleaned utensils, equipment and preparation surfaces, or ones kept separate from those used for gluten-containing food.

Please prevent contact with gluten-containing food.

Please do not use frying oil that is being used, or has been used, for gluten-containing food.

If you cannot confirm the ingredients, the preparation, or both, please tell me.

In that case, I will not eat the dish.

Thank you.

