

I Cannot Eat _(gluten, wheat ...) _____!
I am allergic or intolerant of _____
and any related ingredients.

COOK CARD

Some examples of products containing this food include:

- ✓ Please substitute any ingredients which may contain these types of foods with other safe food choices that you would recommend.
- ✓ Please prepare my food away from any dishes containing these prohibited ingredients.
- ✓ Please clean any surfaces which may have become contaminated with these prohibited ingredients.
- ✓ Please wash any utensils and pans which may have become contaminated with these prohibited ingredients.

Thank you so much for helping me to safely
enjoy your wonderful food!

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KOCHKARTE

Ich kann _____ nicht essen!
Ich bin allergisch oder verträge (Gluten, Weizen ...)

_____ nicht und alle damit verwandten koennten, sind:

- ✓ Bitte ersetzen sie alle solche Inhaltsstoffe mit anderen gefahrlosen Zutaten, von ihnen empfohlen.
- ✓ Bitte bereiten sie alle Gerichte entfernt von diesen gesundheitsgefahrdenden Inhaltsstoffen zu.
- ✓ Bitte reinigen sie alle Oberflaechen, die mit den gesundheitsgefahrdenden Inhaltsstoffen in Kontakt gekommen sein koennten.
- ✓ Danke vielmals fuer ihre Hilfe, das wunderbar Essen sicher zuzubereiten!

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Je ne peux pas manger _____!
Je suis allergique ou intolérant au (gluten, blé)
_____ ainsi que tous les
ingrédients relatifs. Quelques exemples de produits
contenant cette nourriture incluent:

CARTE de CUISINE

- ✓ Veuillez substituer tous les ingrédients qui peuvent contenir ces types de nourritures avec d'autres choix de nourriture sûrs que vous recommanderiez.
- ✓ Veuillez préparer ma nourriture loin de tous les plats contenant ces ingrédients interdits.
- ✓ Veuillez nettoyer toutes les surfaces qui ont pu être en contact avec ces ingrédients interdits.
- ✓ Veuillez laver tous les ustensiles et casseroles qui ont pu être en contact avec ces ingrédients interdits.

Merci infiniment de m'aider à apprécier votre
formidable cuisine en toute sécurité!

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¡ No Puedo Comer _____ !

Soy alérgico o intolerante de
(química, trigo) _____
y cualquier ingrediente relacionado.

TARJETA de COCINERO

Algunos ejemplos de productos que contienen este alimento incluyen:

- ✓ Por favor substituya cualquier ingrediente que puede contener estos tipos de la comida con otras opciones de alimento seguras que usted recomendaria.
- ✓ Por favor prepare me alimento lejos de cualquier plato que conteiene éstos ingredientes prohibidos.
- ✓ Por favor lave cualquier utensilio y cazuelas que pueden haberse hecho contaminadas con éstos ingredientes prohibidos.
- ✓ Muchas gracias por ayudarme para disfrutar sin peligro de su maravilloso alimento!

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COOK CARD

For medical reasons, I am not allowed to eat any products made with wheat or barley, and nothing that contains wheat flour or all purpose flour.

- ✓ No soy sauce.
- ✓ No oyster sauce.
- ✓ No wheat noodles.
- ✓ Pure rice or bean or tapioca noodles are OK as long as they are boiled in fresh water.
- ✓ My food needs to be cooked in a fresh wok.

It is OK to eat maize/corn or maize/corn starch, rice, potatoes, vegetables, meat, etc. as well as soups and gravies thickened with maize/corn starch or potato starch.

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(See back for Chinese translation provided by Victor Dolcourt)



COOK CARD

由于个人健康原因，我不能吃任何由小麦或大麦制成的食物，也不能吃任何含有麦粉或者中筋粉的东西，如由麦粉制成的面条等。我不能吃酱油和蚝油。我可以吃由白水煮熟的米饭，豆类和木薯面条。我也可以吃玉米，玉米淀粉，米饭，土豆，蔬菜，肉类以及由玉米或土豆粉浓缩的汤和肉汁。我所有的食物必须即煮即吃。

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