GLUTEN-FREE
Restaurant Question Card

EAT SAFE. ASK. ENJOY.

CLEAR QUESTIONS. SAFER MEALS. BETTER EXPERIENCES.

GENERAL QUESTIONS

1. Do you have a gluten-free menu?
2. Which menu items are gluten-free?
3. What ingredients are used in this dish?
4. Are gluten-free items clearly marked in the kitchen?
5. Do you have a separate prep area for gluten-free orders?
6. Do you use separate cutting boards, utensils and pans?
7. How do you prevent cross-contact with gluten-containing foods?
8. Can you make any modifications to make this dish gluten-free?

SPECIFIC QUESTIONS

1. Is this dish made with flour, wheat, barley, rye or malt?
2. Do you use soy sauce? If yes, is it gluten-free (tamari)?
3. Are there any sauces, marinades, dressings or broths that contain gluten?
4. Are your fries cooked in a dedicated gluten-free fryer?
5. Is there a risk of cross-contact with items that contain gluten?
6. Can you recommend your safest gluten-free options?
7. Are any desserts gluten-free?
8. Do you offer gluten-free bread, buns or tortillas?

KITCHEN & PREPARATION

1. Is the kitchen aware of celiac disease and gluten intolerance?
2. Will you note this as a gluten-free order with the kitchen?
3. Can you change gloves and utensils for my meal?
4. Are there any ingredients you're unsure about that I should avoid?

HELPFUL TIPS

- Be clear that you need a gluten-free meal.
- Mention if you have celiac disease.
- Ask about cross-contact.
- When in doubt, choose simpler dishes (grilled meats, plain rice, vegetables).
- Trust your instincts.
- Thank them for their help!

Knowledgeable staff, safe food, and great experiences go hand in hand!