Print, cut on black cut-lines indicated, fold each cut card in half between the middle pink and green areas to make a two-sided wallet card. Keep in your wallet until needed. Handy tip: Laminate for extended use. Or order preprinted cards on the website. 100/Cards \$32 + shipping \$7 Still Have Questions?? Drop us a line at: https://gfreedeliciously.com/contact/

surface (i.e. grill or oven racks) cooking on a gluten-contaminated 3. Put my food on paper or foil if

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GLUTEN-FREE SAFE DINING CARD

(Please show this card to the person preparing my meal)

ALLERGY ALERT: I BECOME ILL WHEN I EAT GLUTEN

DO NOT include the following ingredients in my meal unless they are clearly labeled gluten-free:

BARLEY	Broth	Marinades	Sauces
Batters	Couscous	Miso	Seitan
BBQ sauce	Croutons	Oats	Soy sauce
Beer	Farro	Pasta	Tabouli
Bouillon cubes	Gravies	RYE	Teriyaki
Breadcrumbs	Malt	Salad dressing	WHEAT

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surface (i.e. grill or oven racks) cooking on a gluten-contaminated 3. Put my food on paper or foil if

come in contact with my tood 2. Clean pots, pans and utensils that

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GLUTEN-FREE SAFE DINING CARD

ALLERGY ALERT: I BECOME ILL WHEN I EAT GLUTEN.

DO NOT include the following ingredients in my meal unless they are clearly labeled gluten-free:

Broth	Marinades	Sauces
Couscous	Miso	Seitan
Croutons	Oats	Soy sauce
Farro	Pasta	Tabouli
Gravies	RYE	Teriyaki
Malt	Salad dressing	WHEAT
	Couscous Croutons Farro Gravies	Couscous Miso Croutons Oats Farro Pasta Gravies RYE

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please be sure to: When preparing my meal,

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GLUTEN-FREE SAFE DINING CARD

ALLERGY ALERT: I BECOME ILL WHEN I EAT GLUTEN.

DO NOT include the following ingredients in my meal unless they are clearly labeled gluten-free:

BARLEY	Broth	Marinades	Sauces
Batters	Couscous	Miso	Seitan
BBQ sauce	Croutons	Oats	Soy sauce
Beer	Farro	Pasta	Tabouli
Bouillon cubes	Gravies	RYE	Teriyaki
Breadcrumbs	Malt	Salad dressing	WHEAT

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and pans to cook GF pasta PATA: Use fresh water and colanders surface (i.e. grill or oven racks) ezziq ym cooking on a gluten-contaminated PIZZR: Use clean pizza cutters to cut 3. Put my food on paper or foil if

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Sauces Seitan

Soy sauce

Tabouli

Teriyaki

WHEAT

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SEVERE ALLERGIC REACTION. come in contact with gluten. Even a crumb can cause a sed for DND allow my food to touch anything that has

GLUTEN-FREE SAFE DINING CARD

ALLERGY ALERT: I BECOME ILL WHEN I EAT GLUTEN.

DO NOT include the following ingredients in my meal unless they are clearly labeled gluten-free:

Marinades

Salad dressing

Miso Oats

Pasta

RYE

BARLEY	Broth
Batters	Couscous
BBQ sauce	Croutons
Beer	Farro
Bouillon cubes	Gravies
Breadcrumbs	Malt

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