

# Please give to chef/restaurant manager.

My name is \_\_\_\_\_

Please take extra care in making my dish as I have severe, life-threatening allergies to:

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Wheat       | <input type="checkbox"/> Milk/Dairy |
| <input type="checkbox"/> Eggs        | <input type="checkbox"/> Soy        |
| <input type="checkbox"/> Peanuts     | <input type="checkbox"/> Tree Nuts  |
| <input type="checkbox"/> Fish        | <input type="checkbox"/> Shellfish  |
| <input type="checkbox"/> Gluten      |                                     |
| <input type="checkbox"/> Other _____ |                                     |

By avoiding the above foods, I will stay safe and healthy while dining in your restaurant. Please follow the guidelines for avoiding cross-contamination with potential dangerous allergens:

- ◆ Please do not use the same frying oil used with products containing allergens listed above.
- ◆ Please make sure to wash, rinse and sanitize knives, cutting boards, pots and any tools before making my order.
- ◆ Please make sure no foods containing the above allergens touch my food.

Thanks for helping me stay safe in your restaurant.

In case of emergency, contact:

Lisa cooks  
Allergen Free  
.com

Your complete resource for cooking,  
dining and shopping with food allergies.

[lisacooksallergenfree.com](http://lisacooksallergenfree.com)