

WARNING: FOOD ALLERGY

GLUTEN

I cannot eat and/or drink the following:

Grains: barley, bulgar, durum, kamut, oats, rye, spelt, triticale, wheat

Included in: bread, breading, buns, croutons, couscous, gravy, malt, orzo, rice pilaf, rolls, seitan, semolina, soy sauce, stuffing

Drinks: ale, beer, bourbon, brandy, cognac, gin, malt liquors, root beer, rye, scotch, vodka

Thank you so much for preparing a meal I can enjoy!

For more info on food allergies call 503-409-2772 or visit:
8handshealing.com

Other food allergens:

I CAN eat/drink:

vinegar (not malt)
tamari sauce

Grains: amaranth, arrowroot, buckwheat, bean flours, millet, rice, soy, tapioca, teff, quinoa

Drinks: champagne, port, rum, vodka (potato/grape), schnapps, tequila, wine

COURTESY OF



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