



The Celiac Scene™

Guides for the **Gluten Free**

GF Grillers for Restaurants©

Make your needs known

- *If possible, call ahead. Let the restaurant know that you have special requirements and ask if they can accommodate you.*
- *Check with the hostess / maitre d' / manager when you first arrive.*
- *When you are being seated, let your server know you have an allergy concern. "Allergy" may be better understood than "intolerance."*
- *Ask the server what they would recommend.*
- *Have him check with the chef to confirm that your selection can be prepared gluten free.*
- *If the server seems uncertain, ask to speak to the manager or chef.*

Attitude

- *Like it or not, you are an ambassador for all celiacs so please conduct yourself accordingly.*
- *Make polite inquiries, not conduct a medical dissertation or an interrogation.*
- *Take responsibility for your feelings and behaviour. It is not the server's fault that you are gluten intolerant.*
- *Be pleasant, positive, patient, persistent but most of all optimistic that you will enjoy this experience.*
- *Treat challenges as opportunities to educate.*

Specifics

- *What are the ingredients of your order?*
- *Ask about s seasoning, spices, soy sauce and starches.*
- *Has your selection been marinated? In what sauce? What are the ingredients?*
- *Can your food be cooked on a surface that no other foods have touched? (Separate frying pan, scrubbed griddle, on fresh aluminum foil, in clean pots?)*
- *Are deep fried items cooked in oil that has not been used to fry breaded, battered gluten food items?*
- *Will your food be prepared in an area separate from the regular flow of the kitchen to minimize / prevent cross contamination?*
- *Will staff be sure to wash their hands / wear fresh gloves when they begin or resume preparing your meal?*

Positive Reinforcement Works!

- *A generous gratuity is a meaningful way to show your appreciation.*
- *Be sure to support restaurants that are getting "gluten free" right by dining there again.*
- *Tell your fellow celiacs what a great experience you had.*
- *Share the good news with your support group and The Celiac Scene™! www.theceliacscene.com*

Feeling funky?

- *Contact the restaurant to follow up and sort out possible sources of contamination.*
- *Ask what measures they plan to implement in order prevent this from happening again.*