



# 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, sensitivity, gluten or celiac disease.*
- *Ask your server the following questions until you gain confidence that this restaurant is able to meet your needs.*
- *If the server seems uncertain, ask to speak to the manager or chef and begin your questions again.*

#### **Specifics**

- *What do you normally recommend to diners who ask for gluten-free meals.?*
- *What ingredients will be used to make my order?*
- *How do you know if these ingredients are really gluten free?*
- *Have any of the ingredients been marinated?*
- *In what sauce? What are the ingredients of the sauce?*
- *What spices (good), seasonings (suspect) or soy sauce (bad) will be used to make my meal?*
- *How do you thicken sauces & dressings?*
- *Can my selection be cooked on a surface that no other foods have touched?*
- *Separate frying pan? Scrubbed griddle? On fresh aluminum foil? In a scrubbed pot for pasta? Scrubbed colander?*
- *Are deep fried items cooked in oil that has been used to deep fry breaded, battered gluten food items?*
- *Will my food be prepared in an area separate from the regular flow of the kitchen?*
- *If not, what precautions will be taken to minimize / prevent cross contamination?*
- *Will staff wash their hands / wear fresh gloves when they begin or resume preparing my meal?*

#### **Your 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.*

#### **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](http://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.*