## **Fabrikam Kitchens & Experiences**

## **Meal Preferences and Allergy Disclosures**

## Form OMB 7735-ZQX

This document is provided at your convenience for you to share your meal preferences with our guest experience team. Please read the document carefully and provide the necessary information we need to know so that we can provide you with the best experience possible during your reservation(s). Thank you for taking the time to complete this document. We look forward to serving you soon.

Gue	st Full Name	Dorrid Som	to			
		David Santana				
Phone Number		800-555-4DAVE				
Email Address		david@contoso.ai				
Meal	Preferences					
₫	Vegetarian	abstains from eating meat (including poultry, seafood, and sometimes insects), but they typically include plant-based foods like fruits, vegetables, grains, legumes, nuts, and seeds in their diet				
	Vegan	excludes all animal products from their diet and lifestyle. This includes not only meat but also dairy, eggs, honey, and any other products derived from animals				
	Pescatarian	similar to vegetarians but include fish and other seafood in their diet. They avoid meat from land animals but consume animal products from the sea				
	Paleo	focuses on consuming foods that were available to humans during the Paleolithic era. This includes meats, fish, fruits, vegetables, nuts, and seeds, while excluding grains, legumes, dairy, refined sugar, and processed foods				
	Low Carb/Keto	focuses on low-carbohydrate, high-fat diet designed to induce a state of ketosis, where the body burns fat for fuel instead of carbohydrates. It typically involves consuming moderate protein, high-fat foods, and very few carbohydrates				
	Gluten-Free	avoid foods containing gluten, a protein found in wheat, barley, rye, and their derivatives. This diet is essential for individuals with celiac disease or gluten sensitivity.				
	Lactose-Free	lactose intolerant avoids dairy products containing lactose, a type of sugar found in milk and dairy.				
	Kosher	based on Jewish religious principles and dictate which foods are permissible (kosher) and which are not. Permissible foods include certain meats (prepared according to kosher guidelines), fruits, vegetables, grains, and dairy products. Forbidden foods include pork, shellfish, and the mixing of meat and dairy products				
	Halal	based on Islamic law and include foods that are permissible (halal) and those that are forbidden (haram).  Permissible foods include halal meats, fruits, vegetables, grains, and dairy products, while forbidden foods include pork and its derivatives, alcohol, and animals improperly slaughtered				
Food	Allergens					
	Peanuts		Milk		Soy	
V	Seafood		Gluten		Eggs	
Temp	erature Preferences					
	re your temperature preferen indicate the meal item as wel				nacks.	
Meal Item		Quantity		Minimum Temperature (°F)		Max Temperature (°F)
Water		2		35		50

Guest Signature	Signature Date (MM/DD/YYYY)		
250	03/25/2024		