



# GLUTEN-FREE JIO

English Gluten Free Restaurant Card

## Attention Chef-Allergen GLUTEN

I have Celiac Disease which is an auto-immune disorder. I will become very ill if I consume gluten in any form in my food and drink.

### ✗ DOES THIS FOOD CONTAIN:

- Wheat /Atta / Refined Flour/Suji/Bread/Bread Crumbs
- Barley
- Oats
- Rye
- Soy sauce/Teriyaki sauce/Worcestershire sauce

### ✓ I CAN EAT:

- Rice
- Maize
- Quinoa
- Vegetables
- Meat/Seafood/Poultry
- Milk and Dairy products

## IMPORTANT!

Kindly ask the chef to use a clean cutting board, knife, clean pan and clean oil (which has not been used to fry gluten-containing food) to prepare my dish. I appreciate your understanding and patience with my food allergy and medical condition.



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### Quick guide to avoid GLUTEN in various cuisines

- **Indian:** Avoid Hing, Atta, Suji, Maida, Dalia, Rava, Maida batter.
- **Thai:** Avoid wheat coated appetizers like Wontons, Prawn Chips.
- **Japanese:** Avoid Soy sauce / Teriyaki / Oyster sauce / Hoisian sauce / Udon noodles, Egg Roll Wrappers, Panko crumbs, Tempura, Miso, Malt, Surimi, Wheat Meat (Seitin), Unagi. Be careful with artificial Sushi, which may have wheat as a filler.
- **Italian:** Avoid the regular pasta, pizza since it has gluten. Ask the chef about their cooking practice for gluten free pasta / pizza as the risk of cross contamination is very high.
- **American food:** Avoid bouillon cubes, BBQ sauce, croutons, gravies (with flour as thickeners), salad dressing.
- **Mediterranean:** Avoid Phyllo, Orzo, Cous-cous, Tabbouleh, Roux, Bechamel sauce.
- **Mexican:** Avoid Flour Tortillas, Bread, Churros, battered food.

For gluten-free ideas,  
recipes and information  
visit [glutenfreejio.com](http://glutenfreejio.com)

