

CELIAC-FRIENDLY Restaurant Checklist

For more detailed information, read *How to eat at Restaurants with Celiac Disease* at:
vibrantlygfree.com/ceeliac-friendly-restaurants/

Note:

This checklist serves as a guideline to help you determine if a meal is celiac-safe. There is always risk involved in eating at restaurants. If at any point you receive information that makes you doubt that your meal is (or will be) 100% gluten-free, don't eat it.

General:

- Print or download this checklist so it's readily available to you
- Get the Find Me Gluten Free App
- Get the 100% Gluten Free App
- Put a stash of grab-and-go snacks by your door to slip in your bag before going out (just in case)

Before you go:

- Look at the menu online; choose a few items you'd like to ask about.
_____ , _____ , _____
- Call the restaurant at a non-meal time. Ask:
 - Do you have a gluten-free menu?
 - Do you keep croutons at the salad bar?
 - Do you have a dedicated gluten-free fryer?
 - Are your sauces/seasonings/spices gluten-free?
 - Is there a dedicated area for gluten-free food prep?
 - Are all of your chefs and servers familiar with gluten-free?
 - _____
 - _____
 - _____
- Did they mention cross-contact/cross-contamination or describe how they prevent gluten cross-contact?



At the Restaurant:

- Ask to talk to a manager or chef (if possible).
- Explain that you have celiac disease. **Tip:** *In many cases, it's more successful to explain celiac disease as an allergy to wheat or gluten.*
- Ask the same questions you did on the phone in person.
- Double-check with your server (or the manager) that your meal is 100% gluten-free when it arrives.
- Inspect your meal for croutons, crumbs, or any unexpected sauces, spices, or flavorings.
- Ask about anything unexpected & don't be afraid to send your meal back if you feel it's unsafe.

After:

- Show gratitude to your server and waitstaff
- Leave a review on the App
- Optional:* share your experience with other gluten-free eaters on social media & tag #vibrantlygfree !

Be safe, have fun, but never risk your health!

♥ - Jamie