

Gluten-Free Restaurant Prompts

Here are a few reminders of what you might ask your server:

- ▶ Do you have a separate gluten-free menu? If not, can you please point out the gluten-free options on the regular menu?
- ▶ Does the kitchen have a dedicated gluten-free preparation area and cookware to prevent cross-contamination?
- ▶ Are there any gluten-containing ingredients in the dish I'm interested in?
- ▶ Are any gluten-containing ingredients used in the preparation or cooking of this dish?
- ▶ Are any gluten-containing ingredients used in the sauces, dressings, or marinades used in this dish?
- ▶ Can you ask the chef or kitchen staff to confirm that the dish is gluten-free?
- ▶ Can you ask the chef or kitchen staff to make any necessary substitutions or modifications to make the dish gluten-free?
- ▶ Can you confirm that no bread or other gluten-containing foods will be served with my meal?
- ▶ Is there a risk of cross-contamination with gluten-containing foods during preparation or serving?
- ▶ Can you recommend any gluten-free options for appetizers, entrees, and desserts?