

How to use your chef card In addition to asking a lot of questions about the ingredients and preparation methods, carry a “chef card” that outlines the foods you must avoid. Present the card to the chef or manager for review.

Fold your card in half, then tape it together and store in your wallet. You can even laminate it to make it more durable. Be sure to make several copies in case you forget to retrieve it from the restaurant or to store in multiple locations.

This is an interactive PDF that will allow you to type your allergens directly onto the chef card.

食物过敏警告

我有严重的食物过敏。为了避免危及生命的反应, 我必须避免包含以下成分的所有食品:

食物过敏警告

请确保我的食物中不含有此卡正面所列的任何成分, 并且所有为我准备食物的用具和设备, 以及准备食物的台面, 在立即使用前都必须完全清洗干净。感谢您的帮助。

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English	Simplified Chinese
Milk	牛奶
Egg	鸡蛋
Tree Nut	坚果
Shellfish	贝类
Peanut	花生
Fish	鱼类
Soy	大豆

English	Simplified Chinese
Wheat	小麦
Gluten	麸质
Sesame	芝麻
Lupine	羽扇豆
Corn	玉米
Meat	肉类