



*To the Chef:*

*I have severe food allergies. To avoid a life-threatening allergic reaction, I MUST AVOID all foods that contain:*

*MEAT or MEAT BY-PRODUCTS including GELATINE.*

*Please do your best to provide me with food that does not contain any of these ingredients.*

*I AM ABLE TO EAT Chicken, Fish, Shellfish,  
Molluscs, Turkey, Duck and Quail*



***The food preparation area, utensils and equipment used to prepare my meal, must be cleaned in/with warm soapy water prior to preparing my meal.***

**Thank you for providing me with appropriate food and therefore being ALLERGY AWARE.**

***For more information about food allergy,  
contact Allergy & Anaphylaxis Australia on 1300 728 000  
or TiARA (Tick induced Allergies Research & Awareness)  
[www.tiara.org.au](http://www.tiara.org.au)***



**Allergy & Anaphylaxis  
Australia**  
Your trusted charity for allergy support