

Translated Chef Card Template

for people with allergy

How to use your chef card:

As well as telling staff about your allergy, and asking questions about the ingredients and the way the meal is prepared, carry a 'chef card' that lists your food allergen/s.

Give the card to wait staff or chef so your meal can be made without your food allergen/s. The chef card should come back to you with your meal.

English

Traditional Chinese

To the Chef:

I have severe food allergy.

To avoid a life-threatening allergic reaction, I must avoid foods that have touched or contain



敬主廚：

我有嚴重的食物過敏症。

為防止出現可能導致生命危險的過敏反應，我必須避免食用曾接觸過或含有以下成分的食物：



For more information about food allergies contact Allergy & Anaphylaxis Australia on 1300 728 000 or allergyfacts.org.au
For free food service e-training go to: foodallergytraining.org.au

如需進一步了解有關食物過敏的資訊，請致電 Allergy & Anaphylaxis Australia (電話：1300 728 000) 或訪問其網站：allergyfacts.org.au。如需免費的餐飲服務在線培訓，請訪問網站：foodallergytraining.org.au

THANK YOU

Before making my meal, please wash food preparation equipment and surfaces with hot soapy water. This includes:

- Chopping boards
- Mixing bowls
- Utensils
- Surfaces
- Knives & tongs
- Pots & pans

謝謝

在準備我的餐食前，請用熱肥皂水徹底清洗食品準備用的設備及工作檯面。其中包括：

- 砧板
- 攪拌碗
- 餐具
- 檯面
- 鍋具與平底鍋
- 刀具與夾子



Allergy & Anaphylaxis Australia
Your trusted charity for allergy support

Translations

Allergen - English
Peanut
Tree nuts
Egg
Milk (dairy) including cheese, butter, cream, ice cream, ghee, yoghurt
Shellfish including shrimp, crab
Fish
Soy
Wheat
Sesame
Lupin

過敏原 - Traditional Chinese
花生
堅果類食品
雞蛋
牛奶 (乳製品, 包括芝士、牛油、忌廉、雪糕、酥油、酸奶)
貝殼類海鮮, 包括蝦和蟹
魚類
大豆
小麥
芝麻
羽扇豆

Tree nuts - English
Almond
Brazil nut
Cashew
Hazelnut
Macadamia
Pecan
Pine nut
Pistachio
Walnut

堅果類食品 - Traditional Chinese
杏仁
巴西堅果
腰果
榛果
澳洲堅果 (夏威夷果)
碧根果
松子
開心果
核桃

