

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

Fijian

To the Chef:

I have severe food allergy.

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



Vei kemuni na Dauvakasaqa:

E dau lako va ca vei au eso na kakana.

Ena gadrevi meu kua ni kania na kakana era sa tarai oti, ena rawa ni vaka vu leqa vei au:



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

Ke oni gadreva eso tale na ka me baleta na kakana e dau veivakaleqai veitaratara ina Allergy Anaphylaxis Australia ena 1300 728 000 se [na allergyfacts.org.au](http://allergyfacts.org.au). Na veikua me baleta na free food service e-training gole ina: 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
- Knives & tongs
- Pots & pans
- Surfaces

VINAKA

Kerea me dau sava vinaka ena sovu kei na waikakatkata na iyaya ni kana, ena gaura e vakarautaki mai kina na kequ. Era wili ena ka me savati na:

- Papa ni musumususu
- Boulu e wakiyata kina na kakana
- Iseli kei na igaso me Taura na Kakana
- Kuro kei na iTavuteke
- Vatavata ni vakavakarakau

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

Kakana e veivakaleqai - Fijian
Pinati
Vaka na Vutu kei na so tale
Yaloka
Sucu ni bulumakau wili kina na jisi, bata, kirimu, aisi kirimu, ghee, yoghurt
Vivili wili kina na ura, qari se lairo
Ika
Soya
Witi
Sesame
Lupin

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

Vaka na Vutu kei na so tale - Fijian
Alimodi
Brazil nut
Cashew
Hazelnut
Macadamia
Pecan
Pine nut
Pistachio
Walnut