

CHEF CARD TEMPLATE

for those with Food Allergy



How to use your chef card: In addition to verbally disclosing your allergy and asking a range 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.

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 copies in multiple locations.

Please see page 2 for list of specific tree nut translations. Do not print double-sided because of cut and paste instructions.

English

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

THANK YOU FOR YOUR COOPERATION

- Knives & tongs
- Chopping boards
- Utensils
- Mixing bowls
- Pans & saucapans
- Surfaces

are used e.g.:

(hot soapy water) food preparation equipment and surfaces
not contain these ingredients and that only **clean / washed**
For my meal, can you please make sure that my food does

FOLD

Indonesian

Untuk e-training gratis layanan makanan tentang alergen, kunjungi:
foodallergytraining.org.au
di 1300 728 000 atau allergyfacts.org.au
Alergi & Anaphylaxis Australia (Allergy & Anaphylaxis Australia)
Untuk informasi lebih lanjut tentang alergi makanan, hubungi

TERIMA KASIH ATAS KERJA SAMA ANDA

- talenan
- mangkuk pengaduk
- pisau & penjepit
- panci & wajan
- permukaan
- perkakas

(air sabun panas) untuk mempersiapkannya misalnya:
makanan saya tidak mengandung bahan-bahan ini dan bahwa
hanya digunakan peralatan dan permukaan yang **bersih/dicuci**
Untuk hidangan saya, dapatkah Anda memastikan bahwa

FOLD

TO THE CHEF:

I have severe food allergy. To avoid a life-threatening allergic reaction, I must avoid all foods that contain / might contain:

FOLD

KEPADA KOKI:

Saya mengalami alergi makanan yang parah. Untuk menghindari reaksi alergi yang mengancam jiwa, saya harus menghindari semua makanan yang mengandung/mungkin mengandung:

FOLD

Allergen – English
Peanut
Tree nuts
Egg
Milk
Shellfish
Fish
Soy
Wheat
Sesame
Lupin

Allergen – Indonesian
Kacang tanah
Kacang Pohon (kacang-kacangan selain kacang tanah)
Telur
Susu
Kerang-kerangan, udang, dan kepiting
Ikan
Kedelai
Gandum
Wijen
Biji lupin

Tree nuts - English

Cashew

Pistachio

Walnut

Pecan

Almond

Macadamia nut

Brazil nut

Hazelnut

Pine nut**Kacang pohon - Indonesian**

Kacang mente

Kacang pistachio

Kacang kenari

Kacang pecan

Kacang amandel

Kacang macadamia

Kacang Brasil

Kacang hazelnut

Biji pohon pinus