

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

Italian

To the Chef:

I have severe food allergy.

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



All'attenzione dello chef:

Ho una grave allergia alimentare.

Per evitare una reazione allergica potenzialmente letale, devo evitare cibi che siano entrati in contatto con o che contengano:



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

Per ulteriori informazioni sulle allergie alimentari contattare Allergy & Anaphylaxis Australia al numero 1300 728 000 oppure sul sito allergyfacts.org.au. Per la formazione online gratuita sui servizi alimentari andare al sito 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
- Pots & pans
- Knives & tongs

GRAZIE

Prima di preparare il mio pasto, la prego di lavare le attrezzature e le superfici di preparazione del cibo con acqua calda e sapone. Questo include:

- Taglieri
- Ciotole
- Utensili
- Pentole e padelle
- Superfici
- Coltelli e pinze



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

Allergeni - Italian
Arachidi
Frutta a guscio
Uova
Latte (e derivati) inclusi formaggio, burro, panna, gelato, ghee, yogurt
Crostacei, inclusi gamberi e granchi
Pesce
Soia
Frumento
Sesamo
Lupini

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

Frutta a guscio - Italian
Mandorle
Noci del Brasile
Anacardi
Nocciole
Macadamia
Noci pecan
Pinoli
Pistacchi
Noci

