

# 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](http://allergyfacts.org.au)  
For free food service e-training go to: [foodallergytraining.org.au](http://foodallergytraining.org.au)

Per ulteriori informazioni sulle allergie alimentari contattare Allergy & Anaphylaxis Australia al numero 1300 728 000 oppure sul sito [allergyfacts.org.au](http://allergyfacts.org.au). Per la formazione online gratuita sui servizi alimentari andare al sito [foodallergytraining.org.au](http://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

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
- Coltelli e pinze
- Pentole e padelle
- Superfici



**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                      |

