

CHEF CARD TEMPLATE

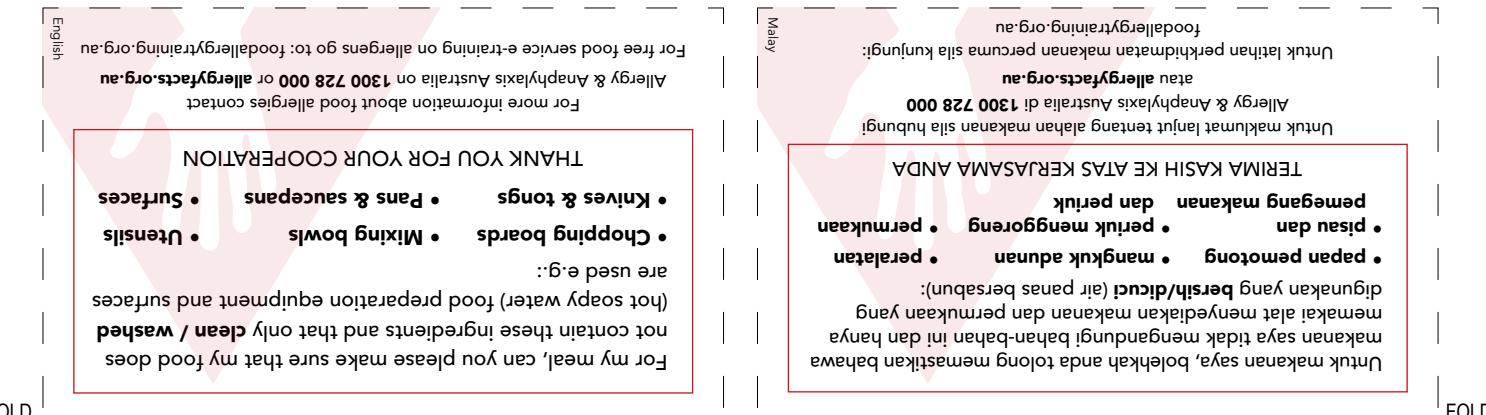
for those with Food Allergy



Allergy & Anaphylaxis
Australia
Your trusted charity for allergy support

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.



FOLD

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:



KEPADA TUKANG MASAK:

Saya mempunyai alahan makanan yang teruk. Untuk mengelakkan daripada tindakbalas alahan yang boleh mengancam nyawa, saya perlu mengelak daripada makanan yang mengandungi/mungkin mengandungi:



Allergen – English

Peanut

Tree nuts

Egg

Milk

Shellfish

Fish

Soy

Wheat

Sesame

Lupin

Allergen – Malay

Kacang tanah

Kacang daripada pohon

Telur

Susu

Kerang

Ikan

Soya

Gandum

Bijan

Lupin