

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

Spanish

To the Chef:

I have severe food allergy.

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



Para el cocinero:

Tengo una alergia alimentaria grave.

Para evitar una reacción alérgica que pueda llegar a ser mortal, debo evitar alimentos que hayan estado en contacto o que contengan:



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

Para obtener más información acerca de alergias alimentarias, contáctese con Allergy & Anaphylaxis Australia en el 1300 728 000 o a través de allergyfacts.org.au. Para capacitaciones gratuitas en línea sobre servicios alimentarios: foodallergytraining.org.au

Before making my meal, please wash food preparation equipment and surfaces with hot soapy water. This includes:

- Chopping boards
- Mixing bowls
- Utensils
- Surfaces
- Knives & tongs
- Pots & pans

THANK YOU

Antes de preparar de mi comida, por favor, lave los utensilios de cocina y todas las superficies de trabajo con agua jabonosa caliente. Esto incluye:

- Tablas de pizar
- Cuchillos y pinzas de cocina
- Superficies
- Ollas y sartenes

MUCHAS GRACIAS



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

Alérgenos - Spanish
Cacahuetes (maní)
Frutos secos
Huevo
Leche (productos lácteos) incluidos el queso, la mantequilla, la crema/nata, el helado, el ghee y el yogur
Mariscos, incluidos camarones/gambas, cangrejos
Pescado
Soja
Trigo
Sésamo
Lupinos

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

Frutos secos - Spanish
Almendras
Nueces de Brasil
Castañas de cajú o anacardos
Avellanas
Nueces de macadamia
Nueces pecanas
Piñones
Pistachos
Nueces

