

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.

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

- Chopping boards
- Knives & tongs
- Mixing bowls
- Utensils
- 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

Malay

Untuk maklumat lanjut tentang alahan makanan sila hubungi
Allergy & Anaphylaxis Australia di 1300 728 000
atau allergyfacts.org.au
Untuk latihan perkhidmatan makanan percuma sila kunjungi:
foodallergytraining.org.au

TERIMA KASIH KE ATAS KERJASAMA ANDA

- Papan pemotongan
- Mangkuk adunan
- Peralatan
- Pisau dan pemegang makanan dan peruk
- Peruk menggoreng
- Peruk

digunakan yang **bersih/dicuci** (air panas bersabun):
makanan saya tidak mengandungi bahan-bahan ini dan hanya
memakai alat menyediakan makanan dan permukaan yang
Untuk makanan saya, bolehkah anda tolong memastikan bahawa

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

Tree nuts - English

Cashew

Pistachio

Walnut

Pecan

Almond

Macadamia nut

Brazil nut

Hazelnut

Pine nut

Kacang pokok

(Kacang daripada pohon) - Malay

Buah gajus

Pistasio

Walnut

Pekan

Badam

Makadamia

Kacang Brazil

Kacang hazel

Kacang pine

