

CHEF CARD TEMPLATE

for those with Food Allergy



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

Korean

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TO THE CHEF:

I have severe food allergy. To avoid a life-threatening allergic reaction, I must avoid all foods that contain / might contain:



요리사에게:

제가 심한 음식 알레르기가 있어요. 생명을 위협하는 알레르기 반응을 피하기 위해서는 다음과 같은 성분이 포함됨/포함되었을 수도 있는 모든 음식을 피해야 합니다.



Allergen – English
Peanut
Tree nuts
Egg
Milk
Shellfish
Fish
Soy
Wheat
Sesame
Lupin

Allergen – Korean
땅콩
견과류
계란
우유
조개류
생선
콩
밀
참깨
루핀

Tree nuts - English

Cashew

Pistachio

Walnut

Pecan

Almond

Macadamia nut

Brazil nut

Hazelnut

Pine nut**견과류 - Korean**

캐슈너트

피스타치오

호두

피칸너트

아몬드

마카다미아너트

브라질너트

헤이즐너트

잣