

# QUICK GUIDE TO GLUTEN FREE DINING

General tips/ questions	<ul style="list-style-type: none"> <li>- Research and call the restaurant ahead of time</li> <li>- Avoid rush hours if you can</li> <li>- Be POLITE and always notify your waiter of your condition. If waiter doesn't seem knowledgeable ask to speak to a manager.</li> <li>-Is there a dedicated area where the gluten free foods are prepared?</li> <li>-Also ask if separate kitchenware is used to prepare the gluten free meals or if the dishes used are thoroughly cleaned.</li> </ul>
Meats / Poultry / Fish	-Confirm if kitchen is using any marinade that may not be gluten free (soy sauce, flour or beer based marinade). Usually just applies to meat but always double check
Dressing	-Ask what ingredients are used or just avoid it and ask for oil and vinegar instead.
Fries	<ul style="list-style-type: none"> <li>-Potatoes are gluten free. But the way they are prepared may not be. Ask if they are using a dedicated fryer or if they fry other things that are contaminated. If yes, avoid the fries.</li> <li>-Also make sure they do not use a batter (beer based usually)</li> </ul>
Salads	-Confirm it is not served with any croutons, fried tortilla chips or other non-gluten free topping
Omelets	-Confirm they are not using any pancake or other flour based batter to make it "fluffier"
Sushi	<ul style="list-style-type: none"> <li>-Soy sauce has wheat and not all sushi places offer Tamari or gluten free soy sauce. Either go without, call in advance to confirm they have it or bring your own.</li> <li>-Avoid anything fried (i.e. tempura, etc...or crab meat). Also confirm they are not using soy sauce as a binder in making the sushi (usually use rice vinegar but you never know)</li> </ul>
Burgers / meatballs	-Confirm if they add any breadcrumbs / soy sauce or other wheat based sauce in the mix
Tortilla chips	<ul style="list-style-type: none"> <li>-Most Mexican restaurants fry their chips in a fryer used for other breaded fried food. These corn tortilla chips will be contaminated. Do not eat them.</li> <li>-Some restaurants offer 100% gluten free corn tortilla (not fried) for a supplement - ask if available</li> </ul>
Thai/ Asian food	-Pad Thai usually is made with rice flour, but anything teriyaki based will most likely have soy sauce and therefore gluten. Double check if they can cook with an alternative to soy sauce
Gluten Free labeled menu	-Doesn't guaranty it is gluten free. ALWAYS notify your server of any food allergy. Some restaurants can make a dish GF UPON REQUEST. Don't assume it's automatic.
Drinks / Alcohol	Any liquor made from wheat based grains will contain gluten (rye, barley or wheat), including vodka (unless potato based), whiskey, bourbon, etc...Rum, tequila, cider or wine are usually standard gluten free alcohols. Research brands ahead of time and ask the bartender or waiter to use that brand when making your drink. Or better yet just stick with wine.