



## Dining Out Gluten Free - Celiac 101©

Communication is the key ingredient to every successful gluten-free restaurant meal. When diners, chefs and servers are able to collaborate on what is required and what can be reasonably delivered, there is cause for celebration!

The following is a list of suggested questions to help Start the Conversation on Celiac-Friendly Dining©. In very short order, the responses you receive will allow you to gage any given restaurant's degree of gluten awareness - and willingness. For the very best outcome, call ahead or take your host or server aside before ordering. See [bit.ly/OrderingGlutenFree](http://bit.ly/OrderingGlutenFree)

**NOTE:** Restaurants that have carefully researched how to serve us love going into detail. If your questions are met with impatience and exasperation - go with your gut. When restaurants get gluten free right, reward them generously!

### How to Start the Conversation!

Can you tell me about the meals that you recommend to diners who need to eat gluten free?

### Ask About Ingredients

- What ingredients will be used to make my order?
- How do staff know whether ingredients are really gluten free?
- How do staff know whether ingredients are really gluten free? Says so on labels? Checked product website? Called the manufacturer?
- Will pure spices, prepared seasonings or soy sauce made from wheat be used to make my meal?
- What other food items are cooked in the oil that 'gluten-free' items are cooked in?
- How are sauces and dressings thickened?

### Ask About Procedures

- How will my server communicate with the kitchen that a gluten-free order has been placed?
- How are gluten-free orders prepared in relation to the regular flow of the kitchen?
- Will staff wash their hands / change gloves / change aprons clean surfaces before preparing my order?
- Will fresh toppings be used to dress my order?
- How do staff ensure that all utensils used in preparing my food are free from any trace of gluten?
- Separate or scrubbed frying pan? Griddle scrubbed? Aluminum foil barrier? Dedicated pots? Colanders?
- What other precautions do staff take to minimize / prevent cross contamination?
- How will my server confirm with the kitchen that the order they are collecting has been prepared gluten free?
- How will my server confirm that the order they are delivering to me is gluten free?

### What to Ask at Pizza Restaurants

- Are pre-made 'gluten-free' crusts purchased from a dedicated gluten-free manufacturer? Who is the manufacturer?
- Are 'gluten-free' crusts prepared on-site? During regular operations? Before regular production? During downtimes / days?
- How are gluten-free sauces and toppings prepared? During regular operations? Before regular production? During downtimes / days?
- How do staff ensure that all utensils and surfaces used in preparing gluten-free orders are free of any trace of gluten?
- How will my order be protected from airborne cross-contamination with gluten once it has been prepared and/or while waiting to be served?