



You can help make sure restaurant staff know about your food allergies when you're eating out. Just type the food(s) you are allergic to into the space below, print the page, then cut out the cards and carry them with you. The next time you're eating out, give one of these handy chef cards to the serving staff.

	Think Allergy		Think Allergy	
	I have an	allergy to:	I have an a	allergy to:
	Please check my meal does not contain this food.  Just a small amount could make me very ill		Please check my meal does not contain this food.  Just a small amount could make me very ill	
	food.gov.uk/allergy		food.gov.uk/allergy	
	Think	k Allergy	Think	Allergy
	I have an allergy to:		I have an a	
		oes not contain this food.	Please check my meal do	
	Just a small amount could make me very ill food.gov.uk/allergy		Just a small amount could make me very ill food.gov.uk/allergy	
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			(B) Think	
	Think	Allergy allergy to:		Allergy
	Think	k Allergy	Think	Allergy
	Think	k Allergy	Think	Allergy
	I have an	allergy to:  oes not contain this food.	Think I have an a	Allergy allergy to: es not contain this food.
	I have an Please check my meal do Just a small amount of	allergy to:  oes not contain this food.  could make me very ill	Please check my meal do Just a small amount co	allergy to:  es not contain this food.  ould make me very ill
	Please check my meal do  Just a small amount of food.gov.	allergy to:  Description of the second could make me very illuk/allergy	Please check my meal do Just a small amount co	es not contain this food.  ould make me very ill  uk/allergy
	Please check my meal do Just a small amount of food.gov.	allergy to:  Des not contain this food.  Sould make me very ill  uk/allergy	Please check my meal do Just a small amount co food.gov.	es not contain this food.  ould make me very ill  uk/allergy
	Please check my meal do Just a small amount of food.gov.	allergy to:  Description of the second could make me very illuk/allergy	Please check my meal do Just a small amount co	es not contain this food.  ould make me very ill  uk/allergy
J	Please check my meal do Just a small amount of food.gov.	allergy to:  Des not contain this food.  Sould make me very ill  uk/allergy	Please check my meal do Just a small amount co food.gov.	es not contain this food.  ould make me very ill  uk/allergy
J	Please check my meal do Just a small amount of food.gov.  Think I have an	allergy to:  Des not contain this food.  Sould make me very ill  uk/allergy	Please check my meal do Just a small amount co food.gov.	es not contain this food.  buld make me very ill  uk/allergy  Allergy  allergy to:

food.gov.uk/allergy

food.gov.uk/allergy