Ask how the meal is made.

Start with the dish you plan to order. Tell staff about your gluten-free needs, ask who can check the details, and record their answers. If you have celiac disease, say so. [1]

1. **Which menu information applies to this dish?**
   Can someone check the current ingredients and allergen information for this item, including changes or substitutions? [1, 2]

2. **What goes into the extras?**
   Please check sauces, dressings, seasonings, marinades and thickeners as well as the main ingredients. Can I see the packaged ingredient information? [2, 3]

3. **How will the preparation area and utensils be handled?**
   What clean surfaces, utensils and pans will be used for my order? If the grill is shared, how will my food be prepared? [2, 3]

4. **If the dish is fried, which fryer is used?**
   Is the fryer for gluten-free food separate from the fryer used for breaded or other gluten-containing food? [2]

5. **How will you identify my order when it arrives?**
   Before eating, confirm that the served plate is the order discussed and that the agreed preparation steps were followed. [3]

> Choose the questions that apply to your meal. A menu label or these answers cannot guarantee the absence of cross-contact. This card does not score or certify a restaurant. [3, 4]

Keep the answers together.

Call ahead or review the menu before visiting. At the restaurant, ask the chef or another person who can explain the ingredients and preparation if the answer is unclear. [1, 3]

Restaurant / location, date and person who answered

Dish, sauces and substitutions discussed

Preparation agreed / questions still unanswered

Before you order

- ☐ I explained my needs and discussed the specific meal.
- ☐ I asked about ingredients and the preparation steps relevant to this dish.
- ☐ I recorded any uncertainty rather than turning it into a gluten-free verdict.

Sources and limits

Sources checked November 17, 2026. Numbers on the first page refer to these links.

[1] NIDDK - Eating, Diet, & Nutrition for Celiac Disease
www.niddk.nih.gov/health-information/digestive-diseases/celiac-disease/eating-diet-nutrition

[2] Gluten Intolerance Group - Questions to ask at a restaurant
gluten.org/faq/what-are-some-of-the-most-important-questions-to-ask-in-a-restaurant/

[3] Gluten Intolerance Group - Eating Out: 7 Tips For Staying Gluten-Free
gluten.org/2019/10/18/restaurant-dining-seven-tips-for-staying-gluten-free/

[4] FDA - Gluten-free food labeling: questions and answers
www.fda.gov/food/nutrition-food-labeling-and-critical-foods
questions-and-answers-gluten-free-food-labeling-final-rule

> FDA's packaged-food rule is not a restaurant inspection report. FDA recommends that menu gluten-free claims be consistent with its definition. Keep your own clinician's advice alongside this general reference. [4]