

Attention Chef, Kitchen Boss and Manager of Restaurant:

My name is \_\_\_\_\_ and I have serious allergies to:

[INSERT WHATEVER FOODS YOU ARE ALLERGIC TO SUCH AS:]

milk and all milk products (butter, cheese, ice cream, etc.)

Eggs

Peanuts

Tree Nuts (Cashews, walnuts, almonds, pine nuts, pistachios, etc.)

sesame

apple skin (apples without skin are ok to eat)

I need your cooperation to keep these foods away from me to protect my health and my security.

Please make sure that none of the dishes I'm going to eat contain those foods as ingredients.

Also, I need you to make sure that none of those foods touch the food I order (fried in the same oil, cut with the same knife, etc.). Please also make sure to wash hands and preparation surfaces before preparing my food.

Thank you for helping to protect my health and my life.

In case of emergency, contact my parents \_\_\_\_\_ (\_\_\_\_ - \_\_\_\_ - \_\_\_\_) and  
\_\_\_\_\_ (\_\_\_\_ - \_\_\_\_ - \_\_\_\_)