

FOOD ALLERGY REFERENCE BOOK

Instructions

The Food Allergy Reference Book is used to provide known food allergen information in commonly used restaurant ingredients. Each menu item has its own entry in the reference book. Each entry includes a list of all ingredients, spices, and oils as well as its common food allergens.

The Food Allergy Reference Book seeks to raise public awareness and education of food allergy on behalf of all restaurant Guests affected by food allergies and anaphylaxis.

- Every menu item must have its own completed form in the binder.
- Check off the “Common Food Allergens” in the dish. Be cognizant of cross contamination, e.g., fryer oil which fries both shellfish and vegetables.
- List every ingredient under every dish component, e.g., if soy sauce is used in both a marinade and a broth for a menu item, it should be listed each time.
- Put an asterisk (*) after every processed ingredient.
- Make a copy of the “Ingredients” label of every processed ingredient. File that information in the “Processed Foods Index” of the Food Allergy Reference Book.
- For faster reference, use a highlighter to mark the checked “Common Food Allergens” boxes for each menu item.
- Update as needed (new menu items, change in ingredients, etc.)
- Recommended Suggestion: Always garnish dish with nuts if nuts is an ingredient in the dish.

Common Restaurant Scenario

Communication among Front of House, Kitchen, and Guest with Food Allergies

1. Guest reads "If you have any food allergies, please make your server aware when ordering" at bottom of menu.
2. At table, Guest gives complete list of food allergies and dietary restrictions to Server.
3. Server asks Guest questions regarding severity of the allergy.
4. Server asks Guest to pick a few dishes off the menu that are of interest, specifically discussing proteins (i.e., main elements) of the dish he or she would like to enjoy.
Guest-Server interaction streamlines itself the more knowledge Server has regarding common allergens present on the menu.
5. Server and Chef consult **Food Allergy Reference Book** to confirm menu recommendations for Guest.
6. After Chef offers or approves recommendations, Server returns to Guest's table and relays menu information. Server and Guest agree upon allergen-free menu items and/or dish modifications.
7. Server rings in order and **HIGHLIGHTS** all tickets.
For example, at Blue Ginger, there are two tickets – one at Expediter Station and one at Mid-Wok Station. Server must highlight BOTH tickets to alert Chef and line cooks.
8. Chef or Expediter approves and **INITIALS** all highlighted tickets.
9. Chef or Server brings approved dish to Guest, reiterates Guest's allergies and confirms dish is free of said allergens.

MASTER RECIPE

Dish Name: _____

Contains the Following Common Food Allergens Check & Highlight All That Apply

<input type="checkbox"/>	Peanuts
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<input type="checkbox"/>	Soy
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<input type="checkbox"/>	Dairy
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<input type="checkbox"/>	Shellfish
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<input type="checkbox"/>	Tree Nuts
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<input type="checkbox"/>	Wheat
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<input type="checkbox"/>	Eggs
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<input type="checkbox"/>	Fish
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INGREDIENTS - List all below, including spices and oils

* = **PROCESSED INGREDIENT** (See alpha index in back for complete list of components)

PROCESSED FOODS INDEX

Name of Processed Ingredient: _____

Contains the Following Common Food Allergens (Check All That Apply):

<input type="checkbox"/>	Peanuts	<input type="checkbox"/>	Soy	<input type="checkbox"/>	Dairy	<input type="checkbox"/>	Shellfish
<input type="checkbox"/>	Tree Nuts	<input type="checkbox"/>	Wheat	<input type="checkbox"/>	Eggs	<input type="checkbox"/>	Fish

**INGREDIENTS - List all, including spices and OILS
(Highlight All Common Food Allergens)**

WASH HANDS! AVOID CROSS CONTAMINATION!

cutting boards • bowls • containers • hotel pans
knives • all utensils • gloves • pots and pans • slicers
food processors • blenders • mixers • hand mixers

COOKING OILS – FRYERS – GRILL