



# Think Allergy



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

I have an allergy to:


Please let me know if my meal contains these ingredients.

**Just a small amount could make me very ill**

[food.gov.uk/allergy](http://food.gov.uk/allergy)



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