



FH-GENL-0001	Gluten-Free Food Info Sheet
Revision 1	
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Gluten-Free Food Info

FOR GUESTS WITH SEVERE CELIAC ALLERGY

Always use the “**CELIAC**” kitchen command to let the kitchen know that this is a case of severe gluten allergy, regardless of the food item chosen. This helps to prevent cross-contamination from the hands, utensils, and surfaces involved in food preparation.

Products That Are 100% OK For Celiac

Barbecue: All BBQ'd meats sliced and served on platters or plates are okay.

Salads: Cobb salad is okay. Beet/Arugula salad WITHOUT BARLEY is okay.

Sides: Picked vegetables, slaw and salad without the barley. Dressings are all okay.

Sauces: Only the Alabama White is 100% OK. The red BBQ sauce contains trace amounts of Worcestershire sauce. The Carolina sauce contains significant amounts of malt vinegar. Both Worcestershire and malt vinegar contain gluten.

Burgers: Burgers can be made using a gluten-free bun. The kitchen will scrub and oil the grill in preparation when the CELIAC command is used. Still, inform the customer that the grill will be cleaned but that we do use the same grill for all buns, so cross contamination can happen. The burger CAN be done in the oven if the customer requests it, but will take longer and not have that fire grilled flavour.

Note: Veggie Burger is gluten free; however, it is produced in a facility that also uses flower and nuts.

Sandwiches: All can be made gluten-free with adjustments made with sauces, etc. Crispy onions are made with cornstarch so are okay for a gluten intolerance level, but for a celiac concern, we would not use crispy onions because of deep fryer cross contamination with fried flour products. Let the customer know of this risk.

Fried Foods: Anything fried has the potential of cross contamination - we do not have a dedicated gluten-free fryer.