

CeliacNow

Dining Out Handouts

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American Dining: Gluten-Free

There are many ways to make your dining out experiences safe and enjoyable. Remember to always understand the menu, make special requests, and ask the wait staff questions.

When dining out at American restaurants, what are some common menu items and how can you order them gluten-free?

Fresh Pepper Steak with Baked/Mashed Potatoes: Steak rubbed in black pepper, topped with a brandy cream sauce, served with baked or mashed potatoes:

- ✓ Ensure the sauce is not made with flour. Ask if the steak can be cooked on a separate, clean grill. Order with a side of plain rice or potatoes and vegetables. Avoid any gluten containing thickeners, such as wheat flour, that may be added to instant mashed potatoes.

Wild Alaskan Halibut in Lemon Caper Sauce: Seared with tomatoes in a lemon, caper sauce and served with rice pilaf

- ✓ Ensure the sauce is not thickened with flour, and halibut is seared without flour on a clean, uncontaminated grill. Rice pilaf usually contains orzo; replace it with plain rice or extra vegetables.

Prime Rib: Slow roasted beef served with au jus sauce served with steamed vegetables

- ✓ Request it without au jus (contains wheat flour). Ask about any seasonings used. Request vegetables steamed over fresh water, not pasta water. Avoid broth made with beer, flour, or hydrolyzed wheat protein.

Grilled Chicken Sandwich: Grilled chicken breast with Swiss cheese, lettuce and tomato with a honey mustard sauce

- ✓ Order without the bread. Ask how the sauce is made - avoid if thickened with flour or BBQ sauce. Ensure the chicken is grilled on a clean, uncontaminated grill.

Roasted or Steamed Vegetables: Mixed vegetables roasted with herbs and garlic, or steamed

- ✓ Ensure the steamed vegetables are not steamed over pots of boiling pasta. Ask about any seasoning mixes used on the vegetables.

Cobb Salad: Lettuce, egg, turkey, ham, blue cheese, tomatoes, avocado, croutons and salad dressing

- ✓ Ask if turkey/ham brand is gluten-free. If not, replace with canned beans or plain grilled chicken. If blue cheese contains wheat, rye, or barley, replace with mozzarella, cheddar, or jack. If salad dressing contains gluten, use olive oil and balsamic vinegar. Avoid shrimp that has been floured to hold the seasonings. Avoid croutons unless labeled gluten-free.

Grilled Salmon: Teriyaki glazed salmon with garlic mashed potatoes and salad

- ✓ Ensure the fish is not floured prior to grilling; avoid marinades with flour, wheat, malt vinegar, or soy sauce. Ask if any wheat is added to the potatoes during preparation. Use oil and vinegar for the dressing. Avoid croutons and broth made with flour or hydrolyzed wheat protein.

Cheese burger: Wheat bun, beef patty, jack cheese, tomatoes, lettuce

- ✓ Order without the bun unless gluten-free. Wrap in large lettuce leaves, if you like. Ensure the burger is 100% meat grilled on a clean, uncontaminated grill. Ask for extra lettuce and tomato.

French Fries: Potatoes, fried

- ✓ Ask if fries and any seasonings are gluten-free. If fries are not made in a separate fryer of uncontaminated oil (dedicated fryer) ask for fries to be baked on a clean pan lined with foil.

Desserts: Ice cream/sundae, sorbet, chocolate mousse, Crème Brulee, flourless chocolate cake

- ✓ Ensure no bread crumbs or flour has been added to the chocolate cake or used to flour the cake pan. Ask for any additional cookie pieces, crumbles, cookies, or biscuits to be omitted when serving. Ensure that the chocolate sauce is gluten-free (no wheat based ingredients).

Dishes/Ingredients to Avoid or Request a Gluten-Free Substitution: All pasta (unless gluten-free pasta is available; still advisable to ask whether separate water is used to prepare this pasta), crab cakes, fish and chips, bread, rolls, bread crumbs, soups, deep fried foods, croutons, pizza (ask for gluten-free crust, ask how gluten-free pizza is prepared [how toppings are added, separate pans, and separate pizza cutters]), meatballs (may contain bread, bread crumbs, or oats), sausage (may contain hydrolyzed wheat protein or undeclared seasonings), cheesecake, pies, cake

Always identify your needs. Consider carrying a [gluten-free restaurant card](#) in different languages or a [gluten-free restaurant card in English](#).

Bring your own salad dressing, bread or dessert with you to the restaurant.

If a utensil, preparation area, or cooking surface is used for foods that must be avoided, ask for it to be cleaned before cooking your meal. To be safe, ask staff to use disposable tin foil.

Brazilian Dining with Celiac Disease

There are many ways to make your dining out experiences safe and enjoyable. Remember to always understand the menu, make special requests, and ask the wait staff questions.

When dining out at Brazilian restaurants, what are some common menu items and how can you order them gluten-free?

Paõ de Queijo: Brazilian cheese bread (typical ingredients: tapioca flour, eggs, milk/water, mozzarella, parmesan, minas [soft unpasteurized cow's milk cheese], canastra [semi-hard unpasteurized cow's milk cheese], butter/margarine, salt)

- ✓ Make sure cheese bread is made using tapioca flour/casava flour (labeled gluten-free, if possible).
- ✓ Make sure cheese used does not contain any anti-caking agent made from wheat on packaging ingredient list.
- ✓ Ask if sheet pan is dusted with flour.

Moqueca baiana: Brazilian fish stew (gluten-free and lactose-free) (typical ingredients: fish, olive and palm oil, tomatoes, peppers, and coconut milk)

- ✓ Make sure no gluten-containing flour was used to thicken the stew.
- ✓ Ask about any seasonings. Check for wheat-derived anti-caking agent on labels.

Cuscuz paulista: Brazilian cornmeal "couscous" dish (flaked cornmeal, vegetables, meat, eggs, tomato sauce/puree, shrimp/vegetable broth labeled gluten-free, olives, parsley)

- ✓ Make sure the "couscous" used is made from cornmeal labeled gluten-free, whenever possible, and not semolina-wheat flour.
- ✓ Ask about any seasonings. Check for wheat-derived anti-caking agent on labels.

Churrasco: Brazilian barbeque (BBQ meat with beans, rice, vegetables, and salad).

- ✓ Ask about any seasoning. Check for wheat-derived anti-caking agent on labels.
- ✓ Request the grill be cleaned prior to cooking your order.
- ✓ Avoid any rice pilaf or pita bread that may accompany the meat. Instead, opt for extra vegetables, plain rice, or a salad.

Brigadeiros: Dessert (sweetened condensed milk, cocoa powder, butter)

- ✓ Avoid brigadeiros containing crisppearls (a crunchy decorative dessert topping like jimmies that is made with round wheat flour toasted biscuits covered in chocolate).
- ✓ Ask about any cross-contact (i.e. other non-gluten free baked goods prepared on the same surface as brigadeiros).

Dishes/Ingredients to Avoid: Acarajé - black eyed pea and shrimp fritters (unless gluten-free flour is used and fried in a separate fryer), coxinha- fried dough filled with chicken, onion, ricotta cheese, and parsley (unless dough is made from gluten-free flour and fried in a separate fryer)

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Useful Words to Know in Brazilian Portuguese

Celiaco/a	Celiac
Para celiacos	For celiacs
Gluten	Gluten
Sem glúten	Without gluten
Trigo	Wheat
Alergia	Allergic
Dieta sem glúten	Gluten-free diet
Doença celíaca	Celiac disease

Manioc flour, casava flour, yucca flour, tapioca flour: All are derived from casava root and are gluten-free.

Flours should be labeled gluten-free, whenever possible, to avoid likely cross-contact.

If a utensil, preparation area, or cooking surface is used for foods that must be avoided, ask for it to be cleaned before cooking your meal. To be safe, ask staff to use disposable tin foil.

Chinese Dining: Gluten-Free

There are many ways to make your dining out experiences safe and enjoyable. Remember to always understand the menu, make special requests, and ask the wait staff questions.

When dining out at Chinese restaurants, what are some common menu items and how can you order them gluten-free?

Steamed Chicken/Shrimp or Seafood: Chicken, shrimp, or seafood usually steamed with aromatics or other ingredients

- ✓ Ensure the chicken or seafood is steamed in fresh water (not water used to cook wheat noodles). Ensure the other ingredients added to the water are gluten-free. If not, ask for it to be steamed in water only. Avoid the soy sauce (unless labeled gluten-free).

Egg Drop Soup: Beaten eggs in boiled chicken broth with condiments (pepper, scallions)

- ✓ Ensure it's prepared with corn starch or potato starch and not wheat flour. Ensure the chicken stock used to make the soup is fresh and not canned. Ask for fried wontons or fried noodles (often used to garnish) to be omitted.

Fried Rice: White rice, egg, scallions, carrots, and usually meat, pork, or tofu

- ✓ Ask for it to be made with labeled gluten-free soy sauce. Avoid fried tofu.

Steamed Vegetables: (usually called Vegetarian Delight) A variety of vegetables, mushrooms, bamboo, corn, pea pods, water chestnuts, etc.

- ✓ Ensure the vegetables are boiled or steamed in fresh water (not water used to cook wheat noodles).

Steamed Rice: white or brown rice steamed

- ✓ Make sure that the water used to steam the rice is fresh and steamed in a clean pot.

When dining at a Chinese restaurant, it is important to be aware of hidden sources of gluten. Most dishes and sauces contain soy sauce, which is brewed with wheat (unless it is labeled gluten-free).

Noodles: Some noodles may be made from 100% rice flour but some may also have wheat flour added, and are often prepared in soy sauce. Only select noodles made with 100% buckwheat flour if you can ensure they are labeled gluten-free.

Batter: Chicken, shrimp, and pork are frequently prepared in a wheat-based batter. Egg rolls and Crab Rangoon (crab puffs) may also be prepared with wheat flour. These items are also at risk for cross-contact due to shared fryer space with other gluten-containing items.

On The Menu	Why You Should Avoid It
Anything with the word "Teriyaki"	Soy sauce
Hot and Sour Soup	Soy sauce
Kung Pao Chicken/Seafood/Beef/etc.	Soy sauce
Mongolian Beef	Soy sauce
Fried Tofu	Fried in non-dedicated fryer

Dishes/Ingredients to Avoid or Request a Gluten-Free Substitution:

Avoid: soy sauce (unless labeled gluten-free), oyster sauce, hoisin sauce; dumplings, egg roll or wonton wrappers (made of wheat flour); chow mein, lo mein, or other noodles made of wheat. Ask if the dish has been prepared on a clean surface, in a clean pan, using fresh utensils. Ask for the specific ingredients used in each dish. Though cornstarch is generally used as a thickening agent for sauces, ask if wheat flour has been used. Check to make sure that there is no wheat flour in other spices used.

To avoid gluten, choose simply prepared dishes, such as steamed vegetables, poultry, meat, seafood, or tofu. Ask questions about how the food is prepared, and make sure that there are no hidden sources of gluten added to the dish. Make sure that the food is prepared on a clean surface, and cooked in a clean pan. Bring your own gluten-free soy sauce or other gluten-free sauces to add flavor to the dish.

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Bring your own salad dressing or dessert with you to the restaurant.

If a utensil, preparation area, or cooking surface is used for foods that must be avoided, ask for it to be cleaned before cooking your meal. To be safe, ask staff to use disposable tin foil.

Greek Dining with Celiac Disease

There are many ways to make your dining out experiences safe and enjoyable. Remember to always understand the menu, make special requests, and ask the wait staff questions.

When dining out at Greek restaurants, what are some common menu items and how can you order them gluten-free?

Greek Salad: Romaine lettuce, tomatoes, cucumbers, onion, olives, and feta cheese drizzled with a vinaigrette.

- ✓ Make sure vinaigrette is only olive oil and vinegar.
- ✓ Ask for no croutons.

Avgolemono: A smooth soup made with chicken, egg, lemon, and rice.

- ✓ Make sure no flour was used to thicken the soup.
- ✓ Ask about any seasonings used.

Dolmades: Grapevine leaves stuffed with rice and herbs.

- ✓ Ask about any seasoning used.
- ✓ Make sure the leaves are stuffed with rice and not with tabbouleh (a salad of bulgur wheat, mint, parsley, tomato and other fresh herbs, lemon, and olive oil).

Tzatziki: Strained yogurt, garlic, cucumber, olive oil, fresh dill and lemon juice

- ✓ Use as a dip for meats or vegetables.
- ✓ Ask about any additional seasoning used.

Souvlaki: Skewered and grilled lamb, pork, or goat. May be served with tomatoes, onions, and tzatziki sauce.

- ✓ Avoid the pita bread and rice pilaf (may contain orzo) and ask for extra vegetables and plain rice instead.
- ✓ Ask about any seasonings used.
- ✓ Ask to have the grill cleaned before cooking.

Papoutsakia: Baked eggplant stuffed with tomato and meat sauce and topped with béchamel sauce and cheese.

- ✓ Request no béchamel sauce (contains flour).
- ✓ Ask about any seasonings used.

Grilled Meats and Seafood: Grilled chicken, lamb, goat or a variety of seafood are often offered on the menu.

- ✓ Ask about any seasoning used.
- ✓ Request the grill be cleaned prior to cooking your order.
- ✓ Avoid any rice pilaf or pita bread that may accompany the meat. Instead, opt for extra vegetables, plain rice, or a salad.

Gigantes: Giant beans baked with tomato sauce and fresh herbs.

- ✓ Ask about any seasoning used.

Briam: Roasted eggplant, zucchini and potato with tomato sauce and traditionally seasoned with oregano, garlic, and onion.

- ✓ Ask about any seasoning mixes used on the vegetables.
- ✓ Ask about any additional ingredients the restaurant may use in their recipe.

Skordalia: Garlic and pureed potato that is eaten as a dip or side with meats or seafood

- ✓ Make sure it is not thickened with bread.
- ✓ Ask about any additional seasoning or ingredients used.
- ✓ Ask for cut vegetables rather than pita to dip in the skordalia

Greek Yogurt with Honey and Walnuts: Creamy and thick yogurt topped with honey and walnuts.

- ✓ Make sure all flavorings and add-ins are gluten-free.

Dishes/Ingredients to Avoid: Béchamel sauce (unless gluten-free thickener is used in place of flour), spanakopita (spinach pie made with phyllo dough), Moussaka (contains béchamel sauce), Pastitsio (Greek lasagna, contains béchamel sauce and lasagna noodles), Keftedes (Greek meatballs which may contain bread or breadcrumbs), Loucanico sausage (may contain hydrolyzed wheat protein or seasoning mixes), pasta (orzo or any other type), pita bread, dressings (unless just olive oil and vinegar), deep-fried foods (such as calamari) unless coating is gluten-free and has been fried in a dedicated gluten-free fryer, thickening agents (unless arrowroot or corn starch is used), Baklava or Kataifi (both made with phyllo dough).

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Indian Dining: Gluten-Free

There are many ways to make your dining out experiences safe and enjoyable. Remember to always understand the menu, make special requests, and ask the wait staff questions.

When dining out in Indian restaurants, what are some common menu items and how can you order them gluten-free?

Vegetable Pakoras: Deep fried fritters made of stir-fried vegetables, onions, and seasonings, coated in a chick pea batter. Served with sauces, chutneys, or Raita (a yogurt mixture with cilantro and cucumber)

- ✓ Ask if the pan used to fry the fritters is used to fry any wheat-containing products. Ensure that the chick pea batter does not contain wheat flour or other gluten containing flours. Ensure that sauces do not contain any gluten containing ingredients, such as wheat flour.

Chicken/Tofu/Shrimp Tikka or Tandoori: Marinated (spices and yogurt) chicken/tofu/shrimp skewered and roasted in a special oven

- ✓ Avoid spices and seasonings if wheat or wheat flour has been added to prevent caking.

Palaak Paneer: Diced homemade cheese cooked with spinach, butter, cream, and spices

- ✓ Avoid spices and seasonings if wheat or wheat flour has been added to prevent caking.

Gosht Tikka Masala: (any variety) Choice of meat/tofu cooked with tomato, yogurt, and spices

- ✓ Avoid spices and seasonings with wheat or wheat flour added to prevent caking. Ask if any wheat flour has been added to thicken the curry.

Chana Masala: Whole chick peas cooked with onions, tomatoes and a mixture of spices

- ✓ Avoid spices and seasonings with wheat or wheat flour added to prevent caking. Ask if any wheat flour has been added to thicken the curry.

Dahl Makhani: Whole lentils cooked with onions and spices, sauteed in butter

- ✓ Avoid spices and seasonings with wheat or wheat flour added to prevent caking.

Goshy Biryani: Choice of meat/vegetables stir-fried in saffron-cooked basmati rice with fresh herbs and ground spices

- ✓ Avoid spices and seasonings with wheat or wheat flour added to prevent caking.

Raas Malai: Homemade cheese patties, soaked in milk syrup, garnished with saffron and nuts

- ✓ Ensure that no wheat products were used to thicken the milk syrup.

Kheer/Pongul: Rice pudding cooked in sweetened milk, garnished with raisins, nuts, and saffron.

- ✓ Order as is.

Dishes/Ingredients to Avoid or Request a Gluten-Free Substitution:

Naan (wheat flatbreads), Parathas (stuffed flatbread), and Puris (fried flatbread) are made with wheat flour. Ask if any wheat based ingredients have been used to thicken sauces, spices, or curries. Avoid Gulab Jamun (a deep-fried dessert made of wheat flour and milk).

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Italian Dining with Celiac Disease

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When dining out at Italian restaurants, what are some common menu items and how can you order them gluten-free?

Fresh Mozzarella with Tomatoes and Basil: Fresh mozzarella cheese, ripe tomatoes, and fresh basil drizzled extra virgin olive oil and balsamic vinegar.

- ✓ Ensure vinaigrette is only olive oil and vinegar.

Prosciutto and Melon: Slices of melon wrapped in prosciutto.

- ✓ Ensure the prosciutto (or any cured meat) is not made with gluten containing ingredients; ask to see the ingredient label if the wait staff is unsure.

Mussels di Napoli: Mussels simmered with wine, garlic-butter, and onions

- ✓ Avoid broth made with beer, flour, or hydrolyzed wheat protein.

Roasted Branzino: Sea bass served whole or as a filet with olive oil, lemon, butter, and herbs.

- ✓ Ask if any broth is used in the preparation of the fish.
- ✓ Ask about any seasoning mixes used.

Shrimp Scampi: Large shrimp or prawns sautéed in olive oil, white wine, garlic, and lemon.

- ✓ Avoid shrimp that has been floured to hold the seasonings.
- ✓ If served over pasta, request gluten-free pasta cooked in fresh water in a clean pot.

Risotto: Creamy rice made with short grain or Arborio rice gently cooked in butter or oil, and broth.

- ✓ Avoid broth made with hydrolyzed wheat protein.
- ✓ Avoid risotto made from orzo instead of rice or with a flour thickener.

Gluten-Free Linguine Fra Diavolo: Gluten-free linguine pasta in a spicy seafood red sauce.

- ✓ Ensure the pasta is not boiled in fresh water in a clean pot.

- ✓ Ensure the sauce does not contain any broth, flour, or deep-fried seafood.

Chicken/Veal Piccata: Chicken breasts/veal cutlets dredged, pan fried, and served with a caper, lemon, and white wine sauce.

- ✓ Request the chicken/veal to not be dredged in flour, or request gluten-free flour.
- ✓ Avoid piccata sauce thickened with flour.

Chicken/Veal Marsala: Chicken breasts/veal cutlets dredged in flour, pan fried, and served with a mushroom and Marsala wine sauce.

- ✓ Request the chicken/veal to not be dredged in flour, or request corn starch.
- ✓ Avoid Marsala sauce thickened with flour (ask for gluten-free thickener as alternative).

Roasted or Steamed Vegetables: Vegetables roasted with herbs and garlic, or steamed.

- ✓ Ensure the steamed vegetables are not steamed over pots of boiling pasta.
- ✓ Ask about any seasoning mixes used on the vegetables.

Caesar Salad: Romaine lettuce, grated Parmesan, croutons and Caesar dressing

- ✓ Ensure Worcestershire or tamari sauce, and mustard are gluten-free. Avoid croutons.

Panna Cotta: Cold pudding made with sweetened cream and gelatin, often topped with a sauce and fresh fruit.

- ✓ Ensure wheat flour has not been added to the dessert.

Gelato: Creamy ice cream-like frozen dessert made with cream, milk, sugar, and flavorings.

- ✓ Ensure all flavorings and add-ins are gluten-free.
- ✓ Ask to have garnishes of cookies or dessert biscuits omitted.

Dishes to Avoid or Request a Gluten-Free Substitution: all pasta (penne, ravioli, gnocchi, etc.) unless gluten-free pasta is available; still advisable to ask whether separate water is used to prepare this pasta), bread, bruschetta, dressings unless just olive oil and vinegar, breadcrumbs, soups, deep-fried foods, croutons, pizza (ask for gluten-free crust, ask how gluten-free pizza is prepared [how toppings are added, separate pans, and separate pizza cutters]), meatballs (may contain bread or breadcrumbs), sausage (may contain hydrolyzed wheat protein or seasoning mixes), tiramisu, cheesecake, biscotti, and cannoli.

Always identify your needs. Consider carrying a gluten-free restaurant card.

Keep in mind that if a utensil, preparation area, or cooking surface is used for foods that need to be avoided, ask for it to be cleaned before cooking your meal. To be extra safe, ask for disposable tin foil to be used.

Japanese Dining: Gluten-Free

There are many ways to make your dining out experiences safe and enjoyable. Remember to always understand the menu, make special requests, and ask the wait staff questions.

When dining out at Japanese restaurants, what are some common menu items and how can you order them gluten-free?

Smoked Salmon Sushi Roll: Japanese sushi rice, rice wine vinegar, avocado, cucumber, smoked salmon, dried seaweed, soy sauce, wasabi (horseradish)

- ✓ Avoid the soy sauce (unless gluten-free) and check the wasabi for wheat as a filler. Ensure it is pure rice wine vinegar (not “seasoned”).

Sashimi: Maguro (tuna), Saba (Mackerel), Kajiki (swordfish) and Buri (yellowtail)

- ✓ Avoid the soy sauce (unless gluten-free) and check the wasabi (horseradish) for wheat as a filler.

Vegetarian Lettuce Wraps: 5 spice bean curd (tofu), cilantro, green onions, lime, minced vegetable sauce, mint, red onions, rice sticks, sesame oil, water chestnuts

- ✓ Ensure the vegetable sauce has not been thickened with flour.
- ✓ Check 5 spice bean curd for gluten. Avoid soy sauce (unless gluten-free).

Grilled Tofu: Curd made from mashed soybeans, served cooked; can also be served chilled with soy sauce and diced scallions

- ✓ Ask for it cooked on a clean grill without soy sauce (unless gluten-free). Order with white rice, steamed vegetables, and gluten-free peanut sauce.

Miso Soup: Tofu, scallions, miso paste, wakame (seaweed), mushrooms, sesame oil, dashi (fish stock)

- ✓ Choose soy miso paste; avoid barley miso paste. Fish stock is typically gluten-free.

Shioyaki: Broiled fish with light salt: yellowtail, salmon, tuna, scallops, and vegetables

- ✓ Order with white or brown rice and steamed vegetables. Avoid soy sauce (unless gluten-free).

Seaweed Salad: Seaweed, rice vinegar, soy sauce, sesame oil, sugar, ginger

- ✓ Avoid soy sauce (unless gluten-free). Ensure rice vinegar is plain, not “seasoned.”

Maki: (wrapped rolls) Alaskan, Philadelphia, California (crab), Tekka (tuna), etc.

- ✓ Avoid tempura, eel (marinated in soy sauce), soy sauce (unless gluten-free), wasabi (if thickened with flour). Avoid artificial crab (contains wheat starch) and ask for real crab in the California roll.

Seared Tuna: Seared tuna (or other fish) with mesclun greens

- ✓ Ask for tuna (or other fish) to be seared on a grill that has been thoroughly cleaned of marinades or gluten.

Edamame: Boiled soybeans with salt

- ✓ Order as is.

Dishes/Ingredients to Avoid or Request a Gluten-Free Substitution:

Teriyaki, Tempura, Katsu (fried food), rice seasoned with seasoned rice vinegar (choose plain rice or rice with plain rice vinegar), Eel (marinated in soy sauce), Soba noodles (if made with wheat), wasabi (unless freshly grated), soy sauce (unless gluten-free), fish sauce (if it contains wheat), Surimi (imitation crab meat which contains wheat starch), crab stick, Udon (if it contains wheat)

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Korean Dining: Gluten-Free

There are many ways to make your dining out experiences safe and enjoyable. Remember to always understand the menu, make special requests, and ask the wait staff questions.

When dining out at Korean restaurants, what are some common menu items and how can you order them gluten-free?

Bulgogi: Thinly sliced beef made in a savory sweet sauce, typically served with banchan, kimchi, and rice. The meat and toppings are often eaten in a lettuce wrap.

- ✓ The marinade for the beef is often made with soy sauce. Ensure that gluten-free soy sauce is being used.

Bibimbap: This means “mixed rice.” Rice, meat, fried egg, with various fresh and fermented vegetables.

- ✓ Bibimbap is often made with gochujang, a spicy paste which can contain wheat or barley. Ask your restaurant to use a gluten-free gochujang or ask for a chili sauce alternative.

Korean BBQ: In some Korean restaurants, you can cook your own meat and vegetables at the tableside!

- ✓ Make sure the cooktop is thoroughly cleaned. Some of the Korean BBQ meats are marinated in gluten-containing sauces. Request the un-marinated meats and a gluten-free sauce, like sesame garlic sauce, for added flavor.

Cucumber Salad: Cucumber, rice vinegar, sugar, Korean chili powder, sesame seeds, sesame oil, and green onion.

- ✓ Avoid if made with soy sauce.
- ✓ Ensure the rice vinegar is not seasoned rice vinegar. Plain rice vinegar is gluten-free.

Kimchi: A staple in Korean dishes. Made with Napa cabbage, carrots, daikon radish, ginger, garlic, onion, Korean chili flakes, sugar, and fish sauce.

- ✓ Gochujang, which can contain wheat or barley, may be used in place of Korean chili flakes. Ensure gochujang was not used.

When dining at a Korean restaurant, it is important to be aware of hidden sources of gluten. Some dishes and sauces contain soy sauce and gochujang (a spicy paste used in Korean cooking), which are made with wheat or barley (unless they are labeled gluten-free).

Noodles: A popular noodle used in Korean dishes is Dangmyeon, made from sweet potato starch. However, there are other popular noodles made from wheat including Guksu, Kalguksu, and Ramyeon. Only select noodles made with 100% sweet potato starch, 100% buckwheat flour, or 100% rice flour if you can ensure they are labeled gluten-free.

Dishes/Ingredients to Avoid or Request a Gluten-Free Substitution:

Avoid: soy sauce (unless labeled gluten-free), gochujang (unless labeled gluten-free); Korean fried chicken coated in wheat flour and other noodles made of wheat. Ask if the dish has been prepared on a clean surface, in a clean pan, using fresh utensils. Ask for the specific ingredients used in each dish. Though cornstarch is generally used as a thickening agent for sauces, ask if wheat flour has been used. Check to make sure that there is no wheat flour in other spices used.

To avoid gluten, choose simply prepared dishes, such as steamed vegetables, poultry, meat, seafood, or tofu. Ask questions about how the food is prepared, and make sure that there are no hidden sources of gluten added to the dish. Make sure that the food is prepared on a clean surface, and cooked in a clean pan. Bring your own gluten-free soy sauce or other gluten-free sauces to add flavor to the dish.

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Bring your own salad dressing or dessert with you to the restaurant.

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Mexican Dining: Gluten-Free

There are many ways to make your dining out experiences safe and enjoyable. Remember to always understand the menu, make special requests, and ask the wait staff questions.

When dining out in Mexican restaurants, what are some common menu items and how can you order them gluten-free?

Nachos: Fried tortilla chips topped with cheese, refried beans, chili, lettuce, tomatoes, onions, salsa, olives, sour cream, and guacamole (see next item)

- ✓ Request 100% corn chips (preferably labeled gluten-free) from a dedicated gluten-free fryer or bring your own gluten-free chips. Avoid chili if thickened with flour; avoid refried beans if thickened with flour and ask for plain pinto or black beans. Avoid guacamole if it is thickened with flour.

Guacamole: Mashed avocado with chopped onions, tomato, garlic, spices and seasonings, served as a topping or a dip for tortilla chips

- ✓ Avoid spices and seasonings with wheat or wheat flour added to prevent caking. Ask for 100% corn chips (preferably labeled gluten-free) from a dedicated gluten-free fryer or bring your own gluten-free chips.

Enchilada: Soft corn tortilla filled with cooked beef, chicken, or cheese, topped with tomato sauce

- ✓ Ask for 100% corn tortilla (preferably labeled gluten-free) and plain (unmarinated) grilled or baked chicken breast slices. If tomato sauce is thickened with flour, substitute salsa. Avoid spices and seasonings with wheat or wheat flour added to prevent caking.

Quesadilla: Fried or toasted flour tortilla with melted cheese, topped with lettuce, tomatoes, sour cream, guacamole (see above), and salsa

- ✓ Ask for a 100% corn tortilla (preferably labeled gluten-free) to be toasted in tin foil.

Taco: Folded corn tortilla filled with spicy ground cooked chicken or beef, beans, cheese, lettuce, tomatoes.

- ✓ Ask for a 100% corn tortilla (preferably labeled gluten-free) to be toasted in tin foil. Ask for plain ground cooked chicken or beef. Make sure beans are not thickened with flour.

Fajita: Grilled chicken, lean beef, shrimp, or combination with grilled onions and peppers, served with lettuce, tomato, and salsa

- ✓ Ask for a very well cleaned fajita skillet or an alternative cooking method, such as broiling.
- ✓ Avoid spices and seasonings with wheat or wheat flour added to prevent caking.

Chiles rellenos: Green peppers stuffed with cheese, tomatoes, and chilies and fried or baked

- ✓ Request that it is baked in tin foil. Avoid spices and seasonings with wheat or wheat flour added to prevent caking.

Huevos rancheros: Fried tortillas topped with fried eggs, salsa, and cheese

- ✓ Request a 100% corn tortilla (preferably labeled gluten-free) to be heated in tin foil or fried in a dedicated gluten-free fryer. Request poached (in water only) or scrambled eggs or eggs fried in their own pan.

Taco Salad: Served on tortilla chips filled with lettuce, tomato, onions, cooked spicy chicken, beef or chili, topped with cheese, olives, sour cream, guacamole (see above) and salsa

- ✓ Request 100% corn tortilla chips (preferably labeled gluten-free) heated in tin foil or fried in a dedicated gluten-free fryer). Avoid chili if it contains wheat flour or other gluten containing ingredients. Avoid spices and seasonings with wheat or wheat flour added to prevent caking.

Refried Beans and Mexican Rice: Pureed or mashed pinto beans, fried in lard or vegetable oil with white rice, browned and cooked with sautéed onions, tomatoes, garlic, peppers, and seasonings

- ✓ Ensure beans are not thickened with flour. Ask for plain rice (not pilaf). Avoid spices and seasonings with wheat or wheat flour added to prevent caking.

Dishes/Ingredients to Avoid or Request a Gluten-Free Substitution:

Request 100% corn chips and corn tortillas (preferably labeled gluten-free) fried in a dedicated gluten-free fryer, heated in tin foil, warmed in a clean pan, or bring your own. Ensure that 100% corn chips are not dusted with flour. Avoid taco salad shells (made from wheat tortillas), and burritos (choose a “burrito bowl” without the flour tortilla). Ensure sauces are not thickened with wheat flour; substitute lime juice, salsa, or guacamole.

Always identify your needs. Consider carrying a [gluten-free restaurant card](#) in different languages or a [gluten-free restaurant card in English](#).

Bring your own salad dressing or dessert with you to the restaurant.

If a utensil, preparation area, or cooking surface is used for foods that must be avoided, ask for it to be cleaned before cooking your meal. To be safe, ask staff to use disposable tin foil.

Middle Eastern Dining: Gluten-Free

There are many ways to make your dining out experiences safe and enjoyable. Remember to always understand the menu, make special requests, and ask the wait staff questions.

When dining out at Middle Eastern restaurants, what are some common menu items and how can you order them gluten-free?

Shish Kebab: Skewered and grilled cubes of meat, usually beef, chicken, or lamb:

- ✓ Ask if the meat can be cooked on a separate, clean grill. Order with a side of plain rice or vegetables. Avoid any pita bread or bulgur (cracked wheat) on the side.

Shawarma: Sliced meat, usually beef, chicken, or lamb, that is stacked and roasted with spices on a vertical rotisserie or spit:

- ✓ Order with a side of plain rice or vegetables. Avoid any pita bread or bulgur.

Falafel: Deep-fried, ball-shaped fritters made from chickpeas and fresh herbs:

- ✓ Traditionally made with gluten free ingredients, but ask if there is any wheat flour in the falafel mix. Ensure oil isn't used to fry any gluten-containing foods like pita. Order with a side of plain rice or vegetables instead of in a pita.

Hummus: Dip made with cooked chickpeas, tahini, oil, lemon juice, and garlic:

- ✓ Order without pita bread. Ask for vegetables for dipping.

Shakshuka: Eggs poached in tomato sauce with onions, peppers, garlic, and spices:

- ✓ Ask it to be served without pita bread.

Grilled Halloumi: Grilled sheep's or goat's milk cheese that is semi-hard and unripened:

- ✓ Ask if it can be cooked on a separate, clean grill.

Baba Ganoush: Dip made with eggplant, olive oil, lemon juice, garlic, and often tahini:

- ✓ Order without pita bread. Ask for vegetables for dipping.

Dolma: Grapes leaves stuffed with rice or ground meat:

- ✓ Ask if they have been stuffed with bulgur.

Labneh: Dip made of strained yogurt often garnished with olive oil and spices:

- ✓ Order without pita bread. Ask for vegetables for dipping.

Desserts: Rice pudding (riz bi haleeb), milk pudding (malabi, muhallebi), ice cream (pistachio, saffron, rose or orange water).

- ✓ Ensure no semolina (wheat) has been used in the puddings. Avoid desserts with phyllo dough, cookies and cakes.

Dishes/Ingredients to Avoid or Request a Gluten-Free Substitution: Pita bread, bulgur, tabbouleh (made with bulgur), baklava (contains phyllo dough), fattoush (contains pita), kofta (ask if it contains bulgur or bread), muhammara (may contain breadcrumbs), halva (may contain wheat flour).

Always identify your needs. Consider carrying a gluten-free restaurant card in different languages or a gluten-free restaurant card in English.

Bring your own salad dressing, bread or dessert with you to the restaurant.

If a utensil, preparation area, or cooking surface is used for foods that must be avoided, ask for it to be cleaned before cooking your meal. To be safe, ask staff to use disposable tin foil.

Spanish Dining with Celiac Disease

There are many ways to make your dining out experiences safe and enjoyable. Remember to always understand the menu, make special requests, and ask the wait staff questions.

When dining out at Spanish restaurants, what are some common menu items and how can you order them gluten-free?

Ensalata: Salad

- ✓ Rusa: Salad with egg, potato, olives, tuna, and mayo (plain mayo is ok).
- ✓ Mixta: mixed salad with lettuce, tomatoes, olives, tuna, hard boiled eggs.

Paella: A traditional rice-based dish originating from the Valencia region of Spain.

- ✓ Ensure any seasonings do not contain wheat flour.
- ✓ Ensure there is no cross-contact with gluten-containing foods and kitchen oven and cookware used to prepare paella.

Patatas Bravas: A tapas dish of spicy fried potatoes.

- ✓ Ensure a dedicated fryer is used to make the patatas.
- ✓ Ensure any seasonings do not contain wheat flour.

Gambas al Ajillo: A tapas dish of fried garlic shrimp in olive oil.

- ✓ Ensure a dedicated fryer is used to make the patatas.
- ✓ Ensure any seasonings do not contain wheat flour.

Pulpo Gallego: A tapas dish of grilled octopus.

- ✓ Ensure grill has no cross-contact and has been cleaned.
- ✓ Ensure any seasonings do not contain wheat flour.

Tarta de Santiago: Traditional cake dessert made of almond flour, Crema Catalina (milk, citrus peel, cinnamon, egg yolks).

- ✓ Ensure any seasonings do not contain wheat flour.

- ✓ Ensure there is no cross-contact with gluten-containing foods and kitchen oven and cookware used to prepare dessert.

Sangria: Alcoholic drink that is typically gluten-free.

Useful Words to Know in Spanish

Soy Celiaco/a	I have Celiac disease
Para celiacos	For celiacs
Gluten	Gluten
Sin gluten	Without gluten
Trigo	Wheat
Alergia	Allergic
Dieta sin glúten	Gluten-free diet
No puedo comer gluten	I cannot eat gluten
¿ Tiene opciones sin gluten?	Do you have gluten free options?

Dishes/Ingredients to Avoid: Gazpacho (unless gluten-free thickener is used in place of bread), marinara sauces (often made with flour or bread), Fish like hake or squid that are battered and fried (merluza rebozada (breaded white fish) or calamares a la romana (fried squid) unless coating is gluten-free and has been fried in a dedicated gluten-free fryer, thickening agents (unless arrowroot or corn starch is used), pasta (orzo or any other type), dressings (unless just olive oil and vinegar), pastelitos (pastries) typically made with wheat flour unless stated they are made with gluten-free flour, empanadas (fried or baked crescent moon-shaped pastry) made with wheat flour unless stated they are made with gluten-free flour.

Always identify your needs. Consider carrying a [gluten-free restaurant card](#) in different languages or a [gluten-free restaurant card in English](#).

If a utensil, preparation area, or cooking surface is used for foods that must be avoided, ask for it to be cleaned before cooking your meal. To be safe, ask staff to use disposable tin foil.

Thai Dining: Gluten-Free

There are many ways to make your dining out experiences safe and enjoyable. Remember to always understand the menu, make special requests, and ask the wait staff questions.

When dining out at Thai restaurants, what are some common menu items and how can you order them gluten-free?

Pad Thai: Rice noodles stir-fried with Pad Thai peanut sauce, chicken, shrimp, egg, bean sprouts, and scallion, and topped with ground peanuts

- ✓ Ensure that the noodles and peanut sauce (no oyster sauce, no soy sauce [unless gluten-free]) are gluten-free. Avoid fish sauce if it contains wheat.

Bean Thread Noodles: Bean thread noodles are thin, transparent noodles made from ground mung beans (small, khaki-green legumes).

- ✓ Ensure that the noodles are gluten-free and that the sauce is not thickened with flour. Avoid soy sauce (unless gluten-free) and oyster sauce. Avoid fish sauce if it contains wheat.

Thai Fried Rice: Fried rice with Thai vegetables and a choice of chicken, pork or shrimp

- ✓ Request that the pan used to fry the rice is not used to fry anything with wheat. Avoid soy sauce (unless gluten-free) and oyster sauce. Avoid fish sauce if it contains wheat.

Tofu: Curd made from mashed soybeans, served chilled or cooked in dishes

- ✓ Request it on a clean grill without soy sauce (unless gluten-free). Order with plain rice, steamed vegetables, and gluten-free peanut sauce

Miso Soup: Tofu, scallions, miso paste, seaweed, mushrooms, sesame oil, fish stock

- ✓ Choose soy miso paste; avoid barley miso paste. Fish stock is typically gluten-free.

Thai Green Salad: Fresh lettuce, tomato, cucumber and red onion with Thai peanut dressing

- ✓ Ask if the Thai peanut dressing contains soy sauce. If so, avoid (unless gluten-free) and ask for a sprinkle of peanuts and lemon juice.

Thai Curry: Typically, green curry paste is made by blending ingredients including shallots, green chilies, garlic, blue ginger, turmeric, shrimp paste and salt and served over rice.

- ✓ Ensure that the curry is thickened with milk, not flour.

Peanut Satay: Skewers of chicken, shrimp or beef often marinated in coconut milk with peanut sauce for dipping

- ✓ Ensure that the peanut sauce does not contain oyster sauce, fish sauce (if wheat based), or soy sauce (unless gluten-free).

Coconut or Green Tea Ice Cream: Milk, juice of coconut or green tea, sugar, cream

- ✓ Check if it contains wheat flour as a thickener.

Dishes/Ingredients to Avoid or Request a Gluten-Free Substitution: Teriyaki, deep fried foods, such as Thai fried banana, seasoned rice, soba noodles (if made with wheat), soy sauce (unless gluten-free), fish sauce (if it contains wheat), oyster sauce, and brown gravy (usually thickened with flour).

Always identify your needs. Consider carrying a gluten-free restaurant card in different languages or a gluten-free restaurant card in English.

Bring your own salad dressing or dessert with you to the restaurant.

If a utensil, preparation area, or cooking surface is used for foods that must be avoided, ask for it to be cleaned before cooking your meal. To be safe, ask staff to use disposable tin foil.
