

## Special Diet Request Form

Name: \_\_\_\_\_ Gender: M / F

Age: \_\_\_\_

Contact Details: \_\_\_\_\_

Please tick **all relevant** boxes:

Are your dietary requirements:

- Critical (life threatening)
- Serious (non life threatening but medically relevant)
- Lifestyle choice
- Are products labeled "may contain traces of" acceptable for you? **Y / N** (Please circle)

I have an allergy/intolerance to:

<input type="checkbox"/> <b>Gluten</b> <input type="checkbox"/> Barley <input type="checkbox"/> Rye <input type="checkbox"/> Oats <input type="checkbox"/> Wheat	<input type="checkbox"/> <b>Dairy</b> <input type="checkbox"/> Lactose <input type="checkbox"/> Milk Solids <input type="checkbox"/> Whey/powder <input type="checkbox"/> Casien/ate	<input type="checkbox"/> <b>Meats</b> <input type="checkbox"/> Beef <input type="checkbox"/> Lamb <input type="checkbox"/> Chicken <input type="checkbox"/> Pork <input type="checkbox"/> /products
<input type="checkbox"/> <b>Egg</b> <input type="checkbox"/> Whole Egg <input type="checkbox"/> In Baking	<input type="checkbox"/> <b>Nuts</b> <input type="checkbox"/> Peanuts <input type="checkbox"/> Treenuts	<input type="checkbox"/> <b>Fish</b> <input type="checkbox"/> <b>Shellfish</b>
<input type="checkbox"/> <b>Sugar</b> <input type="checkbox"/> Fructose <input type="checkbox"/> Sugar Substitutes	<input type="checkbox"/> <b>Miscellaneous</b> <input type="checkbox"/> Garlic <input type="checkbox"/> Rice <input type="checkbox"/> Corn <input type="checkbox"/> Fat	<input type="checkbox"/> <b>Salicylates</b> <input type="checkbox"/> Tomatoes <input type="checkbox"/> Onions <input type="checkbox"/> Capsicum <input type="checkbox"/> Oranges <input type="checkbox"/> Berries <input type="checkbox"/> Spices <input type="checkbox"/> Other high salicylate foods
<input type="checkbox"/> <b>Preservatives</b> <input type="checkbox"/> <b>Artificial Colours</b> <input type="checkbox"/> <b>Artificial Flavours</b>	<input type="checkbox"/> <b>Soy</b>	

**Other (please specify)?**

\_\_\_\_\_

\_\_\_\_\_

**NB.** Please note that while all reasonable care and communication in relation to the production of safe meals will be undertaken, our kitchen and products from our kitchen are not guaranteed to be 100% allergy free. Hosanna Farmstay reserves the right to choose which meals it will prepare. All guests eat at their own risk.