



Avoiding Gluten

PROGRAM

What is Gluten

Gluten is the protein found in wheat, rye, barley and often oats due to cross-contact. People with Celiac Disease and gluten sensitivity or intolerance must avoid eating gluten (by following a gluten-free diet) in order to stay healthy

Why does FLIK not label “Gluten Free”?

In order to set a standard for foods marketed to customers avoiding gluten, the term “gluten-free” has been legally defined by the FDA as having less than a certain amount of gluten (<20ppm). In our open kitchen settings, the risk of cross-contact from other gluten-containing foods means that we cannot safely claim that any food we handle meets this “gluten free” definition. To clearly and safely communicate about foods prepared without gluten-containing ingredients, we offer the Avoiding Gluten? program.

Which choices are part of Avoiding Gluten?

Look for menu items with the Avoiding Gluten? icon. These items are prepared without gluten-containing ingredients; however, we cannot guarantee these dishes are “gluten free”.

Questions?

Contact your chef or manager or Registered Dietitian