

Allergies & Dietary requirements

The urban element and Saint Paul University

We understand that some people in your group may have specific allergies or dietary requirements. Please use the attached document to fill in the names of all affected parties in your group and list their requirements. We do have certain limitations regarding what can be accommodated, so please read this document prior to filing out the form.

Our kitchen **can** accommodate the following requirements:

Food allergies: nuts, eggs, soy, shellfish, etc	Celiac (gluten-free)	Lactose-free (dairy free)
Vegetarian (no meat or fish)	Vegan (no animal products)	pork-free or beef-free

***Please note that our kitchen is not completely free from the allergens listed, but we make every effort to respect the exclusions listed in the dishes we provide. Please don't take a chance if you have any doubt about one of our products.**

Our kitchen **cannot** accommodate the following requirements:

*although many of our products may meet these needs already...

- Kosher or Halal
- Diabetic
- Individual food preferences (ex: does not like mushrooms, non-spicy)
- Therapeutic diets (ex: low-fat, low-sodium, less grains)

Allergy = EPIPEN

Intolerance = Digestive discomfort

