

## Good day!

I have several food allergies and would like to know if it is possible to adapt the menu accordingly.

I am allergic to:

I have celiac disease and cannot tolerate cross-contamination.

I do not have celiac disease, but I cannot tolerate gluten. In this case, I do tolerate cross-contamination.

(I have celiac disease and **cannot** tolerate cross-contamination.)

 Milk proteins (including cheese, butter, and milk from animals such as cow, buffalo, goat, and sheep)

 Shellfish and mollusks, including: shrimp, lobster, crab, langoustine, mussels, sea snails, and squid/octopus

 Gluten (oats, wheat, barley, and rye)

 Nuts (walnuts, hazelnuts, almonds, cashews, pistachios)

 Fish

 Soy

 Eggs

 Peanuts

WWW.TRAVELHEDGE.NO

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