



Maltese Gluten Free Restaurant Card

Jiena ghandi tip ta' allergija li tissejjah "Coeliac Disease" u jinhtieg li nzomm dieta stretta minghajr "gluten" lijinsab fid-dqiq.

Ghalhekk, jaghmilli harin hafna jekk niekol ikel ii fih id-dqiq maghmul millqamh, xghir, u hafur.

Dan l-ikel ghandu dqiq jew frak li gej mill-qamh, xghir jew hafur? Jekk ghandek l-icken dubju dwar x'fih dan l-ikel, jekk joghgbok ghidli.

Nista niekol ross, qamhirrum, patata, kul tip ta' haxix u frott, bajd, gobon, halib, laham u hut - basts mhumie ximsajrin bid-dqiq, "batter", frak tal-hobz jew xi zalza jew "gravy" li fihom id-dqiq. **Jekk joghgbok zommli dal-hobz specjali gol-"fridge". Minghajr zalzajew "gravy", jekk joghgbok. Jien ghandi allergija ghad-dqiq. Jekk joghgbok tista tistaqsi lil-kok biex jikkorrferma li l-ikel li ordnajt m'ghandux dqiq.**

Grazzi ta' l-ghajnuna.

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