



gluten free  
restaurant cards

As Europe's favourite in gluten free we've asked our friends overseas to assist with some common phrases in popular holiday destinations. And if your accent needs a little... je ne sais quoi, why not visit [www.schaer.com/goingawayglutenfree](http://www.schaer.com/goingawayglutenfree) to hear audio versions.

As well as what to ask the waiter, we have a handy app and tool on our website where you can search for places to eat shop and stay gluten free – world-wide. Simply search by selecting **stores**, **eat** or **travel** and type in your destination.

**Happy holidays!**  
**Schär - best in gluten free**

Download the free  
**Schär Gluten Free app now!**



**Audio versions**



# German



I have coeliac disease and I am intolerant to gluten, do you have anything that's gluten free?  
Ich habe Zöliakie und eine Glutenunverträglichkeit. Haben Sie etwas, das glutenfrei ist?

What gluten free options would you recommend?  
Welche glutenfreien Optionen würden Sie empfehlen?

I have Coeliac Disease and follow a gluten free diet – which menu options can I have?  
Ich habe Zöliakie und ernähre mich glutenfrei – welche Menüoptionen kann ich wählen?

Do you know if the pizza is gluten free?

Wissen Sie, ob die Pizza glutenfrei ist?

I follow a gluten free diet, which restaurant would you recommend? Ich ernähre mich glutenfrei, welche Restaurants würden Sie mir empfehlen?

Does this food contain wheat or gluten?

Enthalten die Speisen Weizen oder Gluten?

Is there a gluten free option? Gibt es eine glutenfreie Option?

know... Did you

*The average length of time for someone to be diagnosed with coeliac disease in the UK is 13 years*

# Spanish



I have coeliac disease and I am intolerant to gluten, do you have anything that's gluten free?  
Padezco la enfermedad celíaca y soy intolerante al gluten, ¿tiene algo que no contenga gluten?  
What gluten free options would you recommend?  
¿Qué opciones sin gluten me recomienda?  
I have Coeliac Disease and follow a gluten free diet – which menu options can I have?  
Padezco la enfermedad celíaca y sigo una dieta sin gluten, ¿qué opciones del menú me recomienda?

Do you know if the pizza is gluten free?

¿Sabe si la pizza contiene gluten?

I follow a gluten free diet, which restaurant would you recommend? Sigo una dieta sin gluten, ¿qué restaurante me recomienda?

Does this food contain wheat or gluten?

¿Este alimento contiene gluten o trigo?

Is there a gluten free option?

¿Tienen algo que no contenga gluten?

know... **Did you**

*A third of UK adults say they have had IBS which is over 16 million people*

# French



I have coeliac disease and I am intolerant to gluten, do you have anything that's gluten free?  
Je souffre de la maladie coéliquaue et je suis intolérant au gluten, avez-vous des options sans gluten ?  
What gluten free options would you recommend?  
Quels plats sans gluten recommanderiez-vous ?  
I have Coeliac Disease and follow a gluten free diet – which menu options can I have?  
Je souffre de la maladie coéliquaue et je suis un régime sans gluten, quels plats de la carte puis-je choisir ?

Do you know if the pizza is gluten free?

Savez-vous si la pizza contient du gluten ?

I follow a gluten free diet, which restaurant would you recommend?

Je suis un régime sans gluten, quel restaurant me conseillez-vous ?

Does this food contain wheat or gluten?

Ce plat contient-il du blé ou du gluten ?

Is there a gluten free option?

Existe-t-il une option sans gluten ?

know... **Did you**

*Incidence of coeliac disease is  
3x higher in women than men*



# Polish



I have coeliac disease and I am intolerant to gluten, do you have anything that's gluten free?

Mam celiakię i nie toleruję glutenu, czy macie coś bezglutenowego?

What gluten free options would you recommend?

Jakie opcje bezglutenowe moglibyście polecić?

I have Coeliac Disease and follow a gluten free diet – which menu options can I have?

Mam celiakię i jestem na diecie bezglutenowej – jakie mam opcje menu do wyboru?

Do you know if the pizza is gluten free?

Czy wiecie, czy ta pizza jest bezglutenowa?

I follow a gluten free diet, which restaurant would you recommend? Jestem na diecie bezglutenowej, jaką restaurację moglibyście polecić?

Does this food contain wheat or gluten?

Czy ta potrawa zawiera pszenicę lub gluten?

Is there a gluten free option?

Czy jest opcja bezglutenowa?

know... **Did you**

*There is 1 in 10 chances of a close relative developing coeliac disease if someone in the family suffers with the condition*

# Italian



I have coeliac disease and I am intolerant to gluten, do you have anything that's gluten free?

Soffro di celiachia e sono intollerante al glutine, ha qualcosa che sia senza glutine?

What gluten free options would you recommend?

Quali opzioni senza glutine mi può raccomandare?

I have Coeliac Disease and follow a gluten free diet – which menu options can I have?

Soffro di celiachia e seguo una dieta senza glutine – quali opzioni di menù posso avere?

Do you know if the pizza is gluten free?

Sa se la pizza è senza glutine?

I follow a gluten free diet, which restaurant would you recommend? Seguo una dieta senza glutine; quale ristorante mi può consigliare?

Does this food contain wheat or gluten?

Questo alimento contiene grano o glutine?

Is there a gluten free option?

Ci sono opzioni senza glutine?

know... Did you

*Symptoms can vary from diarrhoea, stomach pain, lethargy, anaemia, depression to neurological problems and mouth ulcers*

# Turkish



I have coeliac disease and I am intolerant to gluten, do you have anything that's gluten free?

Çölyak hastasıyım ve glütten intoleransım var, glütensiz bir ürününüz var mı?

What gluten free options would you recommend?

Hangi glütensiz ürünleri önerirsiniz?

I have Coeliac Disease and follow a gluten free diet – which menu options can I have? Çölyak hastasıyım ve glütensiz bir diyet uygulamam gerekiyor - menüdeki hangi ürünler benim için uygun?

Do you know if the pizza is gluten free?

Pizzanın glütensiz olup olmadığını biliyor musunuz?

I follow a gluten free diet, which restaurant would you recommend? Glütensiz bir diyet uyguluyorum, hangi restoranı önerirsiniz?

Does this food contain wheat or gluten?

Bu yiyecek buğday ya da glüten içeriyor mu?

Is there a gluten free option?

Glütensiz bir seçenek var mı?

know... Did you

*1 in 4 people with coeliac disease were previously diagnosed with IBS. if in doubt, rule it out!*

# Portu guese



I have coeliac disease and I am intolerant to gluten, do you have anything that's gluten free?  
Sofro de doença celíaca e sou intolerante a glúten, você tem algo que seja livre de glúten  
What gluten free options would you recommend?  
Que opções livre de glúten você recomendaria?  
I have Coeliac Disease and follow a gluten free diet – which menu options can I have?  
Sofro de doença celíaca e tenho uma dieta alimentar livre de glúten, que opções de menu você tem para oferecer?

Do you know if the pizza is gluten free?

Você saberia dizer se a pizza é sem glúten?

I follow a gluten free diet, which restaurant would you recommend? Eu faço uma dieta livre de glúten, que restaurantes você recomenda?

Does this food contain wheat or gluten?

Essa comida contém glúten ou trigo

Is there a gluten free option?

Tem alguma opção sem glúten

know... **Did you**

*A Low Fodmap diet may help improve symptoms in up to 75% of people with IBS. Visit [IBStummies.co.uk](http://IBStummies.co.uk) to find out more*



## Contact us

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**For anything else –**

Our friendly Freephone customer careline is open 10am-5pm every weekday, call us on 0800 161 5838, or alternatively email us at [share@schar.co.uk](mailto:share@schar.co.uk)

**Sign up at [www.schar.co.uk](http://www.schar.co.uk)**