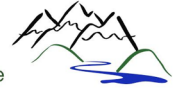


FOOD ALLERGY GUIDE

Golden Bell

A Mountaintop Experience



Thank you for choosing Golden Bell Camp and Conference Center! We look forward to you joining us and want to make your stay as comfortable as possible. Our meals are typically served buffet-style. We try to provide balanced meals represented by the four basic food groups (dairy, protein, vegetables/fruits, and whole grain), and we do our best to accommodate the major food allergies/preferences (nut, gluten, dairy, and vegetarian).

If you have food allergies or food intolerances, please fill out the following information and return a scan to the Kitchen Services Team **ten days prior to your visit**. When it comes to some of the more in-depth allergies and dietary restrictions (preservative/additive allergies, elimination diets, etc.), we are unable to guarantee that you will not encounter trace amounts of allergens in our food. Therefore, please plan to bring some food in order to supplement your dietary needs; we do provide a guest refrigerator to further facilitate your needs. Please note that we are unable to accommodate the variety of dietary preferences and weight loss diets

Thank you!

Please fill out the following and return ten days prior to your visit to chef@goldenbellrocks.com.

GROUP NAME: _____ ARRIVAL DATE: _____

I AM ALLERGIC / INTOLERANT TO: _____ NAME: _____

Tree Nuts and/or Peanuts

AGE IF 18 AND UNDER: _____

Severity (Please Circle): Ingest / Inhale / On Contact

Vegetarian (Please Circle): Yes / No

Describe: _____

Gluten

Severity (Please Circle): Ingest / Inhale / On Contact

Describe: _____

Dairy

Severity (Please Circle): Ingest / Inhale / On Contact

Describe: _____

Other

Severity (Please Circle): Ingest / Inhale / On Contact

Describe: _____

Please be advised that food prepared at Golden Bell Camp and Conference Center may contain these ingredients: dairy, eggs, wheat, soybean, peanuts, tree nuts, fish, and shellfish.