

Dear Chef...

I have been diagnosed with multiple sclerosis and what I eat is vital for my health.

My dietary requirements are very precise and I can only eat certain foods. Can you please help me by advising what I can eat from your menu or suggesting any dishes that can be modified?

Attached is a simple list of foods that I **CAN** and **CANNOT** eat.

I am sorry to cause any inconvenience. Please do not hesitate to come out and talk to me if you are uncertain or unable to help.

Thank you,
Your Hungry Customer

Must NOT contain

- ✗ Meat
- ✗ Dairy: *Butter, margarine, milk, cheese, ice-cream*
- ✗ Egg yolk
- ✗ Oils: *Except for extra virgin olive oil*
- ✗ Coconut or coconut products
- ✗ Anything fried or deep fried
- ✗ Chocolate

CAN contain

- ✓ Fish, inc shellfish: *Boiled, grilled, baked*
- ✓ Vegetables & green leaves: *Raw, boiled, steamed or baked without oil*
- ✓ Salad: *Tomato, pepper, cucumber, celery*
- ✓ Grains: *Wheat, couscous, rice, quinoa, barley, legumes, beans, oats*
- ✓ Soya / soya milk / almond milk / oat milk
- ✓ Egg white only
- ✓ Fruit
- ✓ Nuts
- ✓ Spices
- ✓ Alcohol / coffee / tea / herbal teas

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