



Practical Tips For Managing Gluten Free



SOURCING

DELIVERY

STORAGE

PREPARATION

COOKING

DISPLAY & SERVICE

- Identify gluten free ingredients using your Product Specification Forms
- Use a trusted supplier who validates their gluten free claims
- Use gluten free versions of kitchen staples to minimise contamination
- Ensure all components on your gluten free menu item are gluten free; including garnishes, sauces and dustings
- Ingredients may change. Check labels of newly delivered products with their Product Specification Form

- Check packaging is not broken
- Decant ingredients delivered in porous packaging into sealed, labeled containers
- Cover gluten free items when transferring to storage

- Keep all gluten free product in sealed and clearly labelled containers
- Store all gluten free ingredients in their dedicated zone or on the top shelf
- Consider colour coded containers for gluten free foods
- Double check labels and ingredients before topping up

- Use separate butters, sauces, fillings and toppings
- Consider squeeze bottles for gluten free sauces, salad dressings and mayonnaise
- Designate an area for sandwich/burger/pizza preparation and assembly
- Use clean and fresh water for cooking or refreshing

- Dedicate equipment for gluten free or designate a separate section:
- Fryer, grill, fan forced oven and toaster (or bon bon wrap)
 - Always cook on top shelf
 - Colour coded utensils and chopping boards
- Thoroughly clean equipment for gluten free, OR:
- Line trays with baking paper
- Note, gluten is not destroyed at high temperatures
- Clean probe before temperature testing during cooking and service

- Clearly label gluten free items and display on top cabinet shelves
- Avoid displaying gluten free and gluten containing foods on the same platter
- Position gluten free foods in a bain marie to avoid contamination via spills or drips
- Colour code utensils and plates for gluten free use
- Dedicate a separate buffet area for gluten free and clearly label gluten free toaster
- Offer portion control spreads jams and condiments on buffets
- Avoid biscuit or marshmallow garnishes on beverage orders

