

This information will assist you in advising your medical and dietary needs to our team.

If you have any questions about how your dietary needs can be provided for, please contact our team directly on 4683 1111 or [bookings@kiahridge.org.au](mailto:bookings@kiahridge.org.au) before submitting your information.

## MEDICAL NEEDS

Please ensure that you **identify any medical needs**, and **medication you will be requiring during your stay**. This helps your group coordinator immensely.

At a minimum you should **advise of any allergy, anaphylaxis, asthma conditions** that you experience.

## DIETARY NEEDS

**Select the dietary need category that best fits your needs and how you would like to be served.**

Some categories have options to advise us of your level of need, and will affect how we serve you.

Please **do not add any additional information or variations to definitions**. Kiah Ridge operates with agreed definitions to ensure consistency of understanding and menu planning.

**If your need is not listed, and is not a dislike/preference, please advise a 'Complex Diet' and provide additional information for our team to follow up with you directly.**

### If you choose 'Eliminate' for any category or 'Coeliac'...

Whilst **Kiah Ridge** take steps to reduce cross contamination, they are **not equipped with separate allergy-friendly kitchens** and are **unable to guarantee that a menu item is completely free of allergens**.

Kiah Ridge cannot guarantee the elimination of traces of allergens through supply chains and manufacturing processes.

**If you cannot accept this risk, please select the additional category of 'Supply Own Food'.**

If you accept there is a risk remaining, we will serve you:

- main meals that do not have the specified allergen as a ingredient and are plated separately away from the main servery. This meal will likely be a variation to the whole group menu, comprised of a plain protein option and steam/fresh vegetables/salad.
- snacks individually packed from purchased in products that are labelled free from your specified allergen. These will be individually labelled with your name.

**If you are anaphylactic/allergic to a food related allergen, please ensure that you have also identified this as a medical request AND provide a current copy of your ANAPHYLAXIS MANAGEMENT PLAN** to your group coordinator including confirmation of any medication you will be bringing.

### If you choose to 'Supply Own Food'...

This option allows you to advise our team of your intent to **supply your own food (snacks and/or main meals), either due to a complex need OR you are not able to accept the risk that all traces of allergens CANNOT be eliminated from your meal plan.**

Before selecting this category, please **be in touch with our bookings team** to discuss the level of support you require and ensure that your needs are best accommodated by supplying your own food.

Should you elect to supply your own food, you are welcome to access tea/coffee stations at your own discretion and risk. A fridge and microwave are available in the dining room to assist with supplying your own snacks/main meals. As an allergy aware venue, we request no nut based products be brought into our main dining spaces.

### During your Stay...

**If you have advised a dietary need, make sure you identify yourself at each meal** to a Kiah Ridge team member. It is not the responsibility of our team to locate guests with dietary needs, outside of a guest identifying themselves at a main meal at the servery space.

Please **do not deviate from the dietary needs that you have requested to be catered for**. Doing so **places you at risk** if you have an intolerance/allergy and may jeopardise the capacity of our team to continue serving your meals in a modified format.

|                              |   |
|------------------------------|---|
| <b>VEGAN</b>                 | No meat, poultry, fish, dairy, eggs, honey.   |
| <b>VEGETARIAN</b>            | No meat, poultry, fish.   |
| <b>NO RED MEAT</b>           | No red meat products.   |
| <b>NO PORK</b>               | No pork or pork based products.   |
| <b>GLUTEN INTOLERANT</b>     | Avoids eating gluten products.  |
| <b>COELIAC</b>               | Completely free from Gluten products.   |
| <b>NO DAIRY</b>              | <b>Milk substitute only</b><br><i>I only require a substitute for cow's milk. No other variations are required to the standard menu (for example, milk will remain in some cooked items such as scrambled egg and baked goods).</i>   |
|                              | <b>Intolerant</b><br><i>Avoids eating any dairy based products. Can consume products labelled may contain traces of dairy based products.</i>   |
|                              | <b>Eliminate All Traces of Dairy</b><br><i>Cannot consume any products with labelled warnings regarding cross contamination and/or containing traces of dairy.</i>  |
| <b>NO EGG</b>                | <b>No egg</b><br><i>CAN consume products with labelled warnings regarding cross contamination and/or containing traces of egg.</i>  |
|                              | <b>Eliminate all Traces of Egg</b><br><i>Cannot consume any products with labelled warnings regarding cross contamination and/or containing traces of egg.</i>  |
| <b>NO TREE NUTS</b>          | <b>No whole tree nuts</b><br><i>CAN consume products with labelled warnings regarding cross contamination and/or containing traces of tree nuts.<br/>Kiah Ridge do not use whole nut products as ingredients, and therefore you will be served the same menu plan as the rest of the group.</i> |
|                              | <b>Eliminate All Traces of Tree Nuts</b><br><i>Cannot consume any products with labelled warnings regarding cross contamination and/or containing traces of tree nuts.</i>  |
| <b>NO PEANUTS</b>            | <b>No whole peanuts</b><br><i>CAN consume products with labelled warnings regarding cross contamination and/or containing traces of peanuts.<br/>Kiah Ridge do not use whole nut products as ingredients, and therefore you will be served the same menu plan as the rest of the group.</i>     |
|                              | <b>Eliminate All Traces of Peanuts</b><br><i>Cannot consume any products with labelled warnings regarding cross contamination and/or containing traces of peanuts.</i>  |
| <b>NO SEAFOOD / SHELFISH</b> | <b>No whole seafood/shellfish</b><br><i>CAN consume products with labelled warnings regarding cross contamination and/or containing traces of seafood and/or shellfish.</i>   |
|                              | <b>Eliminate All Traces of seafood/shellfish</b><br><i>Cannot consume any products with labelled warnings regarding cross contamination and/or containing traces of seafood and/or shellfish.</i>   |
| <b>SUPPLY OWN FOOD</b>       | <b>Supply my own snacks</b><br><i>I am electing to supply my own snacks to self-manage my dietary requirements for morning tea, afternoon tea, and late night snacks.</i>   |
|                              | <b>Supply all my own meals</b><br><i>I am electing to supply my own main meals and snacks to self-manage my dietary requirements.</i>   |