



CHECKLIST

Allergen safety at Greek restaurants: your checklist

- ☐ Write down your allergen and the dish name before you order.

- ☐ Ask staff directly: does this dish contain [your allergen]?

- ☐ Ask about shared cooking equipment and oil.

- ☐ If staff are unsure, ask them to check the kitchen.

- ☐ Order simple grilled dishes if you need fewer ingredients.

- ☐ Mention your allergy when you book and when you arrive to order.

- ☐ Bring a written card in Greek if you have a severe allergy.

- ☐ If a restaurant cannot give you clear answers, choose somewhere else.
