Food Allergy Confirmation Sheet

|  |  |  |  |
| --- | --- | --- | --- |
| Date of stay | Year/Month/Date (Day) | | Reservation name  Mr./Ms. |
| Name of person who needs allergy-friendly meals | | | Mr./Ms. |
| Contact phone number | |  | |

■ Please place an ‘X’ beside foods you can’t eat.

|  |  |  |  |
| --- | --- | --- | --- |
| 卵（鶏卵）eggs | 乳　milk | 小麦　wheat | そば　buckwheat |
| 落花生　peanuts | エビ　shrinp/prawns | カニ　crab |  |
| オレンジ　oranges | バナナ　bananas | もも　peachs | りんご　apples |
| キウイフルーツ　kiwi frults | | やまいも　yamaimo yams | |
| ゼラチン　gelatin | アーモンド　almonds | くるみ　walnuts | ゴマ　sesame |
| 大豆　soybeans |  | カシューナッツ　cashew nuts | |
| まつたけ　matsutake mashurooms | |  |  |
| 牛肉　beaf | 豚肉　pork | 鶏肉　chicken |  |
| いくら　salmon roe | さけ　salmon | さば　mackerel | あわび　abalone |
| いか squid/cuttlefish | | その他 others　（　　　　　　　　　　　　） | |

■ Please tell us the degree to which you are allergic.

|  |  |  |
| --- | --- | --- |
| Items | Please place an ‘X’ beside one of them. | |
| 1. As a binder | OK | Not OK |
| 1. As an extract | OK | Not OK |
| 1. When it’s used in broth | OK | Not OK |
| 1. When it’s used as part of a seasoning | OK | Not OK |
| 1. When the ingredient is served raw | OK | Not OK |
| 1. When the ingredient is served cooked | OK | Not OK |
| Others | | |

\*The meal may differ from a regular meal in terms of volume, but the price will be the same.  
\*For those who have a history of anaphylaxis, and those who have problems using pots or plates that have come into contact with allergens, we ask that you kindly bring your own food. If your food is boil-in-the-bag type, we can assist you in warming it up.

\*We will make every effort to accommodate you, so please consult us ahead of time. Please be aware that ingredients are limited in a mountain hut, so depending on a guest’s allergies, we may not be able to accommodate your needs. As the top of the mountain is not quickly accessible by ambulance or helicopter, we accept that some of our guests will bring their own food for safety’s sake.

\*Please be aware that we cannot accommodate personal tastes (preferences, foods you don’t like).

Please fill this in and send it back at least 5 days before the date of your stay.

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