



# Special Meal Request Form

We have streamlined our approach and have created two special options for our guests. We now offer (1) a homemade vegan option and (2) a gluten free option! As long as we get this form 3 weeks in advance we will be able to provide you with your special meal during your stay.

- You are welcome to opt out of the 2 options and choose anything off the main line.
- We encourage anyone with special allergies that are not covered in these 2 options to bring their own food.
- You are welcome to store your food in our kitchen as long as it is in sealed and labeled container. Please bring your food to our kitchen staff. Our dining hall has microwaves available for you to cook/reheat your own food.
- We do not allow peanuts, peanut butter, shrimp or shellfish in our Dining Hall.
- **All guests with airborne allergies must bring their own food**, which will be stored and consumed outside of the dining hall.

Please check below if you would like either option at **every** meal throughout the length of your stay:

- A Vegan Meal** – Includes; Dairy Free, Egg Free, Peanut Free, Tree Nut Free, Vegetarian and Vegan  
If selected, you will be allowed access to our expansive salad bar in addition to the vegan meal.
- A Gluten Free Meal**  
If selected, **you WILL NOT be allowed access to our salad bar due to cross contamination.**

**If you've selected either of the above options you will be charged \$3 per meal per person. This will be added to your groups invoice. Please connect with your group leader regarding paying for this charge.**

- You will receive a wristband when you check in with your leader.
- Please see kitchen staff at meal times to receive your meal and dessert from the Chef on Duty. You will be served at the center of the kitchen serving lines.
- Eating anything other than your plated meal could be out of your dietary restrictions or allergy.

Group Name: \_\_\_\_\_

Guest Name: \_\_\_\_\_

Dates of retreat: \_\_\_\_\_

Your Contact Information: \_\_\_\_\_

When you choose to eat from our standard menu, knowing your allergy restrictions, you do so at your own risk. Please email this form to Rachel Reeves, [rachelr@allianceredwoods.org](mailto:rachelr@allianceredwoods.org), or fax to 707-874-2509, **3 WEEKS PRIOR TO YOUR ARRIVAL**. Thank you! If you have any concerns or questions please call Alliance Redwoods at 707-874-3507.