## Allergy and Special Diet Summary

Well-known for our home-cooked style food service, Outlaw Ranch provides our guests with healthy, well-balanced, and delicious meals. The Outlaw Ranch kitchen staff work hard to accommodate several common specialty diets and allergies, listed below, some of which may have a debilitating effect for the experience of our guests. If you have special dietary needs or allergies that are not listed, we are happy to provide you with refrigerator and freezer space, along with the use of a microwave to supplement your food needs during your stay. If, because of personal food preferences, items on our menu are not to a guests liking, they are also welcome to utilize refrigerator and freezer space, along with the microwave. Outlaw Ranch's kitchen is for commercial use, and subject to strict health code standards. We cannot allow guests to prepare their own food in our kitchen facilities during their stay.

## Specialty Diets:

Vegetarian: Does not eat meat, but will eat dairy products or eggs.

## Allergies:

Gluten Free: Please note that Outlaw Ranch does not have a separate gluten free kitchen. Prior to gluten free recipes being prepared, we clean and bleach the area thoroughly. Any guests requiring a strict gluten free diet should plan to supplement our menu with their own food. Gluten free foods are labor intensive, and require ingredients that are more expensive. We ask guests to choose this option only if they are diagnosed either with a wheat allergy or as gluten intolerant.

Dairy Allergy: Either the offered menu will be adjusted, or alternate items will be provided. Please note this is different from lactose intolerance.

Peanut Allergies: The menu will be adjusted so peanuts will not be included in the recipes, or alternate items will be provided. If the peanut allergy is an immediate life-threat, we will additionally bleach down all tables and chairs, and peanut butter will not be available to any guests.

Nut Allergies: The menu will be adjusted so tree nuts will not be included in the recipes, or alternate items will be provided. Some of the products we commonly use in cooking are processed in facilities where tree nuts are also processed and there is potential for cross contamination. If your tree nut allergy is a life threat, we encourage you to supplement our meals with additional food to ensure your safety.

