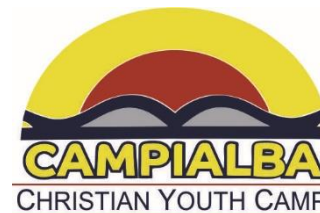


Special Dietary Requests



Our goal is for you to enjoy your stay at Campialba. We regularly receive special dietary requests including requests for things such as a strictly gluten free diet, requests to avoid certain avoidance certain vegetables and even requests to only serve food of a certain colour of texture. Our kitchen is able to provide for some of these requests. On other occasions we can supply you with information to help you supplement our menu.

What will we do?

After we receive your request, we make a decision about whether we are able to supply what you have requested or whether we supply you with information to help you make informed decisions or supplement your diet whilst you are with us.

We can supply food which doesn't contain wheat (and gluten), milk, egg, fish, shellfish, peanuts and tree nuts. In addition to this, Campialba can cater for people who don't wish to eat meat. For almost all other dietary requests, we will supply you with information to help you manage or supplement your own diet.

Allergies to other Ingredients: We can supply you with an ingredients list to help you work out which foods to avoid.

Diabetes: We can provide a chart of carbs information for the menu being used during your stay.

Coeliac: In addition to providing food without gluten, we also have a toaster reserved for use by those with Coeliac disease to toast gluten free bread. We can also supply your food pre-served and labelled to avoid any cross contamination during the service period.

Severe Allergic Reactions: If you are at risk of anaphylactic reactions or other severe reactions to allergens of any kind, please detail this specifically when you complete your dietary information for camp.

Vegan Diets: We can provide information identifying where animal products are used. This will help you make informed decisions about what to eat. We can supply vegetarian food but are unable to always supply vegan alternatives.

Cross-Contamination: Our kitchen produces food containing many ingredients. Our kitchen equipment processes food which includes a range of allergens. Staff make a careful effort to avoid cross-contamination. This includes thorough cleaning of equipment, benches, and serving implements between handling of differing foods. However, we cannot guarantee there are not trace amounts of allergens present in food.

School Camps: We work closely with school staff to ensure children are given food that matches their dietary needs throughout camp, based on what parents list on the school camp form. Because school students are not over 18, we strictly apply the diet requested by parents. This means, for example, if your child needs lactose free food but normally eats ice-cream at home, we won't serve ice-cream to them at Campialba unless you specifically tell us this is allowable.

What you need to do?

Allergies v Diet Choices: We make provision for people with allergies. For other food preferences and diet choices, we provide detailed ingredients information so you can make good decisions about what to eat.

Guest Fridge and Microwave: Check the food plan. If you need to bring food to supplement what is provided by Campialba, you are welcome to store it in the guest fridge in our dining room. Please label your food. You can also heat food in our microwave.

If you or your child has questions or other issues not covered in this information sheet, just give us a call on 07 4124 3396. We would love to chat to you about you needs.