



## **Dietary Restrictions and Food Allergies for NatureBridge Conference and Retreat Center Groups**

Please report all dietary restrictions to the Operations Manager at least 3 weeks prior to your retreat. Accommodations requested after this deadline may not be available.

We can accommodate vegetarian, vegan, dairy-free, gluten-free, no red meat/no pork, or a combination of these.

### General Meal Information

Please note that if you are concerned about your contact with an allergen, it is safest to bring your own food that you have prepared. Anyone is welcome to bring some of their own food to supplement our meals. We have shared refrigeration space and a shared microwave available for guests in the Owl's Roost kitchen. The Operations Manager can send sample buffet menus to guests. Alternatively, the planned menu can be provided a few days prior to the retreat, by request. The following is a summary of some of the most common allergies or restrictions with our responses.

### Vegetarian

With advance notice we can accommodate vegetarian requests.

### Vegan, Dairy-free, Gluten-free

With advance notice we can partially accommodate these requests. Check in with the Host at each meal in case there is something held behind the counter for these guests. Note: we do not have baked dessert or breakfast pastries to accommodate these restrictions. Soy milk is available.

### Severe Allergies

It is critical for our staff to know in advance if a guest has a life threatening allergy. Please be sure they bring their own Epi Pen or medications, in case of contact.

### Peanuts and Tree Nuts

While we have eliminated peanuts and peanut products from our menu, some of our food is prepackaged, and we cannot guarantee it was not produced on machinery that also processes peanuts.

### Soy, Corn, Eggs, etc.

We are not able to make special accommodations for these allergies.

### Sugar-free

We are not able to make special accommodations for no-sugar. However, most of our house cooked meals do not contain added sugar. Ask a Host to check on ingredients at the meal. There is a salad bar available at lunches and dinners.

### Kosher

Our facility is not kosher. However, we can prepare vegetarian meals. If this is suitable, please request vegetarian meals at least 21 days in advance. Note that there will likely be meat options out on the buffet for other NatureBridge guests.

### Special Requests

It may be possible for our chef to prepare special meals for large groups if you contract for an exclusive use package. Please call us for more information.