

# Dietary Policy

In an attempt to better serve your group's needs, Pinerock's kitchen is requesting that any guests with special dietary needs (vegetarian, vegan, gluten free, extreme allergies, etc.) bring their own food to supplement into your groups planned menu. Due to the multitude and various dietary restrictions, we simply cannot be prepared or proficient in every possible request. *A separate dietary menu will only be made for restrictions that fall under gluten free, dairy free, vegan, or vegetarian (dependent on main menu).*

We ask that for **groups of 100 or less, there be at least 5 guests** with dietary restrictions; and for **groups of more than 100, there be at least 10 guests** with dietary restrictions. We ask groups of 250 or more to have at least 20 guests with dietary restrictions. **There will be a \$4 charge, per person/per meal, for those requesting special meals prepared by the kitchen. Groups will be charged for the total number of dietary restricted guests given prior to their retreat, regardless if all members show up and/or eat the meals provided.** If minimum person requirements are not met a dietary menu/option will not be provided. If minimum requirements are met the dietary menu will be made for the dietary restriction that is most predominant within your group.

We ask that you send the menu to your participants and have them determine what they can and cannot eat and have them supplement accordingly. By doing this, it will help ensure that all individual needs are met and will prevent any complication that may occur from consuming food that might be potentially harmful. A substantial selection of cereal, fruit and yogurt are provided at every breakfast and a full salad bar at every dinner. A refrigerator, freezer, and microwave will be provided for guest use to store and cook the items that they choose to bring.



**Pinerock**  
Camp & Retreat Center

# FOOD ALLERGY GUIDE

Thank you for choosing Pinerock Camp & Retreat Center! We look forward to you joining us and want to make your stay as comfortable as possible. Our meals are typically served buffet-style. We do our best to accommodate the major food allergies/preferences (gluten, dairy, vegan, and vegetarian).

If you have food allergies or food intolerances, please fill out the following information and return to your group leader **7 days prior to your visit**. When it comes to some of the more in-depth allergies and dietary restrictions (preservative/ additive allergies, elimination diets, etc.), we are unable to guarantee that you will not encounter trace amounts of allergens in our food. Therefore, please plan to bring some food to supplement your dietary needs; we do provide a guest refrigerator to further facilitate your needs. Please feel free to contact Guest Relations with any further questions/concerns!

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**I have an allergy and would like the Chef to prepare special meals for me during my stay, if my group meets minimum dietary policy requirements.**

*I understand that I will pay an additional \$4 per meal.*

**I have an allergy but DO NOT REQUIRE the Chef to prepare special meals.**

*\*\*For severe allergies that are life-threatening with any contact and/or very restrictive dietary needs (ex., Celiac Disease), you will need to provide your own meals. Our kitchen is not set up to handle all diets or allergy severities. Guest refrigerators are available in different areas of the camp.*

**If this form is not received 7 days prior to your stay we cannot accommodate your dietary needs.**

**Please fill out the following and return to your group leader 7 days prior to your retreat.**

**Group Name (required):** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**Arrival Date:** \_\_\_\_\_ **Age (if under 18yrs):** \_\_\_\_\_ **Parent Signature:** \_\_\_\_\_

Vegetarian

Vegan

I am Allergic / Intolerant to:

Gluten:

Describe Severity: \_\_\_\_\_

Dairy:

Describe Severity: \_\_\_\_\_

**\*\*Please be advised that food prepared at Pinerock Camp & Retreat Center may contain these ingredients: dairy, eggs, wheat, soybean, peanuts, tree nuts, fish and shellfish.**

**\*\*Pinerock Camp & Retreat Center uses communal cooking equipment and prep areas for all of our menu items.**