



Adrienne Adriatico, Chef
Carefully Blended Cuisine
 5703 Red Bug Lake Road, #216
 Winter Springs, FL 32708

Http://www.carefullyblendedcuisine.com
 If you have any questions or concerns, please call
407.322.6400 or email me at **carefullyblended@aol.com**.

Carefully Blended Cuisine's Allergy Assessment Form

Please check any items which you believe that you are allergic, sensitive, or those tastes and textures that you DO NOT care for.

Vegetables	Vegetables (cont'd)	Herbs & Seasonings (cont'd)	Other
Amaranth (Chinese)	Peas	Pepper, White	Chocolate
Anise	Pepper (Red/Green)	Rosemary	Food Coloring
Artichoke	Potato	Sage	Iodine
Asparagus	Pumpkin	Savory	Shellfish
Beans, Green	Radish	Sesame	
Beans, Chinese	Radish (Daikon)	Tarragon	Nuts
Beans, Fava	Rhubarb	Vanilla	Almonds
Beans, Other	Rutabega		Brazils
Beets	Shallots	Fruits	Cashews
Black-eye Peas	Snow Peas	Apple	Coconuts
Bok Choy	Soy Beans	Apricot	Hazels
Broccoli	Spinach	Banana	Macadamia Nuts
Brussel Sprouts	Squash	Blackberry	Peanuts
Cabbage	Sweet Potato	Blueberry	Pecans
Cabbage, Chines	Swiss Chard	Boysenberry	Pine Nuts
Carrot	Taro Root	Cantelope	Pistachios
Cauliflower	Tomatillo	Cherry	Walnuts
Celeriac	Tomato	Currants	
Celery	Watercress	Fig	Seeds
Chicory	Zucchini	Grapes	Pumpkin
Collard		Melon	Sesame
Corn	Herbs and Seasonings	Nectarines	Sunflower
Cucumber	Allspice	Gooseberry	
Dandelion	Anise	Kiwi	
Eggplant	Basil	Kumquat	
Endive	Caraway	Peaches	
English Pea	Chervil	Pear	
Fennel	Cilantro	Pineapple	
Garlic	Cinnamon	Plum	
Ginger	Cloves	Pluot	
Gourds	Coriander	Plumquot	
Horseradish	Cumin	Quince	
Japanese Eggplant	Curry	Raspberry	
Jicama	Fennel	Strawberry	
Kale	Ginger	Watermelon	
Kohlrabi	Marjoram		
Leek	Mint		
Lettuce	Mustard		