

MONTREAT CONFERENCE CENTER DIETARY GUIDELINES

Montreat Conference Center Foodservices offer a variety of items for each meal.

Standard breakfast fare includes eggs, biscuits, breakfast meat, and a hot cereal as well as a selection of cold cereals & pastry items.

Lunch & dinner include meat options, vegetables, starch, soups, and a full salad bar (which includes hummus, bean salads, cottage cheese, fresh veggies, lettuces, etc).

We use no meat items in the preparation of our vegetables & starches. All soups (unless noted) are vegetarian and our meats (unless breaded) are all natural & gluten free. Canola oil is used for frying and sautéing and dairy free margarine is used in our side dish preparations. Soy & almond milk are offered with each meal.

Our kitchen routinely handles peanuts, tree nuts, shellfish, seafood, wheat flour, dairy, onions, garlic, and other potential allergens. And while we follow all NC Environmental Health Department guidelines for proper food handling and preparation, we are not an allergen free kitchen.

Please note: We strive to accommodate special requests/dietary restrictions but are limited in our offerings. Extremely restrictive diets, such as gluten-free, may be challenging. Those on such diets may want to consider bringing some supplementary foods such as snacks, cereals, breads, and salad dressings.

Anything refrigerated may be kept in the kitchen. Special diet requests should be sent 2-4 weeks prior to arrival. We encourage guests to contact the kitchen on their arrival, to go over specific needs during their stay. Please feel free to contact me with any questions or concerns.

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Food Service Director

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Important Disclaimer:

*Food Allergy/Intolerance Disclaimer: Montreat Conference Center foodservice department makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies. Along with employee training, our foodservice team labels items with known allergen-containing ingredients; however, there is always a risk of contamination. There is also a possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice. Guests concerned with food allergies need to be aware of this risk. Guests with food allergies or other food intolerances should consult a chef for specific ingredient questions. Montreat Conference Center will not assume any liability for adverse reactions to foods consumed, or items one may come in contact with while eating at the Galax dining room, with pre ordered food/beverage breaks or events catered by the Assembly Inn kitchen. The Huckleberry Café is not operated by Montreat Conference Center and any questions should be directed to Montreat College.