

Restricted Diets at a Retreat Centre

We provide alternative meals for restricted diets where there is a genuine medical need to make it possible for you to partake in life at a Retreat Centre. We try to keep the additional work involved in this to a minimum and ask for your help and understanding in this. If it's reasonable for you to forgo your restriction for the length of your stay, then please consider doing so. The information below is important to help make your stay and our kitchen run as smoothly as possible.

We aim to provide only one alternative meal that is suitable for everyone requiring an alternative. Therefore, the meal can sometimes be very simple and without additional flavorings.

Anaphylaxis & other Life-threatening Allergies

If you have anaphylaxis or other life-threatening allergies, please ensure that this has been explicitly made clear so that extra care can be taken. You should also inform North London Buddhist Centre if you carry an epi-pen or other medication to be administered in the event of a reaction, or if there is a procedure that needs to be followed.

Coeliac Disease

If you have coeliac disease, it is important that this has been made explicit. If you have requested a "Gluten Free" diet it will be assumed that you do not have coeliac disease. As gluten-containing products are prepared in the kitchen, we cannot guarantee that your food will be free from any traces of gluten, even though care is taken to avoid contamination.

Gluten/Wheat Intolerance

A gluten-free/wheat-free alternative is provided where the main part of the meal contains gluten/wheat. If there is an optional element (such as bread) provided as part of the meal, there will usually not be an alternative. GF bread loaves and oat/rice cakes may be available.

Intolerances (non-life-threatening)

If you have a non-life-threatening intolerance, it is helpful to indicate if small amounts are acceptable or if it is ok to pick the item out. This can save a lot of time for the cook.

Diabetes

Please be specific as to what your needs are as they vary considerably between diabetics. If there is some flexibility, please make that clear. If it is a very restricted diet, please see below: Highly Restricted Diets.

Carbohydrate/Calorie Restriction

Where possible, we ask that you adjust your meal based on the food that is available. If you require additional items/supplements, then please bring these with you. If appropriate, see below: Highly Restricted Diets.

FODMAP

FODMAP diets are very restrictive and difficult for us to cater for. As the way they are followed varies from person to person, it's important that you specify your needs rather than just stating 'FODMAP'. See below: Highly Restricted Diets.

Highly Restricted Diets

If you have a highly restricted diet, then it is helpful to contact the office in advance to discuss alternative arrangements to reduce demands on the kitchen which may include self-catering, being provided with a large quantity of a single recipe to eat throughout your stay, or simply arranging for you to reserve an extra portion at dinner to keep and reheat for lunch the next day. The options available will depend on your restricted diet.

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