

## Gluten Free Crust Pizza FAQ

### What is gluten?

**Gluten** (from Latin *gluten*, "glue") is a protein composite found in foods processed from wheat and related grain species, including barley and rye. It gives elasticity to dough, helping it to rise and to keep its shape, and often gives the final product a chewy texture

### What does it mean to be a Coeliac?

Coeliac disease (pronounced see-liac) is an autoimmune disease. Gluten, which is found in wheat, barley and rye, triggers an immune reaction in people with coeliac disease. This means that eating gluten damages the lining of the small intestine. Coeliac disease impacts less than 1% of Canadians (330,000 are believed to have Coeliac of the 35,540,419 population; *Stats Canada*).

The symptoms of coeliac disease vary from person to person and can range from very mild to severe. Common symptoms include diarrhoea, excessive wind, constipation, nausea and vomiting, stomach pain, anaemia, tiredness, headaches, weight loss (but not in all cases) and mouth ulcers.

### What is gluten-intolerant?

Gluten sensitivity (also gluten intolerance) is a spectrum of disorders, including coeliac disease and wheat allergy, in which gluten has an adverse effect on the body.

### You sell a lot of dough, how can you ensure my pizza is gluten-free?

- We have re-trained our BOH staff in good hygiene practices – clean uniforms, hand washing, cleaning/sanitising of prep areas...
- We store gluten free bases separately in the kitchen
- We use separate sauce containers & utensils (spoodles, oven trays etc)
- Once cooked, the pizzas are served uncut with a personal roller knife
- All our toppings & sauces are now gluten free recipes except our alfredo sauce
- We have lab tested gluten levels in pizzas made in the kitchen as part of our launch process

### Are your pizza toppings gluten free?

All our pizza toppings are free from gluten containing-ingredients, or have been tested and contain less than 20ppm.

### Can I have any topping on my pizza?

Yes, you can choose from any of the toppings in the 'create your own' listing, except the alfredo sauce.

### Can I have a gluten free crust pizza if I'm not a Coeliac, just because I like it?

Yes, this pizza is available to everyone

Do you use specialist tools/utensils for this pizza?

Yes, we use separate oven trays, spoons and utensils when making Gluten free pizzas.

Can I order my Pizza to take away?

Yes, you can have your Pizza to take-away.

Why is my pizza served uncut?

To minimise cross-contamination, we serve uncut to the table.

Who checks your kitchens?

We have a team of auditors who regularly check all aspects of Pizza Hut kitchen procedures, cleanliness, product quality and also health & safety requirements.