Special Dietary Requests & Food Allergies Policy

Club Med is committed to offering a wide range of culinary options to its G.M's that require special dietary assistance.

Eating in our Restaurants:

All of our Resorts worldwide employ local and international Chefs that can accommodate most dietary requests (except for Kosher meals unless specified).

Whether dining in our Specialty Restaurants that offer table-service or in our Main Restaurants that offer both buffets and specialty corners, menu selections are provided for Guests of all ages (including children) who seek well-balanced meals, snacks and beverages. There are also options to those with lifestyle dining requests, special dietary requests or food allergies.

Guests who have food allergy

Club Med's policy regarding food allergies is for Guests to ask to speak with a Head Chef or a Restaurant Manager upon arrival to our Resorts to discuss the food allergy or intolerance. Although the Head Chef can walk through the buffet and indicate what can be eaten based on the specific allergy or intolerance, there is always the potential for cross-contact by other Guests since these are self-serve buffets.

Delicious Alternatives

Chefs working at our Specialty corners in the Main Restaurants or in our Specialty "a la carte" Restaurants can often substitute different ingredients and offer other food options for Guests with dietary requirements.

Club Med Restaurants can accommodate (limited choice/selection) the following common food allergies:

- Cereals containing gluten : wheat, rye, barley, oats, spelt, kamut
- Crustacean Shellfish
- Eggs
- Peanuts
- Fish
- Soybeans
- Milk and dairy products (including lactose)
- Tree nuts : almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts
- Celery
- Mustard
- Sesame seeds

- Sulphur dioxide and Sulphites
- Lupin
- Molluscs

Guests with allergies have the responsibility and are welcome to speak to a Head Chef or a Restaurant Manager on duty when arriving at the dining location. Information about food content is available locally to anyone.

Advance arrangements are not necessary for guests with common / frequent lifestyle dietary requests. Guests can discuss their dietary requests with the local Head Chefs upon arrival.

Disclaimer:

Club Med will use reasonable efforts to prevent the introduction of the allergen of concern into the food through close attention during our sourcing, preparation and handling processes however, cannot guarantee that allergens may not have been introduced during another stage of the food chain process or, even inadvertently, during preparation. We do not have separate kitchens to prepare allergen-free items or separate dining areas for Guests with allergies or intolerances.

Ultimately, it is up to the Guest to use his or her individual discretion to make an informed choice regarding whether to order or select any particular items on the menu or buffet.

Due to the language barrier in some Resorts where the local staff may not be fluent in other languages, we recommend for Guests with serious allergies to communicate with the Head Chef or Restaurant Manager only.

Children suffering from food allergies:

If a child has any food allergies, meals taken within the kids clubs program will have to be accompanied by a parent.

Disclaimer:

We recommend for anyone with food allergy to always travel with a medical epipen. For children with any food allergies, it is the responsibility of a parent or legal guardian to be present at all meal times to supervise their children's needs.

Club Med