



FitGeeks Allergy Disclaimer

At FitGeeks, we prioritize the health and safety of our customers. We understand that food allergies can be a significant concern, and we strive to provide accurate and transparent information about the ingredients used in our meals and beverages. Please read the following allergy disclaimer carefully.

General Disclaimer

- **Cross-Contamination:** While we take precautions to prevent cross-contamination, our kitchen and preparation areas handle allergens such as nuts, gluten, dairy, soy, eggs, and shellfish. Therefore, we cannot guarantee that any menu item is completely free from trace amounts of these allergens.
- **Ingredient Information:** We provide ingredient lists for our menu items, but it is essential to note that suppliers may change ingredients or production practices without our knowledge. Consequently, we cannot be held responsible for any changes made by our suppliers.

Specific Allergens

- **Nuts:** Some of our dishes contain nuts or nut-based ingredients. These items are prepared in the same facility as those without nuts, which may lead to cross-contact.
- **Gluten:** Our menu includes gluten-free options. However, gluten-containing items are also prepared in our kitchen, and cross-contact is possible.
- **Dairy:** Dairy-free alternatives are available for many dishes. Still, due to shared preparation spaces, there is a risk of cross-contact with dairy products.
- **Soy:** Soy is present in various forms throughout our menu. While we offer soy-free options, cross-contact cannot be entirely ruled out.
- **Eggs:** Egg-free dishes are available, but eggs are used in many recipes, and cross-contact may occur.
- **Shellfish:** Shellfish is a common ingredient in several dishes. Despite precautions, there is a potential for cross-contact with non-shellfish items.

Customer Responsibility

- **Informing Staff:** If you have a food allergy, please inform our staff before placing your order. Our team will do their best to accommodate your dietary needs.
- **Personal Judgement:** Ultimately, it is your responsibility to make an informed decision based on the information provided and your knowledge of your allergy.

Medical Emergencies

In the event of a severe allergic reaction, please seek immediate medical attention. FitGeeks is not liable for any adverse reactions caused by allergens in our food.

Contact Us

For any questions or concerns regarding allergens, please contact us at:

- **Email:** contact@fitgeeks.co
- **Phone:** +669 88 36 36 39

We appreciate your understanding and cooperation. Your health and well-being are of utmost importance to us at FitGeeks.