



Dietary Restrictions

The Cal-Wood Kitchen uses whole ingredients and prepares our delicious meals from scratch. Additionally, we do our best to accommodate all participants’ needs and we take dietary restrictions and allergies very seriously.

CAN ACCOMMODATE
<i>Participants with the following dietary restrictions or preferences will be fully accommodated.</i>
gluten allergy (non-celiac)
lactose intolerance
peanut allergy
nut allergy
vegetarian diet
egg allergy
seed allergy
soy allergy
CAN PARTIALLY ACCOMMODATE
<i>Participants with the following dietary restrictions may need to supplement their own food.</i>
gluten allergy & egg allergy
vegetarian diet & soy allergy
vegan diet
picky eaters
CANNOT ACCOMMODATE
<i>Participants with the following dietary restrictions must bring their own food. There is a microwave, a refrigerator and a dry storage area available in such cases. Responsibility lives with the retreat to aid participants during meal times.</i>
gluten allergy (Celiac disease)
Any allergy so severe that trace contaminants would cause reaction

- << Our kitchen is not gluten-free, nut-free, nor dairy-free.
- << Please specify if lactose intolerance includes baked goods.
- << Specify if this is an airborne allergy.
- << Specify if this is an airborne allergy.
- << Please specify if egg allergy includes baked goods.
- << Combinations of different allergies and preferences are often hard to accommodate.

Cal-Wood will not discount tuition based on individual dietary restrictions if supplemental or alternate food is required. Additionally, Cal-Wood reserves the right to charge additional fees to groups with a high number of participants with dietary restrictions.

If you are bringing your own food, you will have access to: microwave, toaster oven, fridge, and freezer.