
From: MY Te Manu <[REDACTED]>
Sent: Friday, August 14, 2015 2:00 PM
To: Simon Phillips SA
Cc: Myla
Subject: Robert Wright Charter 7 - 14 Sept 2015

Hi Simon, Myla,

I have received the following dietary reference from one of Mr Wright's guests & as we will have a mixed group, I will request that each couple forward the completed preference sheet information

Hi Bob,

Hope you and Trudy are doing well!

Just touching base on a couple of things on our trip.

I emailed Jack at Coronett Travel our itinerary, and copied you too. We are coming in on Monday Sept. 7th into Nice mid-morning, just under the wire to get on the boat at noon. We will be flying Sunday morning Sept. 6th from Nantucket to JFK for the flights to Frankfurt/Nice. If there's something that comes up/an emergency/trip is cancelled/whatever and you need to reach us on Nantucket, our cell phones don't work well in Sconset. Our home number there is +1 508 257 4004, and we will be there August 30 to Sept. 6th.

Secondly, is it possible to pass a note onto whom ever will be cooking for us on board? I have food allergies (truly, not just dietary preferences!). I don't want to impact what ever culinary delights are planned for the group on the cruise but if the chef could add a "Karen-friendly" additional dish (where applicable) that I could eat, or leave out the offending items out of a small portion for me, that would be great.

I am allergic (anaphylaxis) to all seafood/fish/shellfish. Basically anything from the sea/any freshwater dish. Also allergic to gluten and dairy (cheese, milk, sour cream, etc.). Eggs are fine and only considered dairy because US supermarkets place them next to milk! My go-to alternatives are gluten-free bread, GF crackers, GF flour etc., soy milk instead of cow milk; soy yogurt; dairy-free butter; lots of olive oil. I am really easy to please and don't like making a big deal out of this; need no special dishes! Just fruit, meats, salads, veggies, rice etc not made with fish/dairy/gluten. Fortunately there is more and more of the GF and Dairy free stuff in Europe so every trip over it's easier and easier!

Thanks for the consideration. I travel with protein powder too so very self sufficient!

Very much looking forward to our grand adventure!

Best,
Karen

Best regards
Capt. Dave Johnson & Crew
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