

Creating Autism Friendly Menus



Take Requests Seriously: Train staff to take food requests seriously as they can significantly impact the dining experience of an autistic patron.



List Ingredients: Ensure all ingredients of a meal are listed on the menu to avoid surprises. For an autistic person, one unexpected ingredient can “ruin” an otherwise fine meal.



Provide Photos: Providing photos of meals can be beneficial for visual reference.



Adult-Sized Portions of Kids Menu Items: Offer adult-sized portions of kid-friendly items such as chicken nuggets or pasta and cheese. Some autistic individuals have a very limited diet and will only eat a small range of foods.



Build-Your-Own Menu: Provide a build-your-own menu option based on the preferences of autistic patrons. This approach reduces the likelihood of undesirable elements and promotes autonomy.



Simplify Menus: Simplify menus to offer add-ons, including sauces, separately to allow patrons to control the composition of their meals.

By implementing these recommendations, you can create a more inclusive and welcoming dining experience for autistic patrons and their families.