Dear [Restaurant Name] Team,

I hope this message finds you well. My name is [Your Name], and I am a patron interested in exploring dining options that cater to specific dietary needs.

I would like to inquire about your gluten-free offerings at [Restaurant Name]. As someone who follows a gluten-free diet, it is essential for me to know what options are available to ensure a safe and enjoyable dining experience.

Could you please provide me with information about your gluten-free menu items, preparation practices to avoid cross-contamination, and any other relevant details?

Thank you for your attention to this matter. I look forward to your response.

Best regards,
[Your Name]
[Your Contact Information]