

A GUIDE FOR RESTAURANTS

Things to consider in your layout and menu

* Every person is unique and will experience the world differently, what may work for one person may not work as well for another. These are suggestions to try to help as many people as possible.

Make acoustic barriers with furnishings.

Use low arousal colours like pastels, or a feature wall in a bolder contrasting colour. Use cream instead of white or yellow.

Provide noise cancelling headphones.

Have the option for food not to touch. Provide pots for dipping sauce.

Film a walkthrough video with explanations of what to expect in your restaurant.

Try to provide a chillout sensory escape area

Fully customisable meals and menu items.

Use as much natural light as possible.

Provide ways to intensify the flavour of foods with seasoning and spices.

Staff do not hover waiting for orders.

Inform people of what menu items are not available before seating them.

Avoid distracting music. A calming ambient playlist may help some.

Give people things to keep them occupied whilst waiting for food. Serve children fast and first.

Provide food options with different textures.

Accept orders in advance and make your menu available online.

Allow for food to be served at different temperatures.

Use pictures to support wording in menus.

Provide varying table lighting options in different areas to give people a choice.

