



**allergen information  
and dietary guide  
30-01-23**

## allergen information and dietary guide

### this guide

this guide lists what allergenic ingredients are contained in each of our dishes

the guide also shows whether or not dishes are suitable for vegetarian or vegan customers

at the bottom of this page is a key which explains how the guide works. you will find the same key in the same place at the bottom of each page in this guide

### gluten

some of our dishes include ingredients that contain gluten, but we are not able to modify recipes to remove these ingredients or replace them

gluten is found in cereals such as wheat, barley and rye, so for details of which dishes we are able to modify, please refer to the **cereals containing gluten** page in the modification guide

### diabetes

carbohydrate and sugar values for our food can be found within the nutritional information for each dish that is published on our order online website [groundedkitchen.com](http://groundedkitchen.com)

- **celery**
- **cereals containing gluten**  
- including wheat (such as spelt and khorasan), rye, barley and oats
- **crustaceans** - such as prawns, crabs and lobsters
- **eggs**
- **fish**
- **lupin**
- **milk**
- **molluscs** - such as mussels, oysters and squid
- **mustard**
- **tree nuts** - including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts
- **peanuts**
- **sesame seeds**
- **soybeans**
- **sulphur dioxide and sulphites**  
(if they are at a concentration of more than ten parts per million)

**allergenic ingredients featured in this guide are in accordance with the EU Food Information Regulation.**

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Korean Flavours		this dish contains														suitable for?	
cal	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Shichimi												●	●			yes
	Bulgogi												●	●			yes
	Gochujang												●	●			yes
	Fire											●	●	●			yes

Sauces		this dish contains														suitable for?	
cal	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Chilli Sauce																yes
	Yum Sauce																yes
	Jeju Sauce												●	●			yes
	Spicy Peanut Sauce											●					yes
	Avocado Sauce							●								yes	no

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Bibimbap Bowls		this dish contains														suitable for?	
cal	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Shichimi - Sweet potato											●	●	●			yes
	Shichimi - Chickpea											●	●	●			yes
	Shichimi - Peanut Tofu											●	●	●			yes
	Shichimi - Tempeh											●	●	●			yes
	Bulgogi - Chicken							●					●	●			no
	Bulgogi - Beef							●					●	●			no
	Bulgogi - Prawn			●				●					●	●			no
	Bulgogi - Aubergine							●					●	●		yes	no
	Gochujang - Chicken							●				●	●	●			no
	Gochujang - Beef							●				●	●	●			no
	Gochujang - Prawn			●				●				●	●	●			no
	Gochujang - Salmon					●		●				●	●	●			no
	Gochujang - Tofu							●				●	●	●		yes	no
	Gochujang - Tempeh							●				●	●	●		yes	no
	Fire - Chicken							●				●	●	●			no
	Fire - Beef							●				●	●	●			no
	Fire - Chickpea							●				●	●	●		yes	no
	Fire - Aubergine							●				●	●	●		yes	no
	Fire - Tofu							●				●	●	●		yes	no
	Fire - Tempeh							●				●	●	●		yes	no

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Udon Noodle Bowls		this dish contains														suitable for?	
cal	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Bulgogi - Chicken		●								●		●	●	●		no
	Bulgogi - Beef		●								●		●	●	●		no
	Bulgogi - Prawn		●	●							●		●	●	●		no
	Bulgogi - Salmon		●			●					●		●	●	●		no
	Bulgogi - Tofu		●								●		●	●	●		yes
	Bulgogi - Tempeh		●								●		●	●	●		yes
	Gochujang - Chicken		●								●		●	●	●		no
	Gochujang - Beef		●								●		●	●	●		no
	Gochujang - Prawn		●	●							●		●	●	●		no
	Gochujang - Salmon		●			●					●		●	●	●		no
	Gochujang - Tofu		●								●		●	●	●		yes
	Gochujang - Tempeh		●								●		●	●	●		yes
	Fire - Chicken		●								●	●	●	●	●		no
	Fire - Beef		●								●	●	●	●	●		no
	Fire - Prawn		●	●							●	●	●	●	●		no
	Fire - Salmon		●			●					●	●	●	●	●		no
	Fire - Tofu		●								●	●	●	●	●		yes
	Fire - Tempeh		●								●	●	●	●	●		yes
	OPTION: BROTH											●	●	●			yes

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Hirata Bao Buns		this dish contains														suitable for?	
cal	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Bulgogi - Chicken + Yum		●										●	●	●		no
	Bulgogi - Beef + Jeju		●										●	●	●		no
	Bulgogi - Tofu + Peanut		●									●	●	●	●		yes
	Bulgogi - Tempeh + Peanut		●									●	●	●	●		yes
	Gochujang - Chicken + Yum		●										●	●	●		no
	Gochujang - Beef + Jeju		●										●	●	●		no
	Gochujang - Salmon + Jeju		●			●							●	●	●		no
	Gochujang - Tofu		●									●	●	●	●		yes
	Gochujang - Tempeh		●									●	●	●	●		yes
	Fire - Chicken + Yum		●									●	●	●	●		no
	Fire - Beef + Jeju		●									●	●	●	●		no
	Fire - Salmon + Jeju		●			●						●	●	●	●		no
	Fire - Tofu + Peanut		●									●	●	●	●		yes
	Fire - Tempeh + Peanut		●									●	●	●	●		yes

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Ssambaps		this dish contains														suitable for?	
cal	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Shichimi - Tofu		●									●	●	●			yes
	Shichimi - Tempeh		●									●	●	●			yes
	Bulgogi - Chicken		●					●					●	●			no
	Bulgogi - Beef		●					●					●	●			no
	Gochujang - Chicken		●					●					●	●			no
	Gochujang - Beef		●					●					●	●			no
	Gochujang - Tempeh		●					●					●	●		yes	no
	Fire - Chicken		●					●				●	●	●			no
	Fire -Beef		●					●				●	●	●			no
	Fire - Tempeh		●					●				●	●	●		yes	no

Korean Wings		this dish contains														suitable for?	
cal	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Gochujang - Wings		●										●	●			no
	Fire - Wings		●									●	●	●			no

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# Add on's

		this dish contains														suitable for?	
cal	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Chicken (Bulgogi)												●	●			no
	Beef (Bulgogi)												●	●			no
	Salmon (Gochujang)					●							●	●			no
	Prawns (Bulgogi)			●									●	●			no
	Tofu - (Bulgogi)												●	●			yes
	Tempeh - (Bulgogi)												●	●			yes
	Chickpea - (Sesame)												●	●			yes
	Aubergine - (Bulgogi)												●	●			yes
	Avocado																Yes
	Sweet Potato - (Sesame)												●	●			yes
	Crispy Fried Onions		●														yes
	Cashew nut										●				●		yes
	Edamame (Sesame)												●	●			yes
	Kimchi																yes
	Spicy Peanut Sauce											●					yes

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Sides		this dish contains														suitable for?	
cal	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Korean Slaw												●	●			yes
	Edamame Pods												●	●			yes
	Kimchi												●	●			yes
	Korean Wings (Gochujang)												●	●			no
	Gochujang Cashews										●		●	●			yes
	Korean Rice																yes

Quenchers		this dish contains														suitable for?	
cal	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Acai		●								●				●		yes
	Detox		●								●				●		yes
	Brainpower		●								●				●		yes
	Vitalise		●								●				●		yes
	Vitamin C Elixir		●								●				●		yes
	Skin Elixir		●								●				●		yes
	Strength		●								●				●		yes
	Ginger Protect		●								●				●		yes
	Green Remedy		●								●				●		yes
	Berry Cleanse		●								●				●		yes
	Banana Boost		●								●				●		yes
	Pineapple Heal		●								●				●		yes
	Mango Glow		●								●				●		yes

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Smoothie Bowls		this dish contains														suitable for?	
cal	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Berry Glow		●								●			●	●		yes
	Baobaolicious Acai		●								●			●	●		yes
	Happy Green Bowl		●								●			●	●		yes
	Mango Sunshine		●								●			●	●		yes

Frappes		this dish contains														suitable for?	
cal	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Choose : Oat Milk		●														yes
	Choose : Coconut Milk													●			yes
	Pistachio				●			●			●					yes	no
	Swiss Chocolate				●			●			●					yes	no
	Vanilla Dream				●			●			●					yes	no
	Caramel				●			●			●					yes	no
	Banana Milk				●			●			●					yes	no
	Jude's Vegan Vanilla		●		*			*			*	*		●			yes
	Option - Whipped Cream							●								yes	no

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Superfood Latte <small>contains caffeine</small>		this dish contains														suitable for?	
cal	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Choose : Oat Milk		●														yes
	Choose : Coconut Milk													●			yes
	Ceremonial Matcha																yes
	Blue Butterfly																yes
	Golden Turmeric																yes
	Activated Charcoal																yes
	Raw Cacao																yes

Desserts		this dish contains														suitable for?	
cal	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Pancake Stack		●		●			●			●			●		yes	no
	Waffles		●		●			●			●			●		yes	no
	Chocolate Dorayaki		●		●			●			●			●		yes	no
	Ice cream - Pistachio				●			●			●					yes	no
	Ice cream - Swiss Chocolate				●			●			●					yes	no
	Ice cream - Vanilla Dream				●			●			●					yes	no
	Ice cream - Caramel				●			●			●					yes	no
	Ice cream - Jude's Vegan Vanilla				*			*			*	*		●			yes

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Kids - Build a bowl (age 7+)		this dish contains														suitable for?	
cal	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	<b>Choose: 2 from any Cold Veg</b>												●	●			yes
	<b>Choose: 1 from any Hot Veg</b>												●	●			yes
	<b>Protein: Chicken (Bulgogi)</b>												●	●			no
	<b>Protein: Beef (Bulgogi)</b>												●	●			no
	<b>Protein: Tofu (Sesame)</b>												●	●			yes
	<b>Protein: Tempeh (Gochujang)</b>												●	●			yes
	<b>Sauce: Jeju</b>												●	●			yes
	<b>Sauce: Avocado</b>							●									no
	<b>Sauce: Yum</b>																yes

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