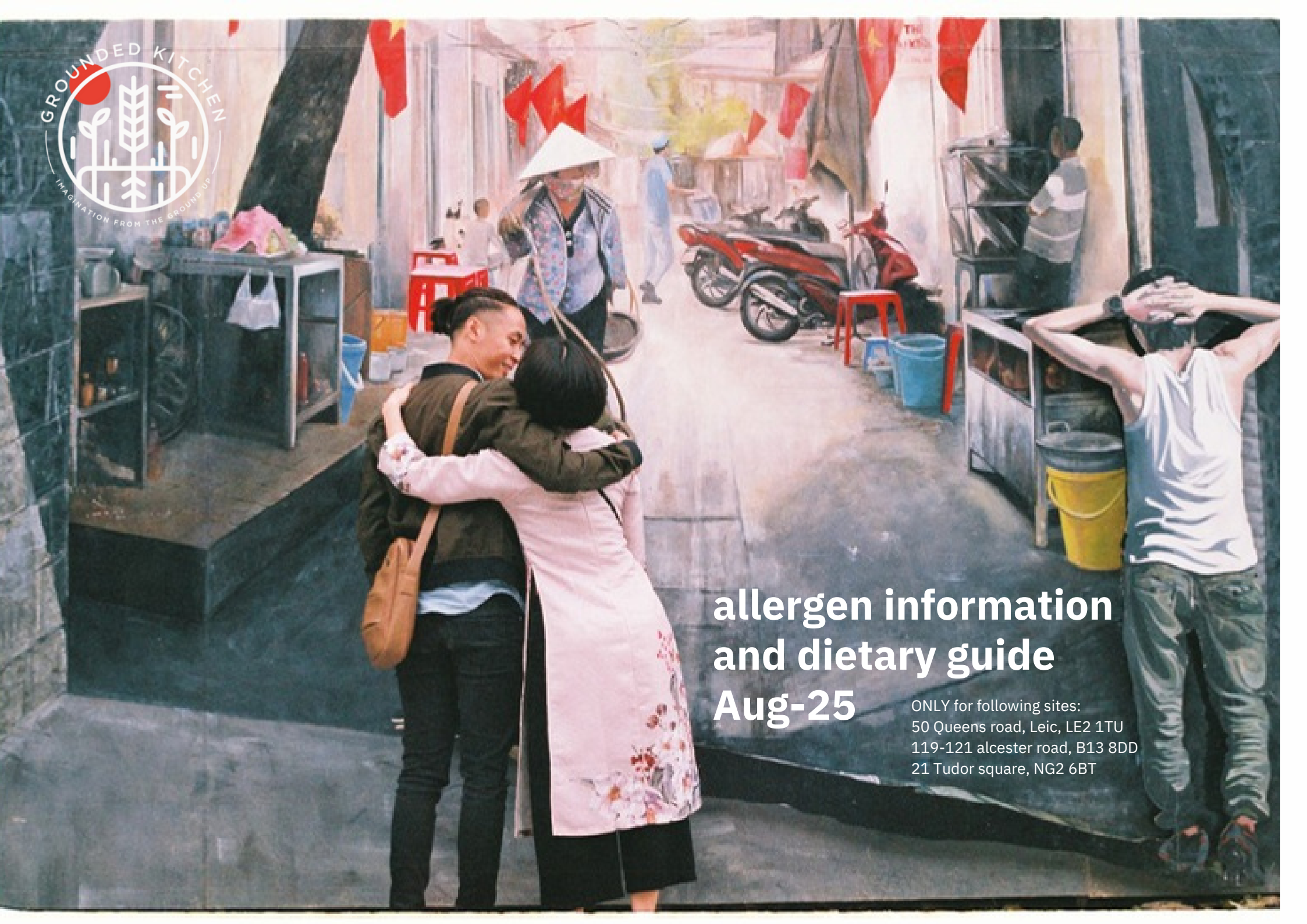




allergen information and dietary guide Aug-25

ONLY for following sites:
50 Queens road, Leic, LE2 1TU
119-121 alcester road, B13 8DD
21 Tudor square, NG2 6BT

allergen information and dietary guide

this guide This guide provides information on allergenic ingredients present in our dishes, as well as suitability for vegetarian and vegan diets.

At the bottom of each page, you'll find a key explaining how to use this guide.

gluten Please note that while some dishes contain gluten, we cannot modify these recipes. Gluten is found in cereals like wheat, barley, and rye. Refer to the "Cereals Containing Gluten" page in the modification guide for details on modifiable dishes.

diabetes Carbohydrate and sugar values are available in the nutritional information for each dish on our 'Order Online' website, groundedkitchen.com. Your dietary needs matter to us.

Grounded Kitchen UK Allergen Guide

While we make every effort to prevent cross-contamination, please be aware that our dishes may contain traces of allergens.

- **Gluten (wheat, barley, rye, oats)**
- **Crustaceans**
- **Eggs**
- **Fish**
- **Peanuts**
- **Soybeans**
- **Milk**
- **Nuts**
- **Celery**
- **Mustard**
- **Sesame Seeds**
- **Sulphites**
- **Lupin**

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
	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
	Fire Sauce		•									•	•	•			yes

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rice 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	make it vegan
	FLAVOURS																
	<u>BULGOGI - flavour</u>							•					•	•			yes
	<u>GOCHUJANG - flavour</u>		•					•				•	•	•			yes
	<u>FIRE - flavour</u>		•					•				•	•	•			yes
	DISHES																
	chicken												•				no
	angus beef												•				no
	sizzling prawns			•									•		•		no
	salmon & bang bang potato					•							•				no
	tofu + edamame												•	•		yes	yes
	sweet potato + edamame												•			yes	yes

sticky rice +		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	make it vegan
	FLAVOURS																
	<u>BULGOGI - flavour</u>							•					•	•			yes
	<u>GOCHUJANG - flavour</u>		•					•				•	•	•			yes
	<u>FIRE - flavour</u>		•					•				•	•	•			yes
	DISHES																
	chicken												•				no
	angus beef												•				no
	sizzling prawns			•									•		•		no
	salmon					•							•				no
	tofu												•	•		yes	yes

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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												•	•			no
	Beef												•	•			no
	Salmon					•							•	•			no
	Prawns			•									•	•	•		no
	Tofu												•	•			yes
	Avocado																Yes
	Sweet Potato												•	•			yes
	Crispy Fried Onions		•														yes
	Cashew nut										•				•		yes
	Edamame												•	•			yes
	Kimchi																yes
	Spicy Peanut Sauce											•					yes

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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
	FLAVOURS																
	<u>BULGOGI - flavour</u>												•	•			yes
	<u>GOCHUJANG - flavour</u>		•										•	•			yes
	<u>FIRE - flavour</u>		•									•	•	•			yes
	DISHES																
	chicken		•								•				•		no
	angus beef		•								•				•		no
	sizzling prawns		•	•							•				•		no
	salmon		•			•					•				•		no
	tofu		•								•			•	•	yes	yes

ramen 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
	FLAVOURS																
	<u>BULGOGI - flavour</u>												•	•			yes
	<u>GOCHUJANG - flavour</u>		•										•	•			yes
	<u>FIRE - flavour</u>		•									•	•	•			yes
	DISHES																
	chicken		•														no
	angus beef		•														no
	sizzling prawns		•	•											•		no
	tofu		•											•		yes	yes

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curry		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
	base																
	<u>RAMEN - NOODLES</u>		•														yes
	<u>RICE</u>																yes
	curry's																
	sambal		•														yes
	laksa		•														yes
	japanese curry		•	•													no
	rendang		•														yes
	dishes																
	chicken												•	•			no
	angus beef												•	•			no
	prawns			•									•	•	•		no
	tofu												•	•			yes

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bao		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
	FLAVOURS																
	BULGOGI - flavour												•	•			yes
	GOCHUJANG - flavour		•										•	•			yes
	FIRE - flavour		•									•	•	•			yes
	DISHES																
	chicken		•										•		•		no
	angus beef		•										•		•		no
	salmon		•			•							•		•		no
	tofu		•										•	•	•		yes

Wraps		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
	FLAVOURS																
	BULGOGI - flavour												•	•			yes
	GOCHUJANG - flavour		•										•	•			yes
	FIRE - flavour		•									•	•	•			yes
	DISHES																
	Chicken		•										•	•			no
	angus beef		•										•	•			no
	salmon		•			•							•	•			no
	tofu		•										•	•			yes

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croffle (savoury)		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
	FLAVOURS																
	<u>BULGOGI - flavour</u>												•	•			yes
	<u>GOCHUJANG - flavour</u>		•										•	•			yes
	<u>FIRE - flavour</u>		•									•	•	•			yes
	DISHES																
	chicken		•		•			•					•	•			no
	angus beef		•		•			•					•	•			no
	salmon		•		•	•		•					•	•			no
	tofu		•		•			•					•	•			no
	SAUCES																
	Chilli Sauce																yes
	Yum Sauce																yes
	Jeju Sauce		•										•	•			yes
	Spicy Peanut Sauce											•					yes
	Avocado Sauce							•								yes	no
	Fire Sauce		•									•	•	•			yes

croffle (treat)		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
	chocolate & pistachio		•		•			•			•			•			no
	white chocolate & blueberry compote		•		•			•			•			•			no
	option: Chocolate icecream							•						•			no
	option: vanilla icecream							•									no
	option: pistachio sauce							•			•						no

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Bang Bang 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
	korean Wings		●										●	●			no

Big 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
	Dumplings- Vegetable		●										●	●			yes
	Dumplings - Chicken		●										●	●			no
	Dumpling - Lamb		●										●	●			no
	Togarashi Prawns	●	●	●									●	●			no
	Sweet and soy dip		●										●	●		yes	

little 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
	Kimchi																yes
	Korean Wings (Gochujang)		●										●	●			no
	Gochujang Cashews		●								●		●	●			yes
	Korean Rice																yes
	spicy carrots		●										●	●			yes

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Acai		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 Quencher														•		yes
	Acai Bowl		•								•				•		yes
	Acai sorbet																yes
	Acai sundae		•								•				•		yes
	add on - nut butter										•						yes

Matcha		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
	ice matcha		•														yes
	strawberry matcha		•														yes
	blueberry matcha		•														yes
	acai matcha		•														yes
	matcha latte		•														yes
	pink matcha		•														yes
	pistachio matcha		•					•			•						no
	banana matcha		•														yes
	mango matcha		•														yes

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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
	Detox		●												●		yes
	Vitamic C elixir		●												●		yes
	Strength		●												●		yes
	Brain Power		●												●		yes
	Vitalise		●												●		yes

treats

		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
	Cookie Dough																
	Cookie dough		●		●												no
	vanilla icecream							●									no
	chocolate icecream							●						●			no
	mochi																
	very berry													●			yes
	coconut							●						●			no
	chocolate										●			●			yes
	passionfruit & mango										●			●			yes
	snacks																
	Boundless Orange & Maple Syrup Nuts & Seeds										●						yes
	Boundless Sweet Chilli Nuts & Seeds										●						yes
	Snacking Essentials Fruit & Seed														●		yes

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