

GROUNDED KITCHEN allergen information chart 2022



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	Celery	Cereals (gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxides
SHICHIMI BOWLS														
Shichimi Tofu							●				●	●	●	
Edamame & Sweet Potato							●				●	●	●	
Korean Tempeh							●				●	●	●	
VEGAN OPTION														
Shichimi Tofu											●	●	●	
Edamame & Sweet Potato											●	●	●	
Korean Tempeh											●	●	●	
BULGOGI BOWLS														
Bulgogi Chicken							●					●	●	
Bulgogi Beef							●					●	●	
Bulgogi Prawns			●				●					●	●	
Bulgogi Aubergine and Sweet Potato														
BULDAK FIRE BOWLS														
Buldak Fire Chicken		●			●		●				●	●	●	
Buldak Fire Beef		●			●		●				●	●	●	
Buldak Fire Tofu		●			●		●				●	●	●	
GOCHUJANG BOWLS														
Gochujang Chicken		●			●		●				●	●	●	
Gochujang Beef		●			●		●				●	●	●	
Gochujang Wild Salmon & Kimchi		●			●		●				●	●	●	
Gochujang Mushrooms		●			●		●				●	●	●	
Gochujang Sizzling Prawns		●	●		●		●				●	●	●	
BAO'S														
Beef Bao		●										●	●	●
Chicken Bao		●										●	●	●
Salmon Bao		●			●							●	●	●
Tempeh Bao		●									●	●	●	●
Gochujang Bao		●										●	●	●
Buldak Bao		●									●	●	●	●
SSAMBAPS														
Korean Bulgogi		●					●					●	●	
Spicy Gochujang		●					●					●	●	
Plant based		●									●	●	●	
Fiery Buldak + Melted Cheese		●					●				●	●	●	
FIRE BROTH														
Fire Broth		●								●	●	●	●	
QUENCHERS														
Quenchers		●								●				
	Celery	Cereals (gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxides

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SIDES & ADD ONS														
Gochujang Cashews		●								●		●	●	
Korean Kimchi					●									
Edamame Pods												●	●	
Korean White Rice														
Crispy Onions		●												
SAUCES & MARINADES														
Bulgogi Marinade												●	●	
Gochujang Marinade		●										●	●	
Sesame Dressing												●	●	
Chilli Sauce														
Yum Sauce														
Avocado Sauce							●							
Buldak Fire Sauce		●									●	●	●	
Jeju Sauce		●										●	●	
Spicy Peanut Sauce											●			
SUPERFOOD LATTES														
Superfood Lattes - Oat Milk		●												
Superfood Lattes - Coconut Milk													●	
SUPERFOOD BOWLS														
Açai Smoothie Bowl		●								●				
Mango Matcha		●								●				
Blue Flower		●					●							
Dark Cacao Orange		●					●						●	
FRAPPÉS														
Oat Milk - Swiss Chocolate		●		●			●							
Oat Milk - Pistachio		●		●			●			●				
Oat Milk - Maple & Walnut		●		●			●			●				
Oat Milk - Vanilla Dream		●		●			●							
Coconut Milk - Swiss Chocolate				●			●						●	
Coconut Milk - Pistachio				●			●			●			●	
Coconut Milk - Maple & Walnut				●			●			●			●	
Coconut Milk - Vanilla Dream				●			●						●	
DESSERTS														
Ice Cream - Swiss Chocolate				●			●							
Ice Cream - Pistachio				●			●			●				
Ice Cream - Maple & Walnut				●			●			●				
Ice Cream - Vanilla Dream				●			●							
Pancake Stack		●		●			●			●			●	
	Celery	Cereals (gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxides