allergen information and dietary guide Mar-24

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

cal	dish	this dish contains														suitable for?	
		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

cal	dish	this dish contains														suitable for?	
		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
	Buldak Sauce		●										●	●			yes

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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 - Tofu		●								●		●	●	●		yes
	Bulgogi - Tempeh		●							●	●		●	●	●		yes
	Gochujang - Chicken		●								●		●	●	●		no
	Gochujang - Beef		●								●		●	●	●		no
	Gochujang - Prawn		●	●							●		●	●	●		no
	Gochujang - Tofu		●								●		●	●	●		yes
	Gochujang - Tempeh		●							●	●		●	●	●		yes
	Fire - Chicken		●								●	●	●	●	●		no
	Fire - Beef		●								●	●	●	●	●		no
	Fire - Prawn		●	●							●	●	●	●	●		no
	Fire - Tofu		●								●	●	●	●	●		yes
	Fire - Tempeh		●							●	●	●	●	●	●		yes
	OPTION: BROTH		●								●	●	●	●	●		yes
	BULDAK CHALLENGE BOWL		●								●		●	●	●		yes

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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
	Shichimi - Tofu	●	●										●	●			yes
	Shichimi - Tempeh	●	●							●			●	●			yes
	Shichimi - Aubergine	●	●										●	●			yes
	Shichimi- Chicken	●	●										●	●			no
	Shichimi - Beef	●	●										●	●			no
	Shichimi- King Prawn	●	●	●									●	●			no
	Gochujang - Chicken	●	●										●	●			no
	Gochujang - Beef	●	●										●	●			no
	Gochujang - Prawn	●	●	●									●	●			no
	Gochujang - Tofu	●	●										●	●			yes
	Gochujang - Tempeh	●	●							●			●	●			yes
	Gochujang - Aubergine	●	●										●	●			yes
	Fire - Chicken	●	●									●	●	●			no
	Fire - Beef	●	●									●	●	●			no
	Fire - Prawn	●	●	●								●	●	●			no
	Fire - Aubergine	●	●									●	●	●			yes
	Fire - Tofu	●	●									●	●	●			yes
	Fire - Tempeh	●	●							●		●	●	●			yes

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Hirata Bao Buns

cal	dish	this dish contains														suitable for?	
		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

Pajeon

	dish	this dish contains														suitable for?	
		celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Seafood		●	●	*	*		*	●		*	*	●	●		no	
	Veg		●	*	*	*		*	*		*	*	●	●		yes	
	Kimchi		●	*	*	*		*	*		*	*	●	●		yes	

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Ssambaps

cal	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
		this dish contains														suitable for?	
	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

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

cal	dish	this dish contains														suitable for?	
		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
	Oi-muchim												●	●			yes

Quenchers

cal	dish	this dish contains														suitable for?	
		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 contains caffeine

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		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

cal	dish	this dish contains														suitable for?	
		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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LTO's

cal	dish	this dish contains														suitable for?	
		celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Iron Blu Quencher		●								●				●		yes

Korean Bun

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

Small Bites

cal	dish	this dish contains														suitable for?	
		celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Mandu - Vegetable		●										●	●			yes
	Mandu - Chicken												●	●			no
	Dumpling - Lamb		●										●	●			no
	Aubergine Melt							●					●	●		yes	no
	Togarashi Prawns	●	●	●									●	●			no

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+ exploring asia

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		celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Choose : Udon		●											●			yes
	Choose: Ramen		●											●			yes
	Choose: Rice																yes
	Sambal Jjigae																yes
	Chuncheon Laksa																yes
	Kare Ramyeon			●													no
	Jeonju Rendang																yes
	Beef												●	●			no
	Prawn			●									●	●			no
	Chicken												●	●			yes
	Tofu												●	●			yes
	Tempeh									●			●	●			yes
	Aubergine												●	●			yes

Little Udon

cal	dish	this dish contains														suitable for?	
		celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Udon Noodles		●										●	●			yes
	Options: Chicken / Beef												●	●			no
	Options: Tofu / Edamame												●	●			yes

● **a red dot -** This guide uses a red dot (•) to indicate the presence of specified allergenic ingredients in a dish. In some cases, these ingredients might not be explicitly mentioned in the menu description but could be part of sauces or other components.

✳ **a black asterick(*)** to indicate dishes that may contain specified allergenic ingredients, as these could be present in sauces or produced in facilities that handle these allergens.

please note ı Our dishes are prepared in areas in which allergenic ingredients are present. these charts show which dishes do not contain certain allergenic ingredients as intentional ingredients, however we cannot guarantee that dishes are 100% free from these ingredients due to the preparation process.

We do not accept orders for allergens / intolerances. Amendments can only be accepted based on preferences only. Please speak to a member of our team for further information.