

GROUNDLED KITCHEN allergen information chart 2022



	Celery	Cereals (gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxides
PLANT BASED - VEGETARIAN														
Shichimi Tofu							●				●	●	●	
Edamame & Sweet Potato							●				●	●	●	
Korean Tempeh							●				●	●	●	
VEGAN OPTION														
Shichimi Tofu											●	●	●	
Edamame & Sweet Potato											●	●	●	
Korean Tempeh											●	●	●	
BULGOGI DISHES														
Bulgogi Chicken							●					●	●	
Bulgogi Beef							●					●	●	
Bulgogi Prawns			●				●					●	●	
BULDAK FIRE DISHES														
Buldak Fire Chicken		●			●		●				●	●	●	
Buldak Fire Beef		●			●		●				●	●	●	
Buldak Fire Tofu		●			●		●				●	●	●	
GOCHUJANG DISHES														
Gochujang Chicken		●			●		●				●	●	●	
Gochujang Beef		●			●		●				●	●	●	
Gochujang Wild Salmon & Kimchi		●			●		●				●	●	●	
Gochujang Mushrooms		●			●		●				●	●	●	
Gochujang Sizzling Prawns		●	●		●		●				●	●	●	
SIDES & ADD ONS														
Gochujang Cashews		●								●		●	●	
Korean Kimchi					●									
Edamame Pods												●	●	
Korean White Rice														
SAUCES & MARINADES														
Bulgogi Marinade												●	●	
Gochujang Marinade		●										●	●	
Sesame Dressing												●	●	
Chilli Sauce														
Yum Sauce														
Avocado Sauce							●							
Buldak Fire Sauce		●									●	●	●	
Jeju Sauce		●										●	●	
Spicy Peanut Sauce											●			
DRINKS & DESSERTS														
Quenchers		●								●				
Strenght Quencher		●					●			●				
Superfood Lattes														
Ice Cream - Swiss Chocolate		●					●							
Ice Cream - Pistachio		●					●			●				
Ice Cream - Maple & Walnut		●					●			●				
Ice Cream - Vanilla Dream		●					●							
Pancake Stack		●					●			●				
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BAO'S														
Beef Bao		●										●	●	
Chicken Bao		●										●	●	
Salmon Bao		●			●							●	●	
Tempeh Bao		●									●	●	●	
SSAMBAPS														
Korean Bulgogi		●					●					●	●	
Spicy Gochujang		●					●					●	●	
Plant based		●									●	●	●	
Fiery Buldak + Melted Cheese		●					●				●	●	●	
SUPERFOOD BOWLS														
Golden Glow		●								●				
Matcha		●								●				
Blue Flower		●								●				
Dark Coco Orange		●								●				
FIRE BROTH														
Fire Broth		●									●	●	●	
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