



**allergen information
and dietary guide
June-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.

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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

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

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
	aubergine + sweet potato												●			yes	yes
	sweet potato + edamame												●			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
	Aubergine												●	●			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	●	●														yes
	rendang	●	●														yes
	dishes																
	chicken												●	●			no
	angus beef												●	●			no
	sizzling 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																
	<u>BULGOGI - flavour</u>												●	●			yes
	<u>GOCHUJANG - flavour</u>											●	●	●			yes
	<u>FIRE - flavour</u>											●	●	●			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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Bang Bang Chicken		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
	bang bang bowl		●										●	●			no

lunch meal deals		this dish contains														suitable for?	
	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	bang bang lunch bowl			●									●	●		no	
	bao down		●										●	●		no	
	mix & match		●										●	●		no	

Small Bites		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
	Mandu - Vegetable		●										●	●			yes
	Mandu - Chicken		●										●	●			no
	Dumpling - Lamb		●										●	●			no
	Aubergine Melt							●					●	●		yes	no
	Togarashi Prawns	●	●	●									●	●			no

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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
	Baobaalicious 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		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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LTO'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
	Iron Blu Quencher		●								●				●		yes

Korean Bun		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		●		●			●					●	●	●		no
	Fire		●		●			●				●	●	●	●		no

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Kids Menu 2024

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cal	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide sulphites	vegetarian	vegan
	Kids Chicken Bao Bun		●										●	●	●	no	no
	Kids Tofu Bao Bun		●										●	●	●	yes	yes
	Kids Chicken Ssambap		●										●	●		no	no
	Kids Tofu Ssambap		●										●	●		yes	yes
	Kids Chicken Rice Bowl												●	●		no	no
	Kids Tofu Rice Bowl												●	●		yes	yes
	Kids Chicken Noodle Bowl		●										●	●		no	no
	Kids Tofu Noodle Bowl		●										●	●		yes	yes
	Kids Mushroom & Edamame Noodle Bowl		●										●	●		yes	yes

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