



**allergen information
and dietary guide
Dec-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 | | 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 |
| | 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 | | ● | ● | | | | | | | | | | | | | 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 | | | | | | | | | | | | | | | | |
| | <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 |
| | Sweet and soy dip | | ● | | | | | | | | | | ● | ● | | yes | |

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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

| Kids Menu 2024 | | 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 |
| | 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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| | | | | | | | | | | | | | | | | | |

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