

# **GAMI FOOD ALLERGY INSTRUCTION**

Last updated: June 2021

# Common Food Allergies

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When the body's immune system reacts abnormally to something a person eats or drinks, it's known as a food allergy.

Food allergy and food intolerance are commonly confused as symptoms of food intolerance occasionally resemble those of food allergy. However food intolerance does not involve the immune system and does not cause severe allergic reactions and often limited to digestive problems. Food intolerance does not show on allergy testing.

## Egg

Egg allergy develops when the body's immune system becomes sensitized and overreacts to proteins in egg whites or yolks. When eggs are eaten, the body sees the protein as a foreign invader and sends out chemicals to defend against it. Those chemicals cause the symptoms of an allergic reaction.

## Garlic Intolerance / Allergy

**Garlic intolerance** is when a person experiences a negative symptoms after eating garlic or food that contains garlic. Garlic intolerance symptoms are often delayed and can take hours or, in some cases, up to a day or more to appear. Different people experience garlic intolerances in different ways. As with all food intolerances, garlic intolerance symptoms are highly individual. A garlic intolerance is not the same as a garlic allergy.

**Garlic allergy** symptoms are usually much more immediate than intolerance symptoms. A person with a garlic allergy can sometimes experience life-threatening symptoms after eating garlic.

## Gluten

Gluten is a protein found primarily in wheat, barley and rye. If a person has a gluten intolerance, this protein can cause digestive problems such as gassiness, abdominal pain or diarrhea. Gluten intolerance is sometimes confused with Celiac disease, or thought of as a food allergy.

## Lactose Intolerance

It is sometimes mistaken for milk allergy. Lactose

intolerance is a condition in which a person lacks the enzyme to break down the sugar found in milk and dairy product for proper digestion. This results in bloating, abdominal discomfort and diarrhea.

## Milk / Dairy

Milk allergy is a true food allergy, which is an over-reaction of the immune system to a specific food protein. When the food protein is ingested, it can trigger an allergic reaction that may include a range of symptoms from mild symptoms (rashes, hives, itching, etc.) to severe symptoms (trouble breathing, wheezing, etc.) Reactions to milk can be severe and life-threatening.

Milk allergy is sometimes referred to as dairy allergy, but this term should be used with caution. Dairy is a category of products that contain cow's milk.

## Nuts

A nut allergy is very common and could cause a serious and possibly fatal reaction. If a guest has a nut allergy you should avoid any kind of nut, even artificial. Also be mindful of dishes that may be cooked in peanut oil.

## Onion Intolerance

An onion intolerance occurs when a person cannot consume onions without later experiencing negative symptoms. In some people, the onion intolerance may include other members of the onion family such as shallots, garlic, chives, leeks and other such foods. Other people will simply have issues with onions themselves, but be able to eat other foods in the same family without issue. As mentioned, onion intolerances are highly individual. Different people experience onion intolerances in different ways.

## Sesame

Sesame allergies may not receive as much publicity as peanut allergies, but the reactions can be just as serious. Allergic reactions to sesame seeds or sesame oil can cause anaphylaxis. An anaphylactic reaction occurs when your body's immune system releases high levels of certain potent chemicals. These chemicals can induce shock. When you are in shock, your blood pressure drops and your airways constrict, making it difficult to breath.

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## Shellfish (Crustacean, Mollusks)

Shellfish can cause severe allergic reaction such as anaphylaxis. Shrimp, crab and lobster cause most shellfish allergies. Finned fish and shellfish do not come from related families of foods, so being allergic to one does not necessarily mean that you must avoid both.

There are two kinds of shellfish:

**Crustacean** such as shrimp, crab, lobster and squid and **Mollusks** such as clams, mussels, oysters and scallops. Reactions to crustacean shellfish tend to be particularly severe.

If you are allergic to one group of shellfish, you might be able to eat some varieties from the other group. However, since most people who are allergic to one kind of shellfish usually are allergic to other types.

## Soy

A soy allergy is due to an immune system reaction after contact with or ingestion of soy or soy derivative. Soy protein can be found in tofu, tempeh, miso, textured vegetable protein, hydrolyzed protein, emulsifier, soy protein isolate, edamame (soy beans), soy sauce, tamari sauce, soy lecithin, most Asian cuisine, soy flour, and soy milk to name a few. Mono-diglycerides and monosodium glutamate may contain soy.

## Wheat

Not to be confused with gluten intolerance, wheat allergies can be mild or life threatening. Many people with wheat allergies can tolerate other grains, but it's safe to stay away from them if you don't know for sure.

## SPECIAL DIETS

### Vegetarian

Someone who lives on a diet of grains, pulses, nuts, seeds, vegetables and fruits with, or without, the use of dairy products and eggs. A vegetarian does not eat any meat, poultry, game, fish, shellfish or by-products of slaughter.

### Vegan

A plant based diet with no animal products. They do not eat meat, fish, eggs or dairy products.

\*Gami's vegetarian menu items are suitable for Ovo-Lacto Vegetarian.

Ovo-Lacto Vegetarian does consume some animal products such as eggs and dairy. Ovo-lacto vegetarian diet can include fruits, vegetables, grains, nuts, seeds, herbs, roots, fungi, milk, cheese, yogurt, kefir, and eggs.

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MENU ITEMS	Energy	Wheat	Soy	Corn	Shellfish	Eggs	Milk	Fish	Peanuts	Sesame	Crustacean	Nuts	Vegetarian (Ovo-Lacto)
Corndue Chicken		●	●	●		●	●			●			
Big Chicken		●	●	●	(●)	●	●	(●)		●			
					(due to sweet chilli sauce)								
Whole Chicken	9494 kj	●	●	●		●							
Boneless Chicken	6017 kj	●	●	●		●							
Chicken Wings 8Pcs	3709 kj	●	●	●		●							
Chicken Wings 12Pcs	5551 kj	●	●	●		●							
Chicken Spare Rib	4140 kj	●	●	●		●	●						
Vegetarian Chicken 8Pcs	2602 kj	●	●	●		●	●			●			v
Vegetarian Chicken 16Pcs	4797 kj	●	●	●		●	●			●			v
Honey Mustard (Sauce)		●	●	●		●			●			●	v
Spicy (Sauce)		●	●	●		●				●			v
Soy Garlic (Sauce)		●	●	●									v
Sweet Chilli (Sauce)		●	●	●	●			●					v
Gami Prawn Mandu	1600 kj	●	●			●				●	●	●	
Gami Cheese Sticks	2175 kj	●		●		●	●						v
Gami Chicken Burger+Chips	6888 kj	●	●	●		●	●		●	●		●	
Deli-Burger+Chips	6666 kj	●	●	●		●	●		●	●		●	
Seafood Soup	2024 kj	●	●	●	●	●	●	●			●		
Gami Chicken Katsu+Chips	4780 kj	●	●	●		●	●			●			
Stir-Fired Spicy Chicken with Rice	5348 kj	●	●	●				●			●		
Kimchi Pancake	2541 kj	●	●	●				●					
Seafood Pancake	2972 kj	●	●	●	●			●			●		
Potato Heaven	6825 kj	●				●	●						v
Tteok Bokki	3354 kj	●	●	●				●			●		
Corn Cheese	2884 kj	●		●		●	●						v
Gami Garden Salad	804 kj	●	●			●	●						v
Apple dressing		●	●			●	●						
Balsamic dressing													
Dumplings		●	●	●		●				●			v
Chips	3042 kj	●											
Pumpkin Mousse	1403 kj	●	●		●	●	●	●	●	●		●	v

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MENU ITEMS	Energy	Wheat	Soy	Corn	Shellfish	Eggs	Milk	Fish	Peanuts	Sesame	Crustacean	Nuts	Vegetarian (Ovo-Lacto)
Hotteok	2742 kj	●	●	●					●	●		●	v
K-Donut		●	●				●		●			●	v
Seafood Udon	3353 kj	●	●	●	●		●	●			●		
Fishcake Soup	2070 kj	●	●	●			●	●					
Chicken Parma	6567 kj	●	●			●	●						
Beef Bulgogi	4440 kj	●	●	●			●			●			
Pork Bulgogi	4693 kj	●	●	●			●	●		●	●		
Japchae	4183 kj	●	●	●			●			●			
Spicy Chicken Fried Rice	3883 kj	●	●	●				●			●		
Chicken Mayo		●	●	●		●	●						
Kimchi Fried Rice	3053 kj	●	●	●		●	●	●		●	●		
Chicken Salad	2364 kj	●				●							
Kid Meal	2971 kj	●											
Fried Rice Cake		●	●	●	●			●					v

