

Allergen Information



1. What is a food allergy?

A food allergy is an immune response to a food protein that a person's body perceives as harmful. Following exposure to the protein, further contact or consumption can lead to allergic reactions. An allergic reaction can occur within minutes or hours after ingesting the allergen.

Immunoglobulin E (IgE) antibodies are the usual trigger of food allergies, which can be confirmed by a qualified medical professional. Non-IgE food allergies are caused by a reaction to food proteins involving other parts of the immune system. Reactions to non-IgE allergies can be delayed after consuming food and usually involve gut symptoms such as vomiting, bloating and diarrhoea.

A person may have one or multiple food allergies, including both IgE and non-IgE, and must avoid certain foods and ingredients to prevent allergic reactions.

** Resource - Allergens and intolerances (<https://www.health.vic.gov.au/publications/allergens-and-intolerances>)*

2. Reducing the Risk of Food Allergies

The only way to prevent a food allergy reaction is to completely avoid the food and any product that may contain it as an ingredient.

When a customer identifies that they have a dietary requirement (such as a food allergy or intolerance), you have a legal responsibility to help the customer by providing accurate information about what the food is made from. You must specify whether any ingredients contain allergens or may contain allergens. This means staff should always consult with their supervisor or chef about the existence of allergens present in the foods sold to ensure that correct information is provided.

** Resource - Food allergen portal (<https://www.foodstandards.gov.au/consumer/foodallergies/foodallergenportal>)*

3. Common Allergens

Standard 1.2.1 of the Australia New Zealand Food Standards Code (the Code) sets out the requirements for food labelling and the information that needs to be available about a food for sale. The food and ingredients listed below need to be declared and contained in the ingredient list or allergen information.

Table 1: Foods and ingredients to be declared

Wheat	Milk	Tree nuts ¹⁾
Fish	Lupin	Gluten ²⁾
Crustacean	Peanut	Sulphites ³⁾
Mollusc	Soy	
Egg	Sesame	

1) Tree nuts include Almond, Brazil nut, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Pine nut, and Walnut.

2) Gluten: If a cereal containing gluten such as wheat, barley, oats and rye is present, the label or information needs to identify 'gluten'.

3) Sulphites must be declared when added in amounts equal to or more than 10 milligrams per kilogram of food.

** Resource - Allergen labelling (<https://www.foodstandards.gov.au/consumer/labelling/Pages/allergen-labelling.aspx>)*

O = The product contains allergen / M = The product may contain allergen

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	Wheat	Fish	Crustacean	Mollusc	Egg	Milk	Lupin	Peanut	Soy	Sesame	Tree nuts	Gluten	Sulphites	Garlic	Onion
Signature															
Whole Chicken	O				O				O			O		O	O
Big Chicken	O	M	M	O	O	O		M	O			O		O	O
Galbi Chicken Ssam	O	O	O		O	M			O	O	M	O		O	O
[Extra] Lettuce and Pita Bread	O					M			M	M		O			
[Extra] Kimchi Salsa		O	O											O	O
[Extra] Hummus										O	M			O	
[Extra] Garlic										O				O	
Chicken Corndue	O				O	O			O	O		O		O	O
[Extra] Corndue						O			O						
[Extra] Boxing Chicken 8pcs									O	O					
[Extra] Gami Wings 8pcs (with corn powder)	O				O	O			O			O		O	O
Unmissable chicken	O			O	O	O		M	O	O		O		O	O
The Classic Boneless	O				O				O			O		O	O
Pane Rose Chicken	O				O	O			O	O	M	O		O	O

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	Wheat	Fish	Crustacean	Mollusc	Egg	Milk	Lupin	Peanut	Soy	Sesame	Tree nuts	Gluten	Sulphites	Garlic	Onion
For One															
Dine-in : Boneless Chicken Large Delivery : (L) Boneless Chicken for One	O				O				O			O		O	O
Dine-in : Boneless Chicken Regular Delivery : (R) Boneless Chicken for One	O				O				O			O		O	O
Gami Wings 16pcs	O				O				O			O		O	O
Gami Wings 10pcs	O				O				O			O		O	O
Extra Dipping Sauce															
Sweet Chilli	O			O					O			O		O	
Soy Garlic	O								O			O		O	
Spicy	O								O			O		O	O
Sweet Mustard					O			M							
Red Spicy Mayo					O				O					O	O
White Spicy Mayo					O	O			O						
Add-on															
Green salad					O							O			
Pickled Radish															
Coleslaw					O				M						

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Appetizers															
Gami Prawn Mandu	O		O		O				O	O	M	O			
Gami Cheese Sticks	O				O	O						O		O	
Gami Garden Salad /w Apple Dressing					O							O			
Gami Garden Salad /w Balsamic sauce															
Gami Japchae Mandu	O			O					O		M	O		O	O
Burgers															
Gami Chicken Burger	O				O	O		M	O	O	M	O		O	O
Katsu Burger	O				O	O		M	O	O	M	O		O	O
Plant Base Burger	O				O	O			O	O	M	O		O	O
Pan-cooked Chicken Burger	O				O	O			O	O	M	O		O	O
Delights															
Steamed Rice															
Spicy Chicken Fried Rice	O		O		O				O	O		O		O	O
Kimchi Fried Rice	O	O	O		O				O	O		O		O	O
Chicken Katsu	O				O				O	O		O		O	O
Kimchi Pancake	O	O	O						O			O		O	O
Seafood Pancake	O	O	O						O			O			O
Potato Heaven	O				O	O			M			O		O	O
Tteok bokki	O	O	O		O				O			O		O	O

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Corn Cheese					O	O									
Dumplings	O				O				O	O		O		O	O
Gami Chips	O								M			O			

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Kid's Menu															
Chicken Slider	O				O	O			O	O	M	O		O	O
Chicken Nuggets	O				M				O	M		O			O
Desserts															
Hotteok	O							O	O	O	O	O			
Gami K-Donut	O					O		O	O		O	O			
Specials															
Spicy Stir Fry Chicken + Rice	O		O						O			O		O	O
Chicken Parma	O				O	O			O			O		O	O
Beef Bulgogi	O	M	M	O	O	O			O	O		O		O	O
Japchae	O	M	M	O	M	O			O	O		O		O	O
Chicken Salad /w apple dressing					O				O			O		O	O
Chicken Salad /w Balsamic sauce									O					O	O
Fried Rice Cake	O			O					O			O		O	
Package															
Crispy Pack for Two	O				O				O			O		O	O
Big Gami Pack	O	M	M		O	O		M	O	O	M	O		O	O

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Bargain Meal															
Gami Chicken Burger Light	O				O	O		M	O	O	M	O		O	O
Katsu Burger Light	O				O	O			O	O	M	O		O	O
Drumstick & Chips	O				O				O			O		O	O
Crispy Chicken Steak	O				O	M			O			O		O	O
Gochujang Chicken	O		O						O	O		O		O	O
Bibimbap	O	O	O	O	O				O	O		O		O	O