

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.

* Resouce - 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.

* Resouce - 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.

* Resouce - 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	
Fried Chicken																
BONELESS CHICKEN - LARGE	O				O				O			O		O	O	
BONELESS CHICKEN - REGULAR	O				O				O			O		O	O	
BONE-IN CHICKEN - WHOLE	O				O				O			O		O	O	
BONE-IN CHICKEN - HALF	O				O				O			O		O	O	
WINGS (10 PCS)	O				O				O			O		O	O	
DRUMSTICKS & CHIPS	O				O				O			O		O	O	
THE CLASSIC BONELESS	O				O				O			O		O	O	
UNMISSABLE CHICKEN	O	O			O	M		M	O	M	M	O	O	O	O	
CHICKEN CORNDUE	O				O	O			O	O		O		O	O	
BIG CHICKEN	O	O	M		O	O		M	O	M	M	O		O	O	
SPICY BULDAK CHICKEN	O			O	O	O			O			O	O	O	O	
SWEET SNOWY CHICKEN	O				O	O			O			O		O	O	
CHEESE SNOWY CHICKEN	O				O	O			O			O		O	O	
Grilled Chicken																
MAD GOCHUJANG CHICKEN	O	M	M	O	M	O		M	O			O		O	O	
HONEY BUTTER GARLIC CHICKEN	O	M	M	O	O	O			O			O		O	O	
FARMER'S CHICKEN SKEWERS	O			O	O	O			O	O		O			O	
CHICKEN SKEWER PLATE	O	O	M	O	O	O		M	O	O	M	O		O	O	
CHICKEN SKEWERS (2 PCS)	O			O					O	O		O				
SMOKIN' HOT BBQ CHICKEN	O	M	M	O	O	O			O			O		O	O	

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Korean Classics																
BEEF BULGOGI	O			O	O				O	O		O				O
KIMCHI FRIED RICE	O	O	O	O	O	O		M	O	O		O		O		O
SPICY CHICKEN FRIED RICE	O	M	M	O	O	O		M	O	O		O		O		O
TTEOK BOKKI	O	O	M	O	O	O		M	O			O		O		O
JAPCHAE	O	M	M	O	M	O			O	O		O		O		O
KIMCHI PANCAKE	O	O	O						O			O		O		O
CHI-BAP	O			O	O				O			O	O	O		O
BIBIMBAP					O					O						O
BIBIMBAP (Protein) - Beef	O			O					O			O				
BIBIMBAP (Protein) - Spicy Chicken	O	M	M	O	M	O		M	O			O		O		O
BIBIMBAP (Protein) - Kimchi	O	O	O	O	M	O		M	O			O		O		O
BIBIMBAP (Sauce) - Gochujang	O	M	M	O	M	O		M	O			O		O		O
BIBIMBAP (Sauce) - Soy Sauce	O			O					O			O				
Delights																
SWEET SNOWY CHIPS	O					O			O			O				O
CHEESE SNOWY CHIPS	O					O			O			O				O
GAMI CHIPS	O								M			O				O
POTATO HEAVEN	O				O	O			M			O	O	O		
CORN CHEESE					O	O										
PRAWN MANDU	O		O		O				O	O	M	O				

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COLESLAW					O				M						