

GAMI FOOD ALLERGY INSTRUCTION

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Common Food Allergies

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.

Common Food Allergies

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	Wheat	Soy	Corn	Shellfish	Eggs	Milk	Fish	Peanuts	Sesame	Crustacean	Nuts	Vegetarian (Ovo-Lacto)
Whole Chicken	●	●	●		●							
Boneless Chicken	●	●	●		●							
Chicken Wings	●	●	●		●							
Chicken Spare Rib	●	●	●		●	●						
Vegetarian Chicken	●	●	●		●	●			●			v
Honey Mustard (Sauce)		●	●					●			●	v
Spicy (Sauce)	●	●	●		●				●			v
Soy Garlic (Sauce)	●	●	●									v
Sweet Chilli (Sauce)	●	●	●	●			●					v
Gami Prawn Mandu	●	●			●				●	●	●	
Gami Cheese Sticks	●		●		●	●						v
Gami Chicken Burger+Chips	●	●	●		●	●		●	●		●	
Deli-Burger+Chips	●	●	●		●	●		●	●		●	
Seafood Soup	●	●	●	●	●	●	●			●		
Gami Chicken Katsu+Chips	●	●	●		●	●			●			
Stir-Fired Spicy Chicken with Rice	●	●	●				●			●		
Kimchi Pancake	●	●	●				●					
Seafood Pancake	●	●	●	●			●			●		
Potato Heaven	●				●	●						v
Tteok Bokki	●	●	●				●			●		
Corn Cheese	●		●		●	●						v
Gami Garden Salad	●	●			●	●						v
Apple dressing	●	●			●	●						
Balsamic dressing												
Dumplings	●	●	●		●				●			v
Chips	●											
Pumpkin Mousse	●	●		●	●	●	●	●	●		●	v
Hotteok	●	●	●					●	●		●	v
Seafood Udon	●	●	●	●		●	●			●		
Fishcake Soup	●	●	●			●	●					
Chicken Parma	●	●			●	●						
Beef Bulgogi	●	●	●			●			●			
Pork Bulgogi	●	●	●			●	●		●	●		
Japchae	●	●	●			●			●			
Spicy Chicken Fried Rice	●	●	●				●			●		
Chicken Mayo	●	●	●		●	●						

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MENU ITEMS	Wheat	Soy	Corn	Shellfish	Eggs	Milk	Fish	Peanuts	Sesame	Crustacean	Nuts	Vegetarian (Ovo-Lacto)
Kimchi Fried Rice	●	●	●		●	●	●		●	●		
Chicken Salad	●				●							
Kid Meal	●											
Fried Rice Cake												v

