

# DIETARY & ALLERGEN INFORMATION 2025

At Nature's Wok we believe in only using the best quality ingredients to provide you with great tasting products that keep you coming back for more.

With every meal cooked-to-order by our experienced teams, allergen prevention and cross contamination is of top priority to us. We are committed to providing you with the necessary information and transparency so you can make informed decisions about your next menu choice.

This allergen chart is a guide detailing common allergen and ingredient information which you may/may not choose to avoid. In the instance you do have a food allergy or dietary requirement please advise our teams when ordering at anyone of our Nature's Wok restaurants.



# GUIDE

## HOW TO READ OUR ALLERGEN GUIDE

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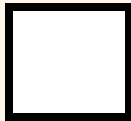
**T**

**CONTAINS THE ALLERGEN**

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**MAY CONTAIN TRACES OF ALLERGEN**

Due to a number of contributing factors including our cooking practices (example; deep frying, grilling, wok-cooking), shared preparation and storage facilities and supplier specifications this product may contain traces of a specific allergen.



**ALLERGEN NOT REPORTED IN PRODUCT**

A blank space in the table indicates that this product does not contain the specific allergen. However, whilst we take important measures to avoid cross contamination in our operations, we cannot guarantee that any products sold within our kitchens are free from allergens.

**V**

**VEGETARIAN/PLANT BASED**

|  | Wheat | Fish | Crustacean | Mollusc | Egg | Milk | Lupin | Peanuts | Almond | Brazil Nut | Cashew | Hazel | Macadamia | Pecan | Pistachio | Pine Nut | Walnut | Soy/ Soya/ Soy-bean | Sesame | Barley | Oats | Rye | Sulphites |
|--|-------|------|------------|---------|-----|------|-------|---------|--------|------------|--------|-------|-----------|-------|-----------|----------|--------|---------------------|--------|--------|------|-----|-----------|
| <b>WOK-TOSSED NOODLES</b>                    |       |      |            |         |     |      |       |         |        |            |        |       |           |       |           |          |        |                     |        |        |      |     |           |
| Hot & Spicy Combination                      | T     |      |            |         | T   |      | T     |         |        |            |        |       |           |       |           |          |        | T                   |        | T      | T    | T   | T         |
| Golden Satay                                 | T     |      |            |         | T   | T    | T     | T       |        |            | T      |       |           |       |           |          |        | T                   | T      | T      | T    | T   | T         |
| Sticky Pad See Ew                            | T     | T    | T          | T       | T   | *    | T     | *       |        |            |        |       |           |       |           |          |        | T                   | T      |        |      |     | T         |
| Tangy Pad Thai                               | T     | T    | T          |         | T   | *    | T     | T       |        |            |        |       |           |       |           |          |        | T                   |        | T      |      |     | T         |
| Classic Combination                          | T     | T    | T          | T       | T   |      | T     |         |        |            |        |       |           |       |           |          |        | T                   | T      | T      | T    | T   | T         |
| Umami Teriyaki                               | T     |      |            |         | T   |      | T     |         |        |            |        |       |           |       |           |          |        | T                   |        | T      | T    | T   | T         |
| Fragrant Mongolian                           | T     |      |            |         | T   |      | T     |         |        |            |        |       |           |       |           |          |        | T                   | T      | T      | T    | T   | T         |
| <b>FRIED RICE BOWLS</b>                      |       |      |            |         |     |      |       |         |        |            |        |       |           |       |           |          |        |                     |        |        |      |     |           |
| Uncle's Veggie Fried Rice                    | T     |      |            |         | T   | *    | T     | *       |        |            |        |       |           |       |           |          |        | T                   | *      |        |      |     | T         |
| KFT – Korean Fried Coated Tofu (Soy Protein) | T     |      |            |         | T   |      | T     | *       |        |            |        |       |           |       |           |          |        | T                   | T      |        |      |     | T         |
| Thai Chilli Chicken Fried Rice               | T     |      |            |         | *   |      | T     | *       |        |            |        |       |           |       |           |          |        | T                   | T      |        |      |     | T         |

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\* = May Contain Traces of Allergen

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V = Vegetarian/Plant-Based

|  | Wheat | Fish | Crustacean | Mollusc | Egg | Milk | Lupin | Peanuts | Almond | Brazil Nut | Cashew | Hazel | Macadamia | Pecan | Pistachio | Pine Nut | Walnut | Soy/ Soya/ Soy-bean | Sesame | Barley | Oats | Rye | Sulphites |
|--|-------|------|------------|---------|-----|------|-------|---------|--------|------------|--------|-------|-----------|-------|-----------|----------|--------|---------------------|--------|--------|------|-----|-----------|
| <b>STIR FRIES</b>                              |       |      |            |         |     |      |       |         |        |            |        |       |           |       |           |          |        |                     |        |        |      |     |           |
| Thai Basil + Cashew                            | T     |      |            |         | *   | *    | T     | T       | *      | *          | T      | *     | *         | *     | *         | *        | *      | T                   | T      |        |      |     | T         |
| Crispy Sweet & Sour Coated Tofu (Soy Protein)  | T     |      |            |         |     |      | T     |         |        |            |        |       |           |       |           |          |        | T                   |        |        |      |     | T         |
| Sizzling Black Bean                            | T     |      |            |         | T   |      | T     |         |        |            |        |       |           |       |           |          |        | T                   |        |        |      |     | T         |
| <b>SIDES</b>                                   |       |      |            |         |     |      |       |         |        |            |        |       |           |       |           |          |        |                     |        |        |      |     |           |
| Salt & Pepper Crispy Coated Tofu (Soy Protein) | T     | *    | *          |         |     |      | T     | *       |        |            |        |       |           |       |           |          |        | T                   | *      |        |      |     | T         |
| Veggie Spring Rolls                            | T     | *    | *          |         |     |      | T     | T       |        |            |        |       |           |       |           |          |        |                     | T      |        |      |     | T         |
| BBQ Buns                                       | T     |      |            |         |     |      | T     |         |        |            |        |       |           |       |           |          |        | T                   | *      |        |      |     | T         |

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