

KAPOW BUDDY ALLERGEN GUIDE 2026														
Category	Item	Milk	Egg	Fish	Crustacean Shellfish	Tree Nuts	Peanut	Wheat	Soy	Sesame	Halal	Gluten Status	Vegan Status	Cross-Contact / Verification Notes
Base	White Rice											GF	Yes	
Base	Purple Rice (Red Cargo Rice)											GF	Yes	
Base	Fried Rice								Contains			GF	Yes	
Base	Lomein Noodles		Contains					Contains	Contains			Not GF	No	Egg and wheat-containing noodles.
Base	Thin Rice Noodles								Contains			GF	Yes	
Base	Green Leaf Salad											GF	Yes	Fresh green leaf lettuce.
Protein	Chicken								Contains			GF	No	
Protein	Ground Pork								Contains			GF	No	
Protein	Tofu								Contains			GF	Yes	
Protein	Steak (Halal)								Contains		Halal	GF	No	Halal menu item.
Protein	Crispy Pork								Contains			GF	No	Fryer cross-contact applies if fried in shared fryer.
Protein	Shrimp				Contains				Contains			GF	No	Contains crustacean shellfish.
Topping	Crispy Basil											Not Designated GF	No	Shared fryer with wheat-containing and animal-based foods.
Topping	Crispy Onions											No Gluten Ingredients	Yes	Package: red onion, rice flour, palm oil. Verify manufacturer GF status before formal GF claim.
Topping	Fried Wontons							Contains				Not GF	No	Wheat-containing wonton; shared fryer.
Topping	Fried Garlic											No Gluten Ingredients	Yes	Package: garlic, palm oil. Verify manufacturer GF status before formal GF claim.
Topping	String Beans								Contains			GF	Yes	
Topping	Bell Peppers								Contains			GF	Yes	
Topping	Corn											GF	Yes	Package ingredient: corn only; served cold/plain.
Topping	Cucumbers											GF	Yes	Fresh/plain; served cold.
Topping	Edamame								Contains			GF	Yes	Package ingredient: soybean only; served cold.
Egg	Fried Egg		Contains									GF	No	
Egg	Omelet		Contains									GF	No	
Sauce	Signature Kapow!								Contains			GF	Yes	Derived from Kapow Cooking Sauce (made with soy-based seasoning, vegan mushroom oyster-flavored sauce, salt, and sugar); water, sugar, coconut sugar, corn starch, garlic.
Sauce	Spicy Kapow!								Contains			GF	Yes	Signature Kapow base + fresh/dried chili.
Sauce	Thai Spicy Kapow!								Contains			GF	Yes	Signature Kapow base + additional fresh/dried chili.
Sauce	Green Curry											GF	Yes	Green curry paste label reviewed; no major allergen declared. Finished sauce includes coconut milk and current recipe ingredients.
Sauce	Yellow Curry							Contains				Not GF	Yes	Yellow curry paste contains wheat and soybean oil. Finished sauce also contains coconut milk and other recipe ingredients.
Sauce	Peanut Sauce						Contains					No Gluten Ingredients	Yes	Contains peanut. Curry paste/tamarind/peanut butter labels reviewed.
Sauce	Sweet & Sour											No Gluten Ingredients	Yes	Current recipe information reviewed; formal GF claim not established.
Sauce	Sriracha											No Gluten Ingredients	Yes	Shark Brand ingredient label reviewed.
Sauce	Teriyaki							Contains	Contains			Not GF	Yes	Kikkoman component includes soybeans and wheat.
Sauce	Yum Yum		Contains									GF	No	Contains egg. Product label states Gluten Free.
Street Snack	Buddy Wings								Contains			Not Designated GF	No	Marinated with Kapow Cooking Sauce; shared fryer.
Street Snack	Spring Rolls							Contains	Contains	Contains		Not GF	No	Contains wheat, soybean and sesame; shared fryer.
Street Snack	Fried Tofu								Contains			GF	Yes	Tofu contains soy
Street Snack	Curry Puff							Contains	Contains			Not GF	No	Pastry/soy sauce contain wheat; soy sauce contains soy; chicken filling; shared fryer.
Street Snack	Chive Cake							Contains				Not GF	No	Prepared with all-purpose flour; shared fryer.
Street Snack	Shrimp Shumai				Contains			Contains	Contains			Not GF	No	Shrimp dumpling; wrapper/seasoning contains wheat and soy
Street Snack	Chicken Satay				Contains			Contains				Not GF	No	Oyster sauce treated conservatively as shellfish + wheat.
Street Snack	Pork Skewers	Contains						Contains	Contains			Not GF	No	Evaporated milk; Thai soy sauce contains soybean and wheat.
Street Snack	Papaya Salad						Contains					No Gluten Ingredients	Yes	Contains roasted peanut. Tamarind product: tamarind, water, sugar, salt, cellulose gum, xanthan gum, sodium benzoate. Cold preparation.
Street Snack	Tom Yum Soup			Contains	Contains				Contains			No Gluten Ingredients	No	Tom Yum paste contains fish sauce/anchovy and shrimp; soybean oil present.
Street Snack	Chiang Mai Sausage			Contains	Contains							No Gluten Ingredients	No	Red curry paste, shrimp paste and fish sauce; contains fish and shellfish.
Street Snack	Crispy Pork								Contains			Not GF	No	Shared fryer; cross-contact may occur.

Contains	= Allergen is an ingredient in the menu item.
GF	= Designated gluten-free
Not GF	= Contains a gluten ingredient
No Gluten Ingredients	= No gluten-containing ingredients identified, but the item is not designated gluten-free.
Not Designated GF	= Not designated gluten-free due to preparation or potential cross-contact.

Allergen Notice: Allergen information is based on our current recipes and supplier ingredient information. Our kitchen uses shared preparation areas, equipment, and fryers, and cross-contact may occur. Please inform our team of any food allergies before ordering.