

# Gluten free, vegetarian and vegan options

## GLUTEN-FREE?

**Gluten** is a protein found in **wheat**. Those with Coeliac Disease are sensitive to gluten which damages the lining of the bowel. The following Wokitup! products are gluten free:

- ✓ Soy sauce
- ✓ Sweet chilli sauce (no oyster sauce)
- ✓ All rice noodles and rice (white or brown)
- ✓ All vegetables
- ✓ Chicken, Beef, Prawns, Squid, Fish Cake.
- ✓ Tofu

## VEGETARIAN?

Vegetarians do not eat meat or fish, and sometimes other animal products, especially for moral, religious, or health reasons. The following Wokitup! products are suitable for vegetarians:

- ✓ Honey Soy
- ✓ Soy sauce
- ✓ Sweet and sour sauce
- ✓ Sweet chilli sauce (no oyster sauce)
- ✓ All noodles and rice (white and brown)
- ✓ All vegetables
- ✓ Tofu

## VEGAN?

Vegans don't eat animal or dairy products such as egg and honey. The following Wokitup! products are suitable for vegans:

- ✓ Soy sauce
- ✓ Sweet and sour sauce
- ✓ Sweet chilli sauce (no oyster sauce)
- ✓ All noodles and rice (white and brown)
- ✓ All vegetables
- ✓ Tofu