

allergen & nutritional information

June 2024

YD!



Menu FIR Intolerance Report

Version 3

05 Aug 2024

LC Restaurant Menu FULL MENU

Dish Name	Cereals containing Gluten :							Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :												
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats							Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin

Maki

Avocado Maki																											
Cucumber Maki																											
Mixed Maki Plate								✓																	✓		
Salmon Maki								✓																			

Rolls

Caterpillar Roll	✓	✓						✓			✓	✓														✓	
Chicken Katsu Sushi Sando	✓	✓	✓					M	M	M	✓	✓	M											M	M		
Crunchy California Roll 4pc	✓	✓	✓					✓	✓		✓	✓													✓	✓	
Dynamite Roll 4pc	✓	✓	✓					✓			✓	✓													✓	✓	
Hoisin Duck Roll 4pc	✓	✓	✓								✓	✓															
Hoisin Mock 'Duck' Roll 4pc	✓	✓	✓				✓				✓	✓															
Katsu Shrimp Roll	✓	✓	✓					✓	✓	M	✓	✓	M											M	M		
Monster Maki	✓	✓	✓					✓	✓	M	✓	✓	M											M	✓		
Rainbow Roll	✓	✓	✓					✓	✓		✓	✓															
Salmon Dragon Roll 4pc	✓	✓	✓					✓	✓		✓	✓													✓	✓	
Spicy Chicken Katsu Roll 4pc	✓	✓	✓					M	M	M	M	✓	M											M	✓	✓	
Spicy Tuna Roll 4pc								✓																	✓	✓	
Veggie Volcano Roll 4pc	✓	✓																							✓	✓	

LC Restaurant Menu FULL MENU

Dish Name	Cereals containing Gluten :										Tree Nuts :														
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites

Large Bowl

Chicken Katsu Curry Large	✓	✓					M	M	M	M	✓	M															M	M
Korean Fried Chicken Rice Bowl Large	✓	✓	✓				M	M	M	M	✓	M															M	✓
Prawn Katsu Curry Large	✓	✓	✓				M	✓	M	M	✓	M															M	M
Pumpkin Katsu Curry Large	✓	✓	✓				M	M	M	M	✓	M															M	M
Teriyaki Beef Large	✓	✓	✓				M	M	M	✓	✓	M															M	✓
Teriyaki Chicken Large	✓	✓	✓								✓																	✓
Teriyaki 'duck' Large	✓	✓			✓		M	M	M	M	✓	M															M	✓

Gyoza

Chicken Gyoza 5pc	✓	✓					M	M	M	M	✓	M															M	✓
Chicken Gyoza	✓	✓	✓				M	M	M	M	✓	M															M	✓
Mega Korean Gyoza Chicken 5pc	✓	✓	✓				M	M	M	✓	✓	M															✓	✓
Mega Korean Gyoza Chicken	✓	✓	✓				M	M	M	✓	✓	M															✓	✓
Mega Korean Gyoza Vegetable 5pc	✓	✓	✓				M	M	M	M	✓	M															✓	✓
Mega Korean Gyoza vegetable	✓	✓	✓				M	M	M	M	✓	M															✓	✓
Mega Teriyaki Gyoza Chicken 5pc	✓	✓	✓				M	M	M	✓	✓	M															M	✓
Mega Teriyaki Gyoza Chicken	✓	✓	✓				M	M	M	✓	✓	M															M	✓
Mega Teriyaki Gyoza Vegetable 5pc	✓	✓	✓				M	M	M	M	✓	M															M	✓
Mega Teriyaki Gyoza Vegetable	✓	✓	✓				M	M	M	M	✓	M															M	✓
Vegetable Gyoza 5pc	✓	✓					M	M	M	M	✓	M															M	✓
Vegetable Gyoza	✓	✓					M	M	M	M	✓	M															M	✓

LC Restaurant Menu FULL MENU

Dish Name	Cereals containing Gluten :						Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :													
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats							Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin

Selection Plates

Green Vibes Only	✓	✓									✓													✓	✓		
Meat YO! Match	✓	✓					M	M	M	M	✓	M												M	✓		
Nigiri 'n' Maki Mix							✓																	✓			
Salmon Top Hits	✓	✓					✓			✓	✓																
Tuna Non-Stop							✓				✓														✓		

Sides

Curry Sauce Large Dip	✓	✓									✓																
Miso Soup	✓	✓									✓																
Pr*wn Crackers																											
Steamed Rice																											

Platters

All Salmon Love Set	✓	✓					✓			✓	✓																
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Sticks

Chicken Tsukune	✓	✓					M	M	M	✓	✓	M												✓	✓		
Chicken Yakitori	✓	✓					M	M	M	M	✓	M												M	✓		

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
All Salmon Love Set	549.7	2290.6	24.7	3.0	0.6	0.2	57.6	0.0	7.7	24.3	1.3	764.6
Avocado Maki	198.2	825.9	6.3	1.1	3.0	0.6	32.5	0.0	3.9	2.9	1.8	328.0
Beef Teriyaki	324.2	1348.7	21.7	4.1	7.6	8.7	19.4	10.0	7.3	13.5	1.3	374.0
California Temaki	215.0	893.6	13.5	1.5	1.8	0.3	19.5	0.0	2.7	4.6	1.3	407.8
Caterpillar Roll	266.9	1111.4	12.9	2.2	4.8	0.9	32.6	0.7	9.8	5.4	2.9	705.3
Cherry Dough.chi	209.0	873.7	10.3	518.0	0.0	0.0	26.9	0.0	16.5	2.5	1.3	73.0
Chicken Firecracker Rice	437.6	1825.4	14.0	2.1	2.3	5.8	60.2	0.0	3.9	18.3	2.8	756.5
Chicken Gyoza 5pc	206.2	835.8	8.8	1.2	3.0	1.5	21.0	0.0	1.6	8.1	2.3	1117.1
Chicken Gyoza	139.5	568.9	7.2	0.8	3.0	1.5	12.5	0.0	1.0	4.8	1.4	606.5
Chicken Katsu Curry	537.3	2246.2	20.1	7.8	3.0	1.5	72.2	0.0	3.0	16.6	2.8	789.5
Chicken Katsu Curry Large	886.1	3703.2	36.4	13.3	5.9	2.9	108.2	0.0	4.0	30.4	4.8	1182.8
Chicken Katsu	247.4	1032.9	15.1	4.7	3.0	1.5	14.8	0.0	3.1	12.3	1.9	592.0
Chicken Katsu Sushi Sando	549.3	2289.2	26.9	6.0	0.6	0.3	60.6	0.0	6.7	16.1	2.8	936.2
Chicken Teriyaki	190.5	798.3	7.2	1.9	0.0	0.1	12.7	1.3	7.4	19.8	0.5	799.5
Chicken Tsukune	401.7	1671.1	27.4	8.1	0.6	0.3	8.2	0.6	6.5	2.6	29.2	289.9
Chicken Yakisoba	288.1	1208.1	10.7	1.6	2.1	5.5	33.4	16.5	14.7	14.6	2.3	1548.8
Chicken Yakitori	227.7	943.9	12.3	1.9	2.3	1.1	10.7	0.6	9.2	18.7	0.8	797.9
Chocolate Dough.chi	214.6	902.0	7.9	4.0	0.0	0.0	33.3	0.2	19.2	1.5	2.0	80.4
Chocolate Mochi	256.1	1072.8	9.8	6.1	0.1	0.0	37.2	0.2	23.2	3.0	0.1	205.2
Classic Edamame	116.5	487.0	3.3	0.5	0.0	0.0	12.1	0.0	1.0	11.8	4.6	393.9
Cod & Shiso Tempura	294.0	1199.7	19.5	1.5	3.0	1.7	9.4	0.0	3.0	17.1	0.3	852.6
Crunchy California Roll 4pc	297.8	1238.0	17.6	2.5	1.1	0.2	31.2	0.7	6.8	4.2	1.3	590.5
Cucumber Maki	144.6	604.4	0.5	0.1	0.0	0.0	32.4	0.0	4.1	2.7	0.9	316.4
Curry Sauce Large Dip	88.2	368.8	6.0	3.8	0.0	0.0	7.8	0.0	3.0	0.9	0.6	606.7
Custard Dorayaki Pancake	174.1	733.8	1.8	0.8	0.0	0.0	36.7	0.0	19.2	2.3	0.0	1.3
'Duck' Teriyaki	197.8	874.5	5.5	0.7	0.6	0.4	15.6	1.3	7.8	21.8	1.4	585.1
Dynamite Roll 4pc	389.0	1646.3	15.9	2.6	1.3	0.3	52.9	0.0	12.3	6.4	2.0	837.2
Green Vibes Only	243.8	1009.5	5.9	1.1	1.5	0.4	41.8	0.0	10.1	5.2	1.9	601.8
Hoisin 'Duck' Firecracker Rice	455.3	1914.7	15.0	2.2	2.3	5.8	65.7	0.6	7.1	14.6	2.9	864.7
Hoisin Duck Roll 4pc	137.7	577.9	1.2	0.5	0.0	0.0	26.8	0.2	7.5	5.0	0.6	334.2
Hoisin Mock 'Duck' Roll 4pc	172.3	730.2	2.0	0.6	0.0	0.0	32.5	0.3	9.1	6.0	0.9	387.7
Hoisin Mock 'Duck' Yakisoba	371.7	1573.6	14.2	2.0	2.6	6.8	46.6	20.8	21.3	14.3	2.9	2011.1

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Inari Taco	144.4	591.3	4.7	0.7	0.5	0.1	20.6	0.0	7.8	4.2	0.5	274.5
Japanese Fried Chicken	344.4	1435.2	21.3	5.9	3.0	1.5	18.3	0.0	0.6	19.8	2.4	711.0
Kaiso Seaweed	106.6	424.4	3.0	0.4	0.0	0.1	14.7	0.1	12.1	3.4	1.9	685.4
Katsu Shrimp Roll	310.5	1292.5	13.3	2.2	6.6	1.5	39.2	0.0	3.8	7.9	3.0	1002.7
Kimchi Chicken	185.4	775.7	6.8	1.7	0.2	0.5	13.3	0.1	8.9	17.6	1.4	1215.1
Korean Fried Chicken	380.5	1599.0	13.2	5.2	3.0	1.5	44.7	0.0	21.1	19.6	2.4	798.8
Korean Fried Chicken Rice Bowl Large	1050.7	4413.5	22.2	10.3	3.0	1.5	164.2	0.0	42.3	44.9	5.6	1469.2
Meat YO! Match	220.3	921.7	4.0	1.2	0.9	0.3	39.6	0.1	8.5	6.4	1.5	626.1
Meatless Farm Chick'n Katsu Curry Large	975.7	4072.2	41.2	6.8	5.9	2.9	118.6	0.0	4.8	29.9	1.6	1474.0
Meatless Farm Chick'n Katsu Cury	582.1	2430.7	22.5	4.6	3.0	1.5	77.3	0.0	3.4	16.4	1.2	935.1
Meatless Farm Chick'n Katsu	292.0	1212.4	17.5	1.5	3.0	1.5	19.9	0.0	3.5	12.1	0.3	778.1
Mega Korean Gyoza Chicken 5pc	283.7	1184.0	16.5	1.9	3.1	1.5	24.9	0.0	5.0	7.9	2.5	630.5
Mega Korean Gyoza Chicken	228.1	949.6	15.4	1.6	3.1	1.5	16.9	0.0	4.4	5.0	1.6	438.5
Mega Korean Gyoza Vegetable 5pc	237.1	990.8	53.1	1.0	0.7	0.4	28.0	0.0	6.5	6.3	1.8	135.7
Mega Korean Gyoza vegetable	209.1	870.2	38.3	1.1	3.1	1.5	18.8	0.0	5.4	4.0	1.2	135.5
Mega Teriyaki Gyoza Chicken 5pc	278.6	1162.8	16.2	1.8	3.0	1.5	24.5	0.7	4.8	7.9	2.4	702.2
Mega Teriyaki Gyoza Chicken	223.0	928.4	15.1	1.5	3.0	1.5	16.5	0.7	4.2	5.0	1.5	510.2
Mega Teriyaki Gyoza Vegetable 5pc	232.1	969.6	52.7	1.0	0.6	0.3	27.6	0.7	6.3	6.3	1.7	207.4
Mega Teriyaki Gyoza Vegetable	204.0	849.0	37.9	1.1	3.0	1.5	18.4	0.7	5.1	4.0	1.1	207.2
Mighty Duck Fries	325.7	1361.6	17.3	1.6	2.5	1.3	32.7	0.5	6.2	9.3	0.2	762.4
Mighty Mock 'Duck' Fries	316.6	1337.3	15.3	1.4	2.5	1.3	34.4	0.5	6.7	9.3	0.4	740.8
Miso Soup	53.1	222.4	1.3	0.2	0.0	0.0	7.3	0.0	3.1	2.3	0.1	1094.9
Mixed Maki Plate	197.0	821.7	5.5	0.8	1.5	0.3	32.2	0.0	3.8	4.7	1.2	327.8
Monster Maki	167.1	696.7	5.4	0.6	0.8	0.1	24.8	0.0	3.3	4.7	1.1	339.3
Nanbanzuke Chilled Cod	303.3	1215.9	6.0	1.0	3.2	0.9	51.6	-	12.7	8.0	-	771.3

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Nigiri 'n' Maki Mix	208.6	871.5	4.8	0.6	0.4	0.1	33.4	0.0	4.1	8.1	0.7	343.6
Popcorn Prawn Roll	358.6	1492.2	17.4	2.6	6.9	1.6	39.7	0.0	7.3	9.5	3.0	1178.3
Popcorn Shrimp	351.0	1460.7	20.4	1.6	3.0	1.5	23.3	0.0	13.0	14.6	0.6	980.6
Pr*wn Crackers	118.4	499.5	3.2	0.2	0.0	0.0	21.9	0.0	9.3	0.2	0.1	151.0
Prawn Katsu Curry Large	710.6	2967.0	19.2	4.5	5.9	2.9	115.3	0.0	3.4	18.3	2.5	1112.6
Prawn Katsu Curry	469.2	1960.0	11.8	3.4	3.0	1.5	78.7	0.0	2.7	11.7	1.7	801.7
Prawn Katsu	179.3	746.7	6.8	0.4	3.0	1.5	21.3	0.0	2.7	7.4	0.8	604.3
Pumpkin Katsu Curry	429.2	1793.0	11.5	3.9	2.9	1.4	74.1	0.0	2.6	7.4	1.1	688.7
Pumpkin Katsu Curry Large	601.3	2510.6	17.2	4.9	5.1	2.5	100.8	0.0	2.9	10.9	1.3	884.1
Pumpkin Katsu	152.8	631.9	6.8	0.9	3.0	1.5	19.0	0.0	2.8	3.5	0.3	553.7
Rainbow Roll	237.1	987.5	11.2	1.5	2.3	0.5	25.1	0.0	3.2	9.2	1.3	361.4
Salmon & Avocado Temaki Hand Roll	180.9	751.6	11.2	1.4	1.8	0.3	15.2	0.0	1.8	5.1	1.3	180.5
Salmon Dragon Roll 4pc	232.5	968.1	11.4	1.3	1.2	0.2	25.6	0.0	3.4	7.1	0.9	362.1
Salmon Firecracker Rice	477.8	1988.4	20.8	2.8	2.3	5.8	60.0	0.0	3.7	13.0	2.6	678.2
Salmon Maki	195.8	817.5	4.8	0.6	0.0	0.0	31.9	0.0	3.8	6.4	0.6	327.5
Salmon Mango Salsa	331.6	1330.2	11.8	1.8	2.4	0.5	43.7	0.7	7.8	10.1	2.1	538.8
Salmon Nigiri	106.3	443.6	3.7	0.4	0.0	0.0	14.1	0.0	1.7	4.0	0.1	150.1
Salmon Ponzu Salsa	128.2	520.2	9.2	1.1	0.0	0.0	2.0	0.0	1.1	8.6	0.2	358.8
Salmon Ponzu Tempura Roll	321.6	1335.3	18.9	5.4	3.0	0.7	29.4	0.3	4.5	7.5	0.8	499.9
Salmon Sashimi	176.7	733.9	13.9	1.7	0.0	0.1	0.8	0.0	0.5	12.1	0.2	89.2
Salmon Top Hits	279.2	1163.4	12.4	1.5	0.3	0.1	29.4	0.0	4.3	12.4	0.8	418.0
Salmon Yakisoba Large	788.0	3292.7	40.0	5.4	5.2	13.5	81.7	40.6	35.7	25.3	5.2	3649.0
Salmon Yakisoba	320.7	1340.0	16.3	2.2	2.1	5.5	33.3	16.5	14.5	10.3	2.1	1485.0
Smashed Cucumbers	23.4	87.6	0.7	0.1	0.0	0.0	2.5	0.1	1.8	1.2	1.0	1489.8
Soy Egg	42.1	175.8	2.7	0.8	1.5	0.4	0.4	0.0	0.0	4.2	0.0	326.8
Spicy Chicken Katsu Roll 4pc	168.3	704.3	3.2	1.1	0.3	0.2	29.9	0.0	5.5	4.9	0.9	554.5
Spicy Pepper Squid	192.6	805.4	6.4	0.8	3.0	1.5	15.1	0.0	6.8	16.8	0.7	825.3
Spicy Seafood Ramen	417.1	2020.6	13.1	2.2	2.2	2.2	46.7	35.7	7.3	27.0	2.6	3527.3
Spicy Tuna Roll 4pc	319.4	1360.1	7.3	1.3	1.4	0.4	53.5	0.0	13.5	7.8	2.0	982.5
Steamed Rice	301.7	1262.6	0.3	0.0	0.0	0.0	69.9	0.0	0.3	4.9	0.8	0.0
Strawberry Mochi	193.7	816.3	5.1	3.1	0.0	0.0	35.1	0.0	22.7	1.6	0.0	75.0

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Sweet Cod Nanbanzuke	261.5	1094.7	10.9	0.8	6.0	3.2	26.3	-	17.6	14.1	-	900.9
Tempura Ponzu Cod Temaki	183.0	751.7	8.3	0.6	0.6	0.4	20.7	0.0	4.2	5.4	0.9	430.3
Teriyaki Beef Large	967.2	4031.0	43.4	8.1	15.2	17.2	112.2	20.0	14.0	32.0	3.0	602.5
Teriyaki Chicken Large	699.7	2930.2	14.4	3.7	0.0	0.0	99.0	2.5	14.3	44.6	1.4	1453.4
Teriyaki Chicken Ramen	498.9	2365.8	15.8	3.5	2.2	2.2	54.6	37.0	13.5	34.4	2.6	3515.0
Teriyaki 'duck' Large	705.5	3045.6	9.9	1.2	0.6	0.3	104.7	2.5	15.1	48.6	3.2	1024.6
Tuna & Avocado Tartare	141.3	580.5	8.6	2.4	3.7	0.9	3.4	0.0	1.0	11.9	1.8	261.1
Tuna Mango Salsa	284.4	1137.4	4.8	1.0	2.5	0.6	43.8	0.7	7.9	14.1	2.3	532.4
Tuna Nigiri	82.7	347.2	0.3	0.1	0.1	0.1	14.2	0.0	1.7	6.0	0.2	146.9
Tuna Non-Stop	243.9	1029.0	2.9	0.6	0.5	0.6	36.3	0.0	6.3	18.4	1.3	489.1
Tuna Sashimi	88.2	372.4	1.2	0.3	0.2	0.6	0.9	0.0	0.6	19.6	0.5	77.2
Vegetable Gyoza 5pc	227.2	920.8	53.0	0.9	3.0	1.5	24.0	0.0	3.0	6.7	1.6	637.4
Vegetable Gyoza	152.1	619.9	33.7	0.6	3.0	1.5	14.3	0.0	1.8	3.9	1.0	318.7
Vegetable Yakisoba	243.6	1019.7	10.2	1.5	2.1	5.4	32.9	16.3	14.4	5.1	2.1	1452.3
Veggie Dumpling Ramen	387.2	1894.8	25.3	1.1	0.8	1.8	61.2	33.8	11.7	15.3	4.7	2313.5
Veggie Firecracker Rice	386.4	1608.6	13.5	1.9	2.3	5.8	60.0	0.0	3.7	6.7	2.6	658.9
Veggie Volcano Roll 4pc	223.6	930.9	10.3	2.7	4.8	0.9	29.7	0.0	5.9	3.0	2.7	291.9
Yasai Roll 4pc	338.0	1434.7	10.5	1.5	1.3	0.3	54.9	0.7	14.4	3.7	1.9	859.4
Yasai Temaki Hand Roll	137.0	567.1	6.5	1.0	1.8	0.3	16.8	0.0	3.3	2.7	1.4	191.9
YO! Fries	320.6	1336.0	19.2	1.7	3.0	1.5	32.8	0.0	2.1	3.1	0.0	718.1
YO! Fries Plain	250.2	1046.4	12.2	1.2	3.0	1.5	31.2	0.0	1.0	3.0	0.0	463.2
YO! Roll 4pc	194.2	809.1	7.5	1.0	1.2	0.2	25.2	0.0	4.1	6.5	0.9	403.6
Dynamite Salmon Poké	357.1	1423.4	26.2	3.4	3.6	0.8	14.1	0.9	7.6	13.4	6.4	547.8
Hoisin Mock 'Duck' Poké	317.6	1282.9	17.1	2.4	3.6	0.8	21.1	1.5	11.9	16.6	6.8	784.3
Poké Half & Half Base	173.9	727.2	0.4	0.0	0.0	0.1	39.3	0.0	0.5	3.4	1.1	35.0
Poké Rice Base	335.2	1402.9	0.4	0.0	0.0	0.0	77.7	0.0	0.3	5.4	0.9	0.0
Poké Spinach Base	12.5	51.5	0.4	0.1	0.1	0.3	0.8	0.1	0.8	1.4	1.4	70.0
Spicy Tuna Poké	295.3	1169.6	17.3	2.5	3.7	1.1	15.1	0.9	8.6	16.9	6.6	681.5
Sriracha	39.5	165.3	0.4	0.0	0.0	0.0	8.9	0.0	8.7	0.7	0.0	1310.0
Sriracha Chicken Poké	292.0	1156.6	15.8	2.4	3.6	0.8	15.3	0.8	8.8	19.3	6.5	804.0
Sriracha Mayonnaise	167.5	688.3	17.2	1.2	0.0	0.0	2.9	0.0	2.1	0.1	0.0	409.2
Umami Soy-Sesame	77.1	321.1	2.5	0.4	0.0	0.0	10.6	0.0	10.5	2.8	0.0	2344.9
Zingy Ginger & Chilli	70.5	298.0	0.1	0.0	0.0	0.0	15.8	0.0	15.4	0.9	0.1	550.5