



# dine-in allergen & nutritional report

Last updated February 2023

# Menu FIR Intolerance Report

## Core Restaurant Menu '23

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	Lupin

### Maki

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

### Rolls

Crunchy California Roll 3pc	✓	✓					✓	✓		✓	✓															✓		
Crunchy California Roll 6pc	✓	✓					✓	✓		✓	✓															✓		
Crunchy Prawn Roll 4pc	✓	✓					M	✓	M	✓	M	M												M	M			
Crunchy Prawn Roll 8pc	✓	✓					M	✓	M	✓	M	M												M	M			
Dynamite Roll 4pc	✓	✓					✓			✓	✓															✓		
Dynamite Roll 8pc	✓	✓					✓			✓	✓															✓		
Hoisin Duck Roll 3pc	✓	✓									✓																	
Hoisin Duck Roll 6pc	✓	✓									✓																	
Hoisin Mock 'Duck' Roll 3pc	✓	✓				✓					✓																	
Hoisin Mock 'Duck' Roll 6pc	✓	✓				✓					✓																	
Salmon Dragon Roll 4pc	✓	✓					✓	✓		✓	✓															✓		
Salmon Dragon Roll 8pc	✓	✓					✓	✓		✓	✓															✓		
Spicy Chicken Katsu Roll 3pc	✓	✓					M	M	M	M	M	M												M	✓	✓		
Spicy Chicken Katsu Roll 6pc	✓	✓					M	M	M	M	M	M												M	✓	✓		
Spicy Tuna Roll 4pc	✓	✓					✓				✓															✓		





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YO! Fries	M	M									M														✓		
YO! Fries Plain	M	M									M													M			
<b>Ramen</b>																											
Shiitake Mushroom Ramen	✓	✓									✓														✓		
Soy Egg	✓	✓								✓	✓														✓		
Spicy Seafood Ramen	✓	✓					✓	✓	✓	✓	✓													✓	✓		
Teriyaki Chicken Ramen	✓	✓							✓	✓	✓													✓	✓		
<b>Temaki</b>																											
California Temaki	✓	✓					✓	✓		✓	✓													✓	✓		
Salmon & Avocado Temaki							✓			✓														✓	✓		
Yasai Temaki	✓	✓								✓														✓	✓		
<b>Yakisoba &amp; Fried Rice</b>																											
Chicken Fried Rice	✓	✓									✓													✓	✓		
Chicken Yakisoba	✓	✓									✓													✓	✓		
Salmon Fried Rice	✓	✓					✓				✓													✓	✓		
Vegetable Fried Rice	✓	✓									✓													✓	✓		
Vegetable Yakisoba	✓	✓									✓													✓	✓		
<b>Large Bowl</b>																											
Chicken Katsu Curry Large	✓	✓					M	M	M	M	✓	M												M	✓		
Korean Fried Chicken Rice Bowl Large	✓	✓					✓	M	M	✓	✓	✓												M	✓		
Meatless Farm Chick'n Katsu Curry Large	✓	✓									✓										✓				M		





**Core Restaurant Menu '23**

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	Lupin		

**Sides**

Curry Sauce Large Dip	✓	✓									✓																						
Miso Soup											✓																						
Steamed Rice																																	

**YO! Nuts**

YO! NUT Cheese	✓	✓					M	M	M	✓	✓	✓											✓	M	✓							
YO! NUT Katsu Chicken	✓	✓					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)
Avocado Maki	203.5	855.4	6.5	1.2	3.0	0.6	32.6	0.0	4.4	1.4	1.8	385.9
Beef Teriyaki	330.9	1376.6	22.2	4.0	7.6	8.7	19.2	10.0	7.4	13.4	1.2	423.5
California Temaki	223.3	931.1	13.5	1.5	1.8	0.3	20.2	0.0	3.0	3.9	1.3	253.4
Cherry Dough.chi	209.3	875.0	9.7	5.4	0.0	0.0	27.0	0.0	14.8	2.5	1.3	74.7
Chicken Fried Rice	417.4	1757.1	12.5	2.0	2.3	5.7	58.7	0.0	3.2	13.2	1.3	716.0
Chicken Gyoza 5 Piece	205.9	830.9	9.4	1.5	3.0	1.5	18.9	0.0	0.1	9.9	0.0	987.0
Chicken Gyoza	140.0	568.9	7.7	1.1	3.0	1.5	11.2	0.0	0.0	5.9	0.0	528.5
Chicken Katsu Curry	517.3	2177.7	17.2	6.6	3.0	1.5	73.4	0.0	2.7	13.5	1.0	725.3
Chicken Katsu Curry Large	845.8	3556.3	30.6	10.9	5.9	2.9	111.4	0.0	3.4	26.0	1.3	1031.4
Chicken Katsu	216.8	904.6	11.7	3.5	2.9	1.5	16.3	0.0	2.7	11.8	0.3	486.7
Chicken Teriyaki	197.1	826.2	7.7	1.9	0.0	0.1	12.6	1.3	7.6	19.7	0.4	839.3
Chicken Yakisoba	318.9	1337.2	12.8	2.0	2.5	6.5	35.1	19.2	14.2	15.1	1.9	1436.8
Chocolate Dough.chi	215.2	904.8	7.8	3.9	0.0	0.0	33.6	0.0	19.4	1.6	2.1	80.4
Chocolate Mochi	233.1	976.9	6.2	3.8	0.0	0.0	39.8	0.0	12.9	2.3	0.2	244.2
Classic Edamame	134.5	562.7	6.1	0.8	0.0	0.0	9.0	0.0	0.1	11.5	0.0	395.1
Crunchy California Roll 3pc	285.4	1190.7	17.1	2.4	1.0	0.2	27.8	0.7	6.5	2.9	0.8	500.1
Crunchy California Roll 6pc	570.7	2381.4	34.3	4.8	2.0	0.4	55.5	1.4	13.1	5.7	1.5	1000.3
Crunchy Prawn Roll 4pc	174.9	735.6	3.9	0.5	1.2	0.3	29.9	0.0	3.2	3.0	1.0	387.9
Crunchy Prawn Roll 8pc	349.8	1471.2	7.9	1.1	2.4	0.6	59.8	0.0	6.4	6.1	2.0	775.8
Cucumber Maki	149.6	633.4	0.5	0.1	0.0	0.0	32.5	0.0	4.6	1.2	0.9	374.1
Curry Sauce Large Dip	88.0	368.5	6.0	3.6	0.0	0.0	7.7	0.0	3.0	0.9	0.6	586.7
Dorayaki Pancake	130.0	543.9	1.7	0.6	0.0	0.0	26.0	0.0	15.2	2.1	0.0	2.6
Dynamite Roll 4pc	233.7	979.2	11.2	1.8	2.4	0.9	27.1	0.0	4.6	4.4	1.1	483.5
Dynamite Roll 8pc	467.3	1958.3	22.3	3.7	4.8	1.8	54.2	0.0	9.2	8.8	2.2	967.0
Hoisin Duck Roll 3pc	147.7	625.1	1.5	0.6	0.0	0.0	27.5	0.3	8.5	4.6	0.5	390.4
Hoisin Duck Roll 6pc	295.4	1250.2	2.9	1.3	0.0	0.0	55.0	0.5	17.1	9.3	1.0	780.8
Hoisin Mock 'Duck' Roll 3pc	158.1	675.8	2.1	0.7	0.0	0.0	28.5	0.3	8.8	4.7	0.7	385.1
Hoisin Mock 'Duck' Roll 6pc	316.1	1351.6	4.2	1.4	0.0	0.0	57.0	0.5	17.6	9.5	1.4	770.2
Inari Taco	169.7	712.5	6.7	1.2	0.5	0.1	23.0	0.0	10.5	3.4	0.4	324.0
Japanese Fried Chicken	384.4	1600.1	26.4	3.0	3.0	1.5	23.5	0.0	1.5	15.9	0.3	748.0
Kaiso Seaweed	141.5	494.6	5.1	0.2	0.0	0.1	14.8	0.1	8.1	3.4	1.1	710.8
Korean Fried Chicken	414.6	1738.9	18.2	2.4	2.9	1.5	49.2	0.0	23.3	15.7	0.3	826.5
Korean Fried Chicken Rice Bowl Large	1126.4	4746.2	32.4	4.7	3.0	1.5	172.7	0.0	47.0	32.8	1.0	1535.1

## 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)
Korean Pepper & Ponzu Edamame	139.1	582.1	6.3	0.8	0.0	0.1	9.5	0.0	0.3	11.6	0.0	466.1
Meatless Farm Chick'n Katsu Curry Large	977.0	4099.7	41.2	6.7	5.9	2.9	117.3	0.0	4.7	25.5	1.3	1489.0
Meatless Farm Chick'n Katsu Curry	582.9	2449.4	22.5	4.5	3.0	1.5	76.4	0.0	3.3	13.2	1.0	954.1
Meatless Farm Chick'n Katsu	292.3	1217.4	17.6	1.5	3.0	1.5	20.0	0.0	3.5	12.1	0.3	737.7
Mega Korean Gyoza Chicken	232.4	964.9	16.3	1.9	3.1	1.5	15.7	0.0	3.3	5.9	0.2	359.1
Mega Korean Gyoza Prawn	240.8	1002.8	16.6	1.4	3.1	1.5	18.1	0.0	5.0	4.2	1.1	321.9
Mega Korean Gyoza vegetable	193.0	805.8	10.6	1.0	3.1	1.5	20.7	0.0	5.7	3.3	0.9	373.9
Mega Teriyaki Gyoza Chicken	228.1	947.3	16.0	1.8	3.0	1.5	15.2	0.7	3.2	6.0	0.1	431.3
Mega Teriyaki Gyoza Prawn	236.5	985.2	16.3	1.4	3.0	1.5	17.6	0.7	5.0	4.2	1.0	394.1
Mega Teriyaki Gyoza Vegetable	188.7	788.2	10.3	1.0	3.0	1.5	20.2	0.7	5.7	3.4	0.8	446.1
Mighty Duck Fries	326.0	1363.1	17.2	1.6	2.5	1.3	32.7	0.5	6.1	9.2	0.2	728.1
Mighty Mock 'Duck' Fries	316.9	1338.9	15.2	1.4	2.5	1.3	34.4	0.5	6.6	9.3	0.5	706.5
Miso Soup	53.2	222.6	1.3	0.2	0.0	0.0	7.4	0.0	3.2	2.3	0.1	1052.7
Mixed Maki Plate	199.0	841.3	5.1	1.0	2.4	0.8	32.4	0.0	4.3	3.6	1.3	389.6
Plant Based Beef Teriyaki Large	727.9	3070.5	9.5	1.2	0.0	0.0	108.2	2.5	13.9	44.5	1.4	1445.2
Plant Based Beef Teriyaki	248.5	1038.2	9.7	0.9	3.0	1.5	17.9	1.3	7.3	22.0	0.6	795.3
Plant Platter	651.4	2684.6	21.1	3.6	4.4	0.8	98.0	0.4	25.5	7.9	3.8	1526.7
Popcorn Shrimp	354.0	1472.0	20.4	1.6	3.0	1.5	23.8	0.0	12.6	-	0.6	977.7
Prawn Gyoza 5 Piece	219.9	894.0	9.9	0.8	3.0	1.5	23.0	0.0	3.0	7.0	1.5	925.0
Prawn Gyoza	148.4	606.8	8.0	0.6	3.0	1.5	13.7	0.0	1.8	4.1	0.9	491.3
Prawn Katsu Curry Large	704.2	2961.8	19.1	4.4	5.9	2.9	112.8	0.0	3.3	13.3	2.2	1108.6
Prawn Katsu Curry	465.3	1959.1	11.7	3.3	3.0	1.5	77.0	0.0	2.6	8.3	1.5	809.4
Prawn Katsu	174.6	727.0	6.8	0.4	3.0	1.5	20.6	0.0	2.7	7.2	0.8	592.9
Pumpkin Katsu Curry	430.0	1811.1	11.5	3.8	2.9	1.4	73.2	0.0	2.5	4.4	0.9	707.1
Pumpkin Katsu Curry Large	602.5	2534.3	17.2	4.8	5.1	2.5	99.7	0.0	2.8	7.0	1.1	897.1
Pumpkin Katsu	153.0	636.9	6.9	0.9	3.0	1.5	19.2	0.0	2.7	3.4	0.3	513.2

## 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)
Roasted Red Pepper Nigiri	89.5	379.1	0.2	0.1	0.0	0.0	19.9	0.0	3.5	0.6	0.3	316.8
Salmon & Avocado Temaki	178.3	749.8	10.1	1.4	3.2	1.1	15.3	0.0	2.0	5.1	1.3	212.8
Salmon Dragon Roll 4pc	201.4	848.4	8.8	1.1	2.2	0.9	23.6	0.0	3.2	5.3	0.8	289.7
Salmon Dragon Roll 8pc	446.1	1879.4	19.5	2.5	4.9	1.9	52.3	0.0	7.2	11.8	1.8	641.7
Salmon Fried Rice	459.5	1941.6	17.8	2.7	5.4	7.5	58.4	0.0	3.1	11.9	1.5	671.8
Salmon Maki	194.5	827.3	3.7	0.7	1.7	1.0	32.1	0.0	4.2	5.7	0.8	393.4
Salmon Nigiri	103.1	439.6	2.8	0.5	1.4	0.8	14.3	0.0	1.9	4.0	0.2	182.5
Salmon Ponzu Salsa	115.0	479.9	6.9	1.1	3.4	2.0	2.2	0.0	1.0	10.4	0.4	374.3
Salmon Sashimi	125.2	537.3	8.3	1.3	4.1	2.5	0.8	0.0	0.3	11.8	0.4	100.5
Salmon Selection	281.7	1200.6	9.9	1.7	4.7	2.7	32.2	0.0	4.8	13.6	1.1	521.1
Salmon Selection Platter	578.4	2465.5	20.4	3.5	9.8	5.6	65.9	0.0	9.5	27.9	2.0	1007.4
Shiitake Mushroom Ramen	383.0	1616.0	6.8	0.9	0.8	1.8	64.0	33.8	16.3	14.9	4.4	2498.0
Soy Egg	45.7	190.5	3.3	0.9	1.5	0.4	0.4	0.0	0.0	4.1	0.0	322.0
Spicy Chicken Katsu Roll 3pc	147.1	620.4	2.3	0.9	0.1	0.1	26.6	0.0	5.1	3.6	0.4	533.0
Spicy Chicken Katsu Roll 6pc	294.3	1240.9	4.6	1.8	0.3	0.2	53.1	0.0	10.2	7.3	0.9	1065.9
Spicy Pepper Squid	192.4	804.7	6.3	0.8	3.0	1.5	15.0	0.0	6.5	-	0.5	828.2
Spicy Seafood Ramen	409.2	1729.9	12.3	2.2	3.6	3.0	46.7	35.7	7.5	26.7	2.6	3287.1
Spicy Tuna Roll 4pc	158.3	664.6	1.6	0.2	0.0	0.1	29.0	-	5.9	5.1	0.7	640.6
Spicy Tuna Roll 8pc	316.5	1329.2	3.1	0.5	0.1	0.3	58.0	-	11.8	10.2	1.5	1281.2
Steamed Rice	303.4	1289.1	0.3	0.1	0.0	0.0	68.9	0.0	0.2	0.9	0.5	0.0
Strawberry Mochi	193.5	809.4	5.4	3.1	0.0	0.0	34.3	0.0	21.1	0.0	0.0	71.7
Teriyaki Beef Large	982.6	4116.9	44.4	8.1	15.2	17.2	110.8	20.0	14.2	27.4	2.7	701.5
Teriyaki Chicken Large	715.1	3016.1	15.4	3.8	0.0	0.0	97.5	2.5	14.5	40.0	1.1	1533.2
Teriyaki Chicken Ramen	509.3	2145.3	16.7	3.5	2.2	2.2	54.6	37.0	13.5	34.1	2.5	3549.4
Tuna & Avocado Tartare	140.7	578.0	8.6	2.4	3.7	0.9	3.4	-	0.8	11.9	1.5	256.7
Tuna Sashimi	70.0	295.5	0.5	0.1	0.1	0.3	0.6	0.0	0.3	15.7	0.5	71.7
Tuna Tataki	91.0	382.5	2.3	0.4	0.5	1.3	2.2	0.0	0.7	15.4	0.3	409.1
Vegetable Fried Rice	391.2	1645.5	12.3	1.8	2.3	5.8	61.2	0.1	4.8	4.5	2.0	640.3
Vegetable Gyoza 5 Piece	192.9	783.0	6.0	0.5	3.0	1.5	27.0	0.0	4.0	5.7	1.2	1037.0
Vegetable Gyoza	132.2	540.2	5.6	0.5	3.0	1.5	16.1	0.0	2.4	3.3	0.7	558.5
Vegetable Yakisoba	278.6	1166.3	12.3	1.7	2.5	6.6	35.6	19.5	14.3	5.6	1.9	1382.6
Veggie Volcano Roll 4pc	228.4	952.5	10.5	2.7	4.8	0.9	29.7	0.0	6.1	1.9	2.5	333.0
Veggie Volcano Roll 8pc	456.8	1904.9	21.0	5.5	9.7	1.8	59.5	0.0	12.3	3.7	5.0	666.0

## 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)
Yasai Roll 3pc	169.7	720.4	5.2	0.7	0.7	0.2	27.4	0.4	7.2	1.8	0.9	429.8
Yasai Roll 6pc	339.4	1440.9	10.5	1.5	1.4	0.3	54.8	0.7	14.4	3.7	1.9	859.7
Yasai Temaki	145.4	608.4	6.8	1.1	1.8	0.3	17.4	0.0	4.2	2.0	1.3	223.7
YO! Fries	320.2	1334.6	19.1	1.7	3.0	1.5	32.8	0.0	2.1	3.2	0.1	677.0
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! Mix	883.7	3653.6	30.8	5.4	3.4	0.8	127.6	0.7	21.9	12.1	3.7	2158.8
YO! Roll 4pc	191.0	809.4	6.4	1.1	2.9	1.2	25.3	0.0	4.3	6.3	1.0	452.7
YO! Roll 8pc	382.0	1618.7	12.8	2.2	5.8	2.4	50.5	0.0	8.6	12.5	1.9	905.3

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Spicy Tuna Poké	360.3	1394.7	20.9	2.8	4.4	1.1	19.8	-	6.3	19.6	4.5	846.2
Hoisin Mock 'duck' Poké	332.4	1314.2	17.8	2.4	3.6	0.7	23.0	1.6	8.6	16.4	4.1	828.8
Sriracha Chicken Poké	301.1	1163.4	16.8	2.4	3.6	0.7	17.1	0.9	5.6	17.4	3.6	829.5
Dynamite Salmon Poké	359.9	1417.0	24.9	3.4	6.5	2.4	16.2	0.9	4.4	14.8	3.9	606.0

Half & Half Base	174.8	741.9	0.4	0.1	0.0	0.1	38.7	0.0	0.5	1.2	1.0	35.0
Rice Base	337.1	1432.4	0.4	0.1	0.0	0.0	76.6	0.0	0.2	1.0	0.6	0.0
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

Extra Avocado	57.0	235.2	5.9	1.2	3.6	0.7	0.6	0.0	0.2	0.6	1.4	1.8
Extra Hoisin Mock 'duck'	87.1	386.7	1.9	0.3	0.0	0.0	7.1	0.6	4.3	9.9	0.5	257.1
Extra Sriracha Chicken	56.0	236.8	0.9	0.3	0.0	0.0	1.3	0.0	1.3	11.0	0.0	257.8
Extra Dynamite Salmon	114.9	490.4	9.0	1.3	2.9	1.7	0.3	0.0	0.1	8.3	0.3	34.3
Extra Spicy Tuna	64.1	270.2	2.1	0.3	0.1	0.3	1.1	-	1.1	10.3	0.3	154.5

Zingy Lemon & 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
KFC Sweet Chilli	108.5	461.5	0.1	0.0	0.0	0.0	26.7	0.0	22.3	0.2	0.0	144.0
Korean Ketchup	87.5	371.0	1.0	0.1	0.5	0.3	18.4	0.2	15.9	0.7	0.7	460.0
Citrus Ponzu	71.2	297.9	0.7	0.2	0.0	0.0	11.1	0.0	11.0	3.4	0.1	824.4
Sriracha Mayo	167.5	688.3	17.2	1.2	0.0	0.0	2.9	0.0	2.1	0.1	0.0	409.2
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

## 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)
Salmon & Tuna Selection Platter	505.1	2146.5	12.2	2.2	5.6	3.2	63.4	-	9.2	30.7	1.9	944.3
YO! NUT Cheese	406.9	1696.6	27.1	9.3	3.0	1.5	28.7	0.0	14.4	11.6	0.7	1108.1
YO! NUT Katsu Chicken	440.2	1233.8	18.2	8.9	3.0	1.5	30.8	0.0	12.8	8.8	0.9	1045.5