

YO!

allergen information & dietary guide

YO! To Go menu

last updated: 25th October 2021

Menu FIR Intolerance Report

last updated: 22nd September 2021

Core Menu July 2020 TOGO

Dish Name	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
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Sushi Sets

Classic Catch TOGO July 20	✓	✓					✓		✓	✓																
Inari Taco July 20	✓	✓																								
Maki Mix TOGO July 20							✓																			
Plant Power TOGO July 20	✓	✓																							✓	✓
Simply Salmon TOGO July 20								✓																		
Super Salmon TOGO July 20	✓	✓					✓		✓	✓	✓	✓	✓	✓	✓											
Sushi Sharer TOGO July 20	✓	✓					✓	✓	M	✓	✓	✓	M									M	✓	✓		

Rolls

Avocado Maki TOGO July 20																										
Crunchy California Roll TOGO July 20	✓	✓						✓	✓	✓	✓	✓	✓	✓									✓	✓	✓	
Crunchy Prawn Roll 8pc TOGO July 20	✓	✓						M	✓	M	✓	✓	M	M	M	M	M	M	M	M	M	M	M	M		
Cucumber Maki TOGO July 20																									✓	
Dragon Roll TOGO July 20	✓	✓						✓	✓		✓	✓	✓	✓	✓	✓	✓								✓	
Dynamite Roll 8pc TOGO July 20	✓	✓						✓			✓	✓	✓	✓	✓	✓	✓								✓	
Spicy Chicken Katsu Roll TOGO July 20	✓	✓						M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M		
Spicy Tuna Roll 8pc TOGO July 20								✓																✓		
Yasai Roll TOGO July 20	✓	✓																						✓	✓	
YO! Roll TOGO July 20	✓	✓						✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	

Salads & Sashimi

Core Menu July 2020 TOGO

Dish Name

Cereals containing Gluten :

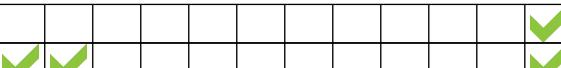
Wheat Spelt (Wheat)
 Kamut (Wheat)
 Rye Barley Oats

Fish Crustaceans
 Molluscs Eggs Soybeans
 Milk

Tree Nuts :

Almonds Hazelnut
 Walnut Cashew nut
 Pecan nut Brazil nut
 Pistachio nut Macadamia nut or Queensland nut
 Peanuts Celery Mustard
 Sesame Sulphur dioxide/sulphites
 Lupin

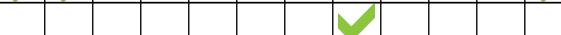
Edamame TOGO July 20



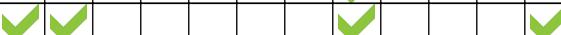
Kaiso Seaweed TOGO July 20



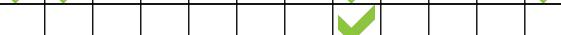
Salmon & Tuna Sashimi TOGO July 20



Salmon Sashimi TOGO July 20



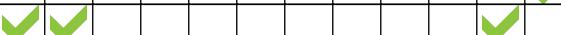
Tuna Sashimi TOGO July 20

**Dessert**

Chocolate Mochi TOGO July 20



Dorayaki Pancake TOGO July 20



Fresh Fruit Plate TOGO July 20



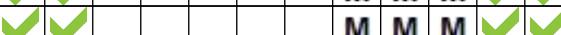
Strawberry Cheesecake Mochi TOGO July 20

**Hot Food**

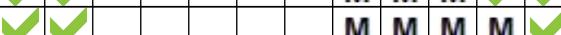
Beef Teriyaki Rice Bowl TOGO July 20



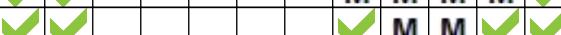
Beef Teriyaki TOGO July 20



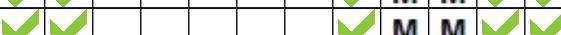
Chicken Gyoza 5 Piece TOGO July 20



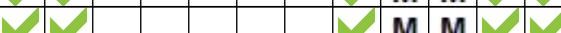
Curry Chicken Ramen TOGO July 20



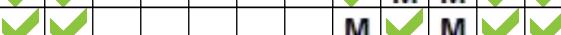
Japanese Fried Chicken TOGO July 20



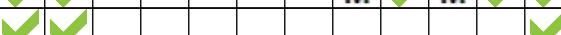
Korean Fried Chicken TOGO July 20



Prawn Gyoza 5 Piece TOGO July 20



Shiitake Mushroom Ramen TOGO July 20



Spicy Pepper Squid TOGO July 20



Spicy Seafood Ramen TOGO July 20



Takoyaki TOGO July 20



Temaki

Kids Menu

Kids Avocado Maki July 20																								
Kids Cucumber Maki July 20																								✓
Kids Menu Edamame																								✓
Kids Salmon Maki July 20																	✓							

Sides

Katsu

Dish Name

Dish Name	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts:	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin
Prawn Katsu Curry TOGO July 20	✓	✓							M	✓	M	✓	M	Almonds								M	M				
Prawn Katsu TOGO July 20	✓	✓						M	✓	M	M	M	M	M									M	M			
Pumpkin Katsu Curry Large TOGO July 20	✓	✓											✓											M			
Pumpkin Katsu Curry TOGO July 20	✓	✓											✓											M			
Pumpkin Katsu TOGO July 20	✓	✓											✓											M			

Yakisoba & Fried Rice

Chicken Fried Rice Oct '21	✓	✓																							✓			
Chicken Yakisoba Oct '21	✓	✓																							✓	✓		
Salmon Fried Rice Oct '21	✓	✓											✓												✓			
Vegetable Fried Rice Oct '21	✓	✓											✓												✓			
Vegetable Yakisoba Oct '21	✓	✓											✓												✓	✓		

Condiments

Takeaway Pickled Ginger																												
Takeaway Soy Sauce sachet	✓	✓																										
Takeaway Wasabi Sachet																									✓			

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 TOGO July 20	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 Rice Bowl TOGO July 20	562.8	2362.4	22.4	4.1	7.6	8.6	71.3	10.1	7.6	13.9	1.3	384.6
Beef Teriyaki TOGO July 20	332.2	1382.4	22.2	4.1	7.6	8.6	18.6	10.1	8.3	13.5	1.3	385.8
California Temaki July 20	223.3	931.1	13.5	1.5	1.8	0.3	20.2	0.0	3.0	3.9	1.3	253.4
Chicken Gyoza 5 Piece TOGO July 20	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 Katsu Curry Large TOGO July 20	913.3	3842.8	30.7	11.0	5.9	2.9	126.7	0.0	3.5	26.2	1.4	1031.4
Chicken Katsu Curry TOGO July 20	676.1	2854.8	15.6	7.1	1.2	0.6	113.2	0.0	3.3	14.1	1.3	842.5
Chicken Katsu TOGO July 20	225.2	940.1	12.2	3.6	3.0	1.5	16.9	0.0	3.0	12.4	0.5	439.5
Chocolate Mochi TOGO July 20	206.9	865.5	6.2	3.7	0.0	0.0	33.5	0.0	8.6	2.3	0.1	244.4
Classic Catch TOGO July 20	484.5	2059.2	11.9	2.1	5.3	3.0	63.4	-	9.5	26.5	1.6	879.3
Crunchy California Roll TOGO July 20	408.1	1707.4	20.2	2.9	2.0	0.4	47.6	0.3	8.0	4.9	1.5	655.2
Crunchy Prawn Roll 8pc TOGO July 20	314.9	1323.5	7.8	1.0	2.4	0.6	51.9	0.0	5.4	6.0	2.0	683.3
Cucumber Maki TOGO July 20	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 Chicken Ramen TOGO July 20	412.6	1714.6	16.5	4.2	1.0	1.6	49.5	27.0	6.6	16.1	0.9	1679.6
Curry Sauce Large July 20	93.7	391.9	7.0	3.9	0.0	0.0	7.1	0.0	2.1	1.2	0.0	533.3
Dorayaki Pancake TOGO July 20	162.0	677.8	2.3	0.8	0.0	0.0	32.1	0.0	20.3	2.9	0.0	0.1
Dragon Roll TOGO July 20	411.5	1733.0	19.1	2.4	4.6	1.9	44.8	0.0	6.1	11.8	1.7	558.4
Dynamite Roll 8pc TOGO July 20	408.1	1717.6	20.7	3.4	4.1	1.7	44.4	0.0	7.7	8.5	1.7	828.4
Edamame TOGO July 20	201.5	843.0	9.2	1.2	0.0	0.0	13.4	0.0	0.1	17.3	0.0	396.1
Fresh Fruit Plate TOGO July 20	61.1	259.4	0.3	0.1	0.1	0.1	14.4	0.0	14.4	0.9	1.4	3.8
Inari Taco July 20	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 TOGO July 20	381.9	1589.4	26.3	3.0	3.0	1.5	22.2	0.0	1.7	16.0	0.5	675.4
Kaiso Seaweed TOGO July 20	202.2	712.5	7.1	0.4	0.0	0.1	21.6	0.1	12.2	5.0	1.7	1031.7
Kids Avocado Maki July 20	203.5	855.4	6.5	1.2	3.0	0.6	32.6	0.0	4.4	1.4	1.8	385.9
Kids Cucumber Maki July 20	149.6	633.4	0.5	0.1	0.0	0.0	32.5	0.0	4.6	1.2	0.9	374.1
Kids Menu Edamame	134.5	562.7	6.1	0.8	0.0	0.0	9.0	0.0	0.1	11.5	0.0	2.1
Kids Salmon Maki July 20	194.5	827.3	3.7	0.7	1.7	1.0	32.1	0.0	4.2	5.7	0.8	393.4
Korean Fried Chicken TOGO July 20	385.6	1619.3	15.2	2.2	1.2	0.6	47.8	0.0	23.6	15.8	0.5	755.0
Maki Mix TOGO July 20	398.0	1682.7	10.2	1.9	4.7	1.6	64.7	0.0	8.7	7.1	2.7	779.3
Miso Soup TOGO July 20	118.5	496.0	2.6	0.3	0.0	0.0	16.8	0.0	7.5	5.0	0.0	2620.1
Plant Power TOGO July 20	457.3	1930.2	14.3	2.4	2.2	0.4	72.1	0.4	20.7	6.2	2.3	1007.3

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)
Prawn Gyoza 5 Piece TOGO July 20	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 Katsu Curry Large TOGO July 20	653.1	2758.4	9.6	3.8	0.6	0.3	122.5	0.0	3.3	11.2	2.1	1017.7
Prawn Katsu Curry TOGO July 20	615.1	2599.2	9.1	3.8	0.6	0.3	116.7	0.0	3.2	8.9	1.9	926.6
Prawn Katsu TOGO July 20	173.2	721.4	6.7	0.4	3.0	1.5	20.5	0.0	3.0	7.2	1.0	523.6
Pumpkin Katsu Curry Large TOGO July 20	721.1	3040.4	15.0	5.3	3.0	1.5	130.9	0.0	3.3	8.3	1.4	1040.2
Pumpkin Katsu Curry TOGO July 20	593.5	2509.0	9.2	4.4	0.6	0.3	115.3	0.0	3.2	5.2	1.3	846.9
Pumpkin Katsu TOGO July 20	151.6	631.3	6.9	0.9	3.0	1.5	19.0	0.0	3.0	3.4	0.5	443.9
Salmon & Avocado Temaki Hand Roll July 20	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 & Tuna Sashimi TOGO July 20	128.4	548.8	6.4	1.1	3.1	1.9	1.0	0.0	0.8	16.9	0.3	54.6
Salmon Sashimi TOGO July 20	134.9	578.1	8.3	1.3	4.1	2.4	2.8	0.0	1.4	12.5	0.3	366.7
Shiitake Mushroom Ramen TOGO July 20	225.2	931.8	4.3	0.5	0.4	1.3	37.5	27.4	6.4	7.5	0.5	1397.7
Simply Salmon TOGO July 20	419.9	1788.3	10.2	1.8	4.8	2.8	62.5	0.0	8.3	14.9	1.2	784.1
Spicy Chicken Katsu Roll TOGO July 20	282.9	1193.3	4.7	1.8	0.3	0.2	50.3	0.0	7.8	7.3	0.9	815.8
Spicy Pepper Squid TOGO July 20	166.3	692.5	7.2	0.8	3.0	1.5	11.8	0.0	1.6	13.2	0.1	944.4
Spicy Seafood Ramen TOGO July 20	273.8	1138.9	7.0	1.0	1.8	2.1	33.0	27.0	4.8	17.9	0.5	1579.6
Spicy Tuna Roll 8pc TOGO July 20	263.0	1110.0	5.2	1.0	1.9	0.5	41.7	-	6.3	9.7	1.7	590.8
Steamed Rice TOGO July 20	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 Cheesecake Mochi TOGO July 20	189.0	790.8	5.4	3.1	0.0	0.0	33.3	0.0	22.0	0.1	0.2	70.0
Super Salmon TOGO July 20	523.6	2230.4	17.4	3.0	8.2	4.6	63.5	0.0	9.5	23.7	1.6	899.4
Sushi Sharer TOGO July 20	1200.8	5064.2	37.0	5.5	10.1	4.5	169.8	0.4	24.9	34.5	3.9	2460.7
Takeaway Pickled Ginger	3.0	12.7	0.0	0.0	0.0	0.0	0.7	0.0	0.7	0.0	0.0	22.9
Takeaway Soy Sauce sachet	3.5	14.5	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.4	0.0	271.8
Takeaway Wasabi Sachet	2.7	11.4	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.1	0.0	15.0
Takoyaki TOGO July 20	273.3	1135.6	18.7	0.9	3.0	1.5	21.5	0.0	2.4	4.9	2.0	773.7
Tuna Sashimi TOGO July 20	70.5	297.7	0.5	0.1	0.1	0.2	0.8	0.0	0.8	15.9	0.3	28.2
Vegetable Gyoza 5 Piece TOGO July 20	192.9	783.0	6.0	0.5	3.0	1.5	27.0	0.0	4.0	5.7	1.2	1037.0
Yasai Roll TOGO July 20	310.2	1319.8	8.3	1.3	1.3	0.3	52.8	0.4	12.7	3.5	1.8	758.6

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 Temaki Hand Roll July 20	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 Plain July 20	301.4	1261.8	14.0	1.4	3.0	1.5	39.0	0.0	1.2	3.7	0.0	579.0
YO! Fries TOGO July 20	399.2	1666.6	21.5	2.0	3.0	1.5	44.6	0.0	4.5	4.9	0.9	1244.0
YO! Roll TOGO July 20	276.7	1171.0	9.1	1.5	3.9	1.5	37.9	0.0	6.4	7.9	1.4	680.6
Chicken Fried Rice Oct '21	417.4	1757.1	12.5	1.2	5.9	3.0	58.7	0.0	3.2	13.2	1.3	716.0
Chicken Yakisoba Oct '21	318.9	1337.2	12.8	1.2	6.0	3.9	35.1	19.2	14.2	15.1	1.9	1436.8
Salmon Fried Rice Oct '21	459.5	1941.6	17.8	1.9	9.0	4.8	58.4	0.0	3.1	11.9	1.5	671.8
Vegetable Fried Rice Oct '21	391.2	1645.5	12.3	1.0	5.9	3.1	61.2	0.1	4.8	4.5	2.0	640.3
Vegetable Yakisoba Oct '21	278.6	1166.3	12.3	1.0	6.1	3.9	35.6	19.5	14.3	5.6	1.9	1382.6