

The YO! logo is located in the top left corner, consisting of the letters 'YO!' in a white, bold, sans-serif font on an orange square background. The background of the entire page is a dark blue with a pattern of dark blue silhouettes of various food items like bread, pasta, and vegetables. A large, stylized yellow graphic of a pizza slice with white sesame seeds is positioned on the right side of the page.

YO!

allergen information & dietary guide

YO! To Go menu

last updated: 25th October 2021

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

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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

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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