# allergen information & dietary guide: dine in

Last Updated: 29th March 2022

# Menu FIR Intolerance Report

## Core Menu April 22

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Maki** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Avocado Maki July 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cucumber Maki July 20 | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | |
| Mixed Maki Plate July 20 | | | | | | | | ✓ | | | | | | | | | | | | | | | | | | | | |
| Salmon Maki July 20 | | | | | | | | ✓ | | | | | | | | | | | | | | | | | | | | |
| **Rolls** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aburi Salmon Dragon Roll 8pc March 22 | ✓ | ✓ | | | | | | ✓ | ✓ | | ✓ | ✓ | | | | | | | | | | | | | | ✓ | | |
| Aburi Salmon Dragon Roll March 22 | ✓ | ✓ | | | | | | ✓ | ✓ | | ✓ | ✓ | | | | | | | | | | | | | | ✓ | | |
| Crunchy California Roll 6pc July 20 | ✓ | ✓ | | | | | | ✓ | ✓ | | ✓ | ✓ | | | | | | | | | | | | | | ✓ | | |
| Crunchy California Roll July 20 | ✓ | ✓ | | | | | | ✓ | ✓ | | ✓ | ✓ | | | | | | | | | | | | | | ✓ | | |
| Crunchy Prawn Roll 8pc July 20 | ✓ | ✓ | | | | | | M | ✓ | M | ✓ | M | M | | | | | | | | | | | | M | M | | |
| Crunchy Prawn Roll July 20 | ✓ | ✓ | | | | | | M | ✓ | M | ✓ | M | M | | | | | | | | | | | | M | M | | |
| Dynamite Roll 8pc March 22 | ✓ | ✓ | | | | | | ✓ | | | ✓ | ✓ | | | | | | | | | | | | | | ✓ | | |
| Dynamite Roll March 22 | ✓ | ✓ | | | | | | ✓ | | | ✓ | ✓ | | | | | | | | | | | | | | ✓ | | |
| Hoisin Duck Roll 6pc March 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | |
| Hoisin Duck Roll March 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | |
| Hoisin Mock 'Duck' Roll 6pc March 22 | ✓ | ✓ | | | | ✓ | | | | | | ✓ | | | | | | | | | | | | | | | | |
| Hoisin Mock 'Duck' Roll March 22 | ✓ | ✓ | | | | ✓ | | | | | | ✓ | | | | | | | | | | | | | | | | |
| Hot Topped Duck Maki 8pc March 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | ✓ | ✓ | ✓ | |
| Hot Topped Duck Maki March 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | ✓ | ✓ | ✓ | |
| Hot Topped Mock 'Duck' Maki 8pc March 22 | ✓ | ✓ | | | | ✓ | | | | | | ✓ | | | | | | | | | | | | | ✓ | ✓ | ✓ | |

## Core Menu April 22

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Hot Topped Mock 'Duck' Maki March 22 | ✓ | ✓ | | | | ✓ | | | | | | ✓ | | | | | | | | | | | | | ✓ | ✓ | ✓ | |
| Red Pepper Dragon Roll 8pc March 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Red Pepper Dragon Roll March 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Salmon Dragon Roll 8pc March 22 | ✓ | ✓ | | | | | | ✓ | ✓ | | ✓ | ✓ | | | | | | | | | | | | | | ✓ | | |
| Salmon Dragon Roll March 22 | ✓ | ✓ | | | | | | ✓ | ✓ | | ✓ | ✓ | | | | | | | | | | | | | | ✓ | | |
| Spicy Chicken Katsu Roll 6pc July 20 | ✓ | ✓ | | | | | | M | M | M | M | M | M | | | | | | | | | | | | M | ✓ | | |
| Spicy Chicken Katsu Roll July 20 | ✓ | ✓ | | | | | | M | M | M | M | M | M | | | | | | | | | | | | M | ✓ | | |
| Spicy Tuna Roll 8pc March 22 | ✓ | ✓ | | | | | | ✓ | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Spicy Tuna Roll March 22 | ✓ | ✓ | | | | | | ✓ | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Veggie Volcano Roll 4pc | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Veggie Volcano Roll 8pc | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Yasai Roll 6pc July 20 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Yasai Roll July 20 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| YO! Roll 8pc March 22 | ✓ | ✓ | | | | | | ✓ | | | ✓ | ✓ | | | | | | | | | | | | | | | | |
| YO! Roll March 22 | ✓ | ✓ | | | | | | ✓ | | | ✓ | ✓ | | | | | | | | | | | | | | | | |

### Nigiri

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Inari Taco July 20 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | |
| Kaiso Gunkan March 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | ✓ | ✓ | | |
| Roasted Red Pepper Nigiri March 22 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salmon Nigiri July 20 | | | | | | | | ✓ | | | | | | | | | | | | | | | | | | | | |
| Tuna Nigiri July 20 | | | | | | | | ✓ | | | | | | | | | | | | | | | | | | | | |

### Sashimi

## Core Menu April 22

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Salmon Ponzu Salsa Sashimi July 20 | ✓ | ✓ | | | | | | ✓ | | | | ✓ | | | | | | | | | | | | | | | | |
| Salmon Sashimi March 22 | | | | | | | | ✓ | | | | ✓ | | | | | | | | | | | | | | | | |
| Tuna & Avocado Tartare July 20 | ✓ | ✓ | | | | | | ✓ | | ✓ | | ✓ | | | | | | | | | | | | | | | | |
| Tuna Sashimi March 22 | | | | | | | | ✓ | | | | ✓ | | | | | | | | | | | | | | | | |
| Tuna Tataki March 22 | | | | | | | | ✓ | | | | ✓ | | | | | | | | | | | | | | | | |
| **Salads** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Classic Edamame March 22 | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | |
| Kaiso Seaweed July 20 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | ✓ | ✓ | | |
| Ponzu Edamame March 22 | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | |
| Truffle Edamame March 22 | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | |
| **Dessert** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cherry Blossom Dome March 22 | | | | | | | | | | | ✓ | ✓ | ✓ | | | | | | | | | | | | | | | |
| Cherry Dough.chi March 22 | | | | | | | | | | | | ✓ | ✓ | | | | | | | | | | | | | | | |
| Chocolate & Hazelnut Ice-Cream Mochi March 22 | | | | | | | | | | | | ✓ | | ✓ | | ✓ | | | | | | | | | | | | |
| Chocolate Dough.chi March 22 | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | |
| Chocolate Mochi March 22 | | | | | | | | | | | | ✓ | ✓ | | | | | | | | | | | | | | | |
| Dorayaki Pancake July 20 | ✓ | ✓ | | | | | | | | | ✓ | | ✓ | | | | | | | | | | | | | | | |
| Strawberry Mochi March 22 | ✓ | ✓ | | | | | ✓ | | | | | ✓ | ✓ | | | | | | | | | | | | | | | |
| **Hot Food** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Beef Teriyaki March 22 | ✓ | ✓ | | | | | | M | M | M | ✓ | ✓ | M | | | | | | | | | | | | M | ✓ | | |
| Chicken Katsu Curry July 20 | ✓ | ✓ | | | | | | M | M | M | M | ✓ | M | | | | | | | | | | | | M | ✓ | | |
| Chicken Katsu March 22 | ✓ | ✓ | | | | | | M | M | M | M | ✓ | M | | | | | | | | | | | | M | ✓ | | |

## Core Menu April 22

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Chicken Teriyaki March 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Japanese Fried Chicken March 22 | ✓ | ✓ | | | | | | ✓ | M | M | ✓ | ✓ | ✓ | | | | | | | | | | | | M | M | | |
| Korean Fried Chicken March 22 | ✓ | ✓ | | | | | | ✓ | M | M | ✓ | ✓ | ✓ | | | | | | | | | | | | M | M | | |
| Korean Fried Chicken Rice Bowl March 22 | ✓ | ✓ | | | | | | ✓ | M | M | ✓ | ✓ | ✓ | | | | | | | | | | | | M | M | | |
| Mighty Duck Fries March 22 | ✓ | ✓ | | | | | | | | | ✓ | ✓ | | | | | | | | | | | | | ✓ | ✓ | ✓ | |
| Mighty Mock 'Duck' Fries March 22 | ✓ | ✓ | | | | ✓ | | | | | | ✓ | | | | | | | | | | | | | ✓ | ✓ | ✓ | |
| Miso Soup July 20 | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | |
| Money Bags March 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | M | | |
| Popcorn Shrimp July 20 | ✓ | ✓ | | | | | | M | ✓ | M | ✓ | ✓ | M | | | | | | | | | | | | M | M | | |
| Prawn Katsu Curry March 22 | ✓ | ✓ | | | | | | M | ✓ | M | M | ✓ | M | | | | | | | | | | | | M | M | | |
| Prawn Katsu March 22 | ✓ | ✓ | | | | | | M | ✓ | M | M | ✓ | M | | | | | | | | | | | | M | M | | |
| Pumpkin Katsu Curry July 20 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | M | | |
| Pumpkin Katsu March 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | M | | |
| Shiitake & Oyster Mushroom Teriyaki March 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Spicy Pepper Squid March 22 | M | M | | | | | | ✓ | M | ✓ | M | ✓ | M | | | | | | | | | | | | M | ✓ | | |
| Steamed Rice July 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Takoyaki July 20 | ✓ | ✓ | | | | | | M | M | ✓ | ✓ | ✓ | M | | | | | | | | | | | | M | M | | |
| Teriyaki Beef March 22 | ✓ | ✓ | | | | | | M | M | M | ✓ | ✓ | M | | | | | | | | | | | | M | ✓ | | |
| Teriyaki Chicken March 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Teriyaki Shiitake & Oyster Mushroom March 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| YO! Fries March 22 | M | M | | | | | | | | | | M | | | | | | | | | | | | | | ✓ | | |
| YO! Fries Plain July 20 | M | M | | | | | | | | | | M | | | | | | | | | | | | | | M | | |

## Ramen

## Core Menu April 22

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Curry Chicken Ramen July 20 | ✓ | ✓ | | | | | | ✓ | M | M | ✓ | ✓ | ✓ | | | | | | | | | | | | M | ✓ | | |
| Shiitake Mushroom Ramen July 20 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Spicy Seafood Ramen July 20 | ✓ | ✓ | | | | | | ✓ | ✓ | ✓ | | ✓ | | | | | | | | | | | | | | ✓ | | |
| **Temaki** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| California Temaki July 20 | ✓ | ✓ | | | | | | ✓ | ✓ | | ✓ | ✓ | | | | | | | | | | | | | | ✓ | | |
| Salmon & Avocado Temaki Hand Roll July 20 | | | | | | | | ✓ | | | ✓ | | | | | | | | | | | | | | | ✓ | | |
| Yasai Temaki Hand Roll July 20 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| **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 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| **Poke** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Glow Bowl - Half & Half | | | | | | | | ✓ | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Glow Bowl - Rice | | | | | | | | ✓ | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Glow Bowl - Spinach | | | | | | | | ✓ | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Nourish Bowl - Half & Half | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Nourish Bowl - Rice | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Nourish Bowl - Spinach | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Power Bowl - Half & Half | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Power Bowl - Rice | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |

## Core Menu April 22

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Power Bowl - Spinach | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Vitality Bowl - Half & Half | | | | | | | | ✓ | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Vitality Bowl - Rice | | | | | | | | ✓ | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Vitality Bowl - Spinach | | | | | | | | ✓ | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| **Large Bowl** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Katsu Curry Large March 22 | ✓ | ✓ | | | | | | M | M | M | M | ✓ | M | | | | | | | | | | | | M | ✓ | | |
| Curry Chicken Ramen Large March 22 | ✓ | ✓ | | | | | | ✓ | M | M | ✓ | ✓ | ✓ | | | | | | | | | | | | M | ✓ | | |
| Korean Fried Chicken Rice Bowl Large March 22 | ✓ | ✓ | | | | | | ✓ | M | M | ✓ | ✓ | ✓ | | | | | | | | | | | | M | M | | |
| Prawn Katsu Curry Large March 22 | ✓ | ✓ | | | | | | M | ✓ | M | M | ✓ | M | | | | | | | | | | | | M | M | | |
| Pumpkin Katsu Curry Large March 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | M | | |
| Shiitake Mushroom Ramen Large March 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Spicy Seafood Ramen Large March 22 | ✓ | ✓ | | | | | | ✓ | ✓ | ✓ | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Teriyaki Beef Large March 22 | ✓ | ✓ | | | | | | M | M | M | ✓ | ✓ | M | | | | | | | | | | | | M | ✓ | | |
| Teriyaki Chicken Large March 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Teriyaki Shiitake & Oyster Mushroom Large March 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| **Gyoza** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Gyoza 5 Piece July 20 | ✓ | ✓ | | | | | | M | M | M | M | ✓ | M | | | | | | | | | | | | M | ✓ | | |
| Chicken Gyoza July 20 | ✓ | ✓ | | | | | | M | M | M | M | ✓ | M | | | | | | | | | | | | M | ✓ | | |
| Mega Korean Gyoza Chicken March 22 | ✓ | ✓ | | | | | | M | M | M | ✓ | ✓ | M | | | | | | | | | | | | ✓ | ✓ | ✓ | |
| Mega Korean Gyoza Prawn March 22 | ✓ | ✓ | | | | | | M | ✓ | M | ✓ | ✓ | M | | | | | | | | | | | | ✓ | ✓ | ✓ | |
| Mega Korean Gyoza vegetable March 22 | ✓ | ✓ | | | | | | M | M | M | M | ✓ | M | | | | | | | | | | | | ✓ | ✓ | ✓ | |
| Mega Teriyaki Gyoza Chicken March 22 | ✓ | ✓ | | | | | | M | M | M | ✓ | ✓ | M | | | | | | | | | | | | M | ✓ | | |

## Core Menu April 22

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Mega Teriyaki Gyoza Prawn March 22 | ✓ | ✓ | | | | | | M | ✓ | M | ✓ | ✓ | M | | | | | | | | | | | | M | ✓ | | |
| Mega Teriyaki Gyoza Vegetable March 22 | ✓ | ✓ | | | | | | M | M | M | M | ✓ | M | | | | | | | | | | | | M | ✓ | | |
| Prawn Gyoza 5 Piece July 20 | ✓ | ✓ | | | | | | M | ✓ | M | ✓ | ✓ | M | | | | | | | | | | | | M | ✓ | | |
| Prawn Gyoza July 20 | ✓ | ✓ | | | | | | M | ✓ | M | ✓ | ✓ | M | | | | | | | | | | | | M | ✓ | | |
| Vegetable Gyoza 5 Piece July 20 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| Vegetable Gyoza July 20 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |

### Sushi Platter

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Mixed Selection platter | ✓ | ✓ | | | | | | ✓ | ✓ | M | ✓ | ✓ | M | | | | | | | | | | | | ✓ | ✓ | | |
| Salmon & Tuna Selection Platter March 22 | ✓ | ✓ | | | | | | ✓ | | | ✓ | ✓ | | | | | | | | | | | | | | | | |
| Salmon Selection Platter March 22 | ✓ | ✓ | | | | | | ✓ | | | ✓ | ✓ | | | | | | | | | | | | | | | | |
| Vegan Selection platter | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | ✓ | ✓ | | |

## 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Aburi Salmon Dragon Roll 8pc March 22 | 470.8 | 1980.7 | 22.6 | 2.8 | 4.9 | 1.9 | 51.9 | 0.0 | 7.1 | 11.4 | 1.5 | 659.6 |
| Aburi Salmon Dragon Roll March 22 | 235.4 | 990.3 | 11.3 | 1.4 | 2.4 | 1.0 | 26.0 | 0.0 | 3.6 | 5.7 | 0.7 | 329.8 |
| Avocado Maki July 20 | 199.3 | 838.1 | 6.4 | 1.2 | 3.0 | 0.6 | 32.2 | 0.0 | 4.4 | 0.9 | 1.4 | 382.9 |
| Beef Teriyaki March 22 | 331.0 | 1377.2 | 22.2 | 4.0 | 7.6 | 8.7 | 18.6 | 10.0 | 7.6 | 13.4 | 1.2 | 424.0 |
| California Temaki July 20 | 219.1 | 913.8 | 13.5 | 1.5 | 1.8 | 0.3 | 19.8 | 0.0 | 3.0 | 3.4 | 0.8 | 250.4 |
| Cherry Blossom Dome March 22 | 297.4 | 1237.9 | 21.1 | 13.9 | 4.5 | 0.4 | 22.9 | 0.0 | 21.1 | 3.9 | 0.2 | 54.6 |
| Cherry Dough.chi March 22 | 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 Oct '21 | 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 July 20 | 219.4 | 914.9 | 9.6 | 1.6 | 3.0 | 1.5 | 22.4 | 0.0 | 4.4 | 10.5 | 0.0 | 679.8 |
| Chicken Gyoza July 20 | 146.8 | 610.9 | 7.7 | 1.1 | 3.0 | 1.5 | 13.0 | 0.0 | 2.2 | 6.1 | 0.0 | 374.9 |
| Chicken Katsu Curry July 20 | 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 March 22 | 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 March 22 | 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 March 22 | 197.3 | 826.8 | 7.7 | 1.9 | 0.0 | 0.1 | 12.0 | 1.3 | 7.7 | 19.7 | 0.4 | 839.8 |
| Chicken Yakisoba Oct '21 | 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 & Hazelnut Ice-Cream Mochi March 22 | 192.7 | 811.3 | 5.7 | 3.1 | 0.0 | 0.0 | 33.7 | 0.0 | 19.6 | 1.8 | 0.2 | 28.6 |
| Chocolate Dough.chi March 22 | 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 March 22 | 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 March 22 | 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 6pc July 20 | 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 California Roll July 20 | 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 Prawn Roll 8pc July 20 | 310.8 | 1306.2 | 7.8 | 1.0 | 2.4 | 0.6 | 51.5 | 0.0 | 5.4 | 5.5 | 1.6 | 680.3 |
| Crunchy Prawn Roll July 20 | 155.4 | 653.1 | 3.9 | 0.5 | 1.2 | 0.3 | 25.8 | 0.0 | 2.7 | 2.7 | 0.8 | 340.1 |
| Cucumber Maki July 20 | 145.5 | 616.1 | 0.4 | 0.1 | 0.0 | 0.0 | 32.1 | 0.0 | 4.6 | 0.7 | 0.5 | 371.1 |
| Curry Chicken Ramen 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 Chicken Ramen Large March 22 | 488.7 | 2033.2 | 21.5 | 6.8 | 1.0 | 1.6 | 56.0 | 27.0 | 9.6 | 17.4 | 1.4 | 2681.1 |
| Dorayaki Pancake July 20 | 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 8pc March 22 | 465.3 | 1949.8 | 22.3 | 3.7 | 4.8 | 1.8 | 54.2 | 0.0 | 9.2 | 8.3 | 1.8 | 968.6 |
| Dynamite Roll March 22 | 232.6 | 974.9 | 11.2 | 1.8 | 2.4 | 0.9 | 27.1 | 0.0 | 4.6 | 4.2 | 0.9 | 484.3 |
| Glow Bowl - Half & Half | 510.7 | 2142.0 | 17.6 | 2.7 | 3.8 | 1.0 | 62.6 | - | 17.7 | 21.0 | 4.5 | 1503.6 |
| Glow Bowl - Rice | 673.0 | 2832.4 | 17.6 | 2.7 | 3.7 | 0.9 | 100.5 | - | 17.4 | 20.7 | 4.1 | 1468.6 |
| Glow Bowl - Spinach | 348.4 | 1451.5 | 17.6 | 2.7 | 3.8 | 1.2 | 24.7 | - | 18.0 | 21.2 | 4.9 | 1538.6 |

## 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Hoisin Duck Roll 6pc March 22 | 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 Duck Roll March 22 | 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 Mock 'Duck' Roll 6pc March 22 | 316.1 | 1351.6 | 4.2 | 1.4 | 0.0 | 0.0 | 57.0 | 0.5 | 17.6 | 9.5 | 1.4 | 770.2 |
| Hoisin Mock 'Duck' Roll March 22 | 158.1 | 675.8 | 2.1 | 0.7 | 0.0 | 0.0 | 28.5 | 0.3 | 8.8 | 4.7 | 0.7 | 385.1 |
| Hot Topped Duck Maki 8pc March 22 | 308.0 | 1297.0 | 1.5 | 0.3 | 0.2 | 0.1 | 60.1 | 0.6 | 16.4 | 9.0 | 1.2 | 996.0 |
| Hot Topped Duck Maki March 22 | 154.0 | 648.5 | 0.8 | 0.2 | 0.1 | 0.1 | 30.0 | 0.3 | 8.2 | 4.5 | 0.6 | 498.0 |
| Hot Topped Mock 'Duck' Maki 8pc March 22 | 328.8 | 1398.4 | 2.8 | 0.5 | 0.2 | 0.1 | 62.0 | 0.6 | 16.9 | 9.2 | 1.5 | 985.4 |
| Hot Topped Mock 'Duck' Maki March 22 | 164.4 | 699.2 | 1.4 | 0.2 | 0.1 | 0.1 | 31.0 | 0.3 | 8.4 | 4.6 | 0.8 | 492.7 |
| 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 March 22 | 384.6 | 1600.8 | 26.4 | 3.0 | 3.0 | 1.5 | 22.9 | 0.1 | 1.6 | 15.9 | 0.4 | 748.5 |
| Kaiso Gunkan March 22 | 126.4 | 476.6 | 2.8 | 0.1 | 0.0 | 0.0 | 19.4 | 0.0 | 3.6 | 1.0 | 0.2 | 464.3 |
| Kaiso Seaweed July 20 | 141.9 | 496.3 | 5.1 | 0.2 | 0.0 | 0.1 | 14.9 | 0.1 | 8.1 | 3.4 | 1.1 | 719.7 |
| Korean Fried Chicken March 22 | 394.6 | 1657.2 | 15.5 | 2.3 | 1.2 | 0.7 | 49.4 | 0.1 | 23.9 | 16.0 | 0.4 | 840.5 |
| Korean Fried Chicken Rice Bowl Large March 22 | 1119.1 | 4715.7 | 32.1 | 4.6 | 3.0 | 1.5 | 172.1 | 0.0 | 46.5 | 32.4 | 0.6 | 1532.4 |
| Korean Fried Chicken Rice Bowl March 22 | 622.5 | 2625.9 | 15.6 | 2.3 | 1.2 | 0.6 | 101.4 | 0.0 | 23.3 | 16.4 | 0.4 | 766.2 |
| Mega Korean Gyoza Chicken March 22 | 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 March 22 | 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 March 22 | 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 March 22 | 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 March 22 | 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 March 22 | 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 March 22 | 332.9 | 1392.8 | 16.9 | 1.6 | 2.4 | 1.2 | 34.3 | 0.4 | 7.6 | 9.6 | 0.9 | 1053.1 |
| Mighty Mock 'Duck' Fries March 22 | 324.3 | 1369.7 | 15.0 | 1.4 | 2.4 | 1.2 | 36.0 | 0.4 | 8.0 | 9.7 | 1.1 | 1032.6 |
| Miso Soup July 20 | 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 July 20 | 194.8 | 824.0 | 5.1 | 1.0 | 2.4 | 0.8 | 31.9 | 0.0 | 4.3 | 3.1 | 0.9 | 386.6 |
| Mixed Selection platter | 858.2 | 3546.1 | 30.6 | 5.4 | 3.4 | 0.8 | 122.9 | 0.7 | 21.3 | 11.1 | 2.8 | 2108.9 |
| Money Bags March 22 | 289.4 | 1209.4 | 18.8 | 5.3 | 3.0 | 1.7 | 23.1 | 0.0 | 4.9 | 5.6 | 0.0 | 720.5 |

## 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Nourish Bowl - Half & Half | 462.8 | 1939.6 | 15.9 | 2.5 | 3.7 | 1.0 | 62.3 | 0.3 | 17.3 | 12.8 | 6.0 | 1353.0 |
| Nourish Bowl - Rice | 625.1 | 2630.1 | 15.9 | 2.5 | 3.7 | 0.9 | 100.2 | 0.2 | 17.0 | 12.6 | 5.6 | 1318.0 |
| Nourish Bowl - Spinach | 300.5 | 1249.2 | 15.9 | 2.4 | 3.7 | 1.2 | 24.4 | 0.3 | 17.6 | 13.0 | 6.4 | 1388.0 |
| Ponzu Edamame March 22 | 139.1 | 582.1 | 6.3 | 0.8 | 0.0 | 0.1 | 9.5 | 0.0 | 0.3 | 11.6 | 0.0 | 466.1 |
| Popcorn Shrimp July 20 | 354.6 | 1473.5 | 20.3 | 1.6 | 3.0 | 1.5 | 24.9 | 0.0 | 12.5 | 14.1 | 0.4 | 979.7 |
| Power Bowl - Half & Half | 502.3 | 2107.4 | 16.4 | 2.7 | 3.7 | 0.8 | 62.7 | 0.2 | 17.8 | 21.6 | 4.2 | 1606.8 |
| Power Bowl - Rice | 664.7 | 2797.8 | 16.4 | 2.7 | 3.6 | 0.7 | 100.6 | 0.2 | 17.5 | 21.3 | 3.8 | 1571.8 |
| Power Bowl - Spinach | 340.0 | 1417.0 | 16.4 | 2.7 | 3.7 | 0.9 | 24.8 | 0.2 | 18.1 | 21.8 | 4.6 | 1641.8 |
| Prawn Gyoza 5 Piece July 20 | 233.4 | 978.0 | 10.1 | 0.9 | 3.0 | 1.5 | 26.5 | 0.0 | 7.3 | 7.6 | 1.5 | 617.8 |
| Prawn Gyoza July 20 | 155.2 | 648.8 | 8.0 | 0.7 | 3.0 | 1.5 | 15.4 | 0.0 | 3.9 | 4.4 | 0.9 | 337.7 |
| Prawn Katsu Curry Large March 22 | 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 March 22 | 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 March 22 | 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 July 20 | 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 March 22 | 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 March 22 | 153.0 | 636.9 | 6.9 | 0.9 | 3.0 | 1.5 | 19.2 | 0.0 | 2.7 | 3.4 | 0.3 | 513.2 |
| Red Pepper Dragon Roll 8pc March 22 | 208.8 | 872.0 | 3.8 | 0.4 | 0.0 | 0.0 | 38.5 | 0.0 | 8.0 | 1.3 | 2.2 | 450.3 |
| Red Pepper Dragon Roll March 22 | 104.4 | 436.0 | 1.9 | 0.2 | 0.0 | 0.0 | 19.3 | 0.0 | 4.0 | 0.6 | 1.1 | 225.2 |
| Roasted Red Pepper Nigiri March 22 | 98.6 | 415.6 | 1.0 | 0.1 | 0.0 | 0.0 | 20.0 | 0.0 | 4.1 | 0.5 | 1.0 | 217.0 |
| Salmon & Avocado Temaki Hand Roll July 20 | 174.1 | 732.5 | 10.0 | 1.4 | 3.2 | 1.1 | 14.9 | 0.0 | 2.0 | 4.6 | 0.9 | 209.8 |
| Salmon & Tuna Selection Platter March 22 | 501.3 | 2130.6 | 12.1 | 2.2 | 5.6 | 3.2 | 63.0 | - | 9.2 | 30.3 | 1.6 | 941.6 |
| Salmon Dragon Roll 8pc March 22 | 442.2 | 1863.0 | 19.5 | 2.5 | 4.9 | 1.9 | 51.9 | 0.0 | 7.2 | 11.4 | 1.4 | 638.8 |
| Salmon Dragon Roll March 22 | 200.6 | 845.4 | 8.8 | 1.2 | 2.2 | 0.9 | 23.5 | 0.0 | 3.2 | 5.2 | 0.7 | 289.9 |
| Salmon Fried Rice Oct '21 | 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 July 20 | 190.4 | 810.0 | 3.7 | 0.7 | 1.7 | 1.0 | 31.7 | 0.0 | 4.2 | 5.3 | 0.4 | 390.4 |
| Salmon Nigiri July 20 | 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 Sashimi July 20 | 115.2 | 480.6 | 6.9 | 1.1 | 3.4 | 2.0 | 2.3 | 0.0 | 1.0 | 10.4 | 0.4 | 372.6 |
| Salmon Sashimi March 22 | 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 Platter March 22 | 576.5 | 2457.4 | 20.4 | 3.5 | 9.8 | 5.6 | 65.7 | 0.0 | 9.6 | 27.5 | 1.6 | 1008.0 |
| Shiitake & Oyster Mushroom Teriyaki March 22 | 76.1 | 320.9 | 1.0 | 0.1 | 0.0 | 0.1 | 13.9 | 1.3 | 6.8 | 2.3 | 0.4 | 456.2 |
| Shiitake Mushroom Ramen 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 |

## 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Shiitake Mushroom Ramen Large March 22 | 255.4 | 1058.0 | 5.7 | 0.6 | 0.4 | 1.3 | 40.6 | 27.4 | 7.8 | 8.8 | 0.6 | 2402.5 |
| Spicy Chicken Katsu Roll 6pc July 20 | 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 Chicken Katsu Roll July 20 | 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 Pepper Squid March 22 | 193.4 | 807.2 | 6.3 | 0.8 | 3.0 | 1.5 | 15.8 | 0.0 | 6.3 | 16.4 | 0.2 | 829.8 |
| Spicy Seafood Ramen July 20 | 270.4 | 1124.8 | 6.9 | 1.0 | 1.8 | 2.1 | 33.0 | 27.0 | 4.8 | 17.3 | 0.6 | 1493.6 |
| Spicy Seafood Ramen Large March 22 | 297.0 | 1236.3 | 8.3 | 1.1 | 1.8 | 2.1 | 35.2 | 27.0 | 6.5 | 18.5 | 0.7 | 2569.9 |
| Spicy Tuna Roll 8pc March 22 | 314.4 | 1320.4 | 3.1 | 0.5 | 0.1 | 0.3 | 57.9 | - | 11.8 | 9.8 | 1.2 | 1282.7 |
| Spicy Tuna Roll March 22 | 157.2 | 660.2 | 1.6 | 0.2 | 0.0 | 0.1 | 28.9 | - | 5.9 | 4.9 | 0.6 | 641.4 |
| Steamed Rice 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 Mochi March 22 | 193.5 | 809.4 | 5.4 | 3.1 | 0.0 | 0.0 | 34.3 | 0.0 | 21.1 | 0.0 | 0.0 | 71.7 |
| Takoyaki 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 |
| Teriyaki Beef Large March 22 | 983.0 | 4118.8 | 44.5 | 8.2 | 15.2 | 17.2 | 110.6 | 20.0 | 13.9 | 27.3 | 2.3 | 699.4 |
| Teriyaki Beef March 22 | 558.9 | 2345.9 | 22.3 | 4.1 | 7.6 | 8.6 | 70.6 | 10.0 | 7.0 | 13.8 | 1.3 | 349.7 |
| Teriyaki Chicken Large March 22 | 715.5 | 3018.0 | 15.5 | 3.8 | 0.0 | 0.0 | 97.3 | 2.5 | 14.2 | 39.9 | 0.7 | 1531.1 |
| Teriyaki Chicken March 22 | 425.2 | 1795.5 | 7.8 | 1.9 | 0.0 | 0.0 | 64.0 | 1.3 | 7.2 | 20.1 | 0.5 | 765.5 |
| Teriyaki Shiitake & Oyster Mushroom Large March 22 | 473.1 | 2006.1 | 2.2 | 0.2 | 0.0 | 0.1 | 101.2 | 2.5 | 12.3 | 5.0 | 0.7 | 763.9 |
| Teriyaki Shiitake & Oyster Mushroom March 22 | 304.0 | 1289.5 | 1.2 | 0.1 | 0.0 | 0.0 | 65.9 | 1.3 | 6.2 | 2.7 | 0.5 | 381.9 |
| Truffle Edamame March 22 | 179.0 | 745.8 | 11.0 | 1.5 | 0.0 | 0.0 | 9.0 | 0.0 | 0.1 | 11.5 | 0.0 | 395.7 |
| Tuna & Avocado Tartare July 20 | 145.4 | 597.7 | 8.9 | 2.4 | 3.7 | 0.9 | 3.5 | - | 0.9 | 12.5 | 1.5 | 361.6 |
| Tuna Nigiri July 20 | 84.7 | 359.0 | 0.3 | 0.1 | 0.0 | 0.1 | 14.2 | 0.0 | 1.9 | 5.3 | 0.2 | 172.9 |
| Tuna Sashimi March 22 | 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 March 22 | 91.0 | 382.5 | 2.3 | 0.4 | 0.5 | 1.3 | 2.2 | 0.0 | 0.7 | 15.4 | 0.3 | 409.1 |
| Vegan Selection platter | 644.8 | 2657.0 | 21.0 | 3.6 | 4.4 | 0.8 | 97.4 | 0.4 | 25.5 | 7.0 | 3.1 | 1524.9 |
| Vegetable Fried Rice Oct '21 | 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 July 20 | 206.4 | 867.0 | 6.2 | 0.6 | 3.0 | 1.5 | 30.5 | 0.0 | 8.3 | 6.3 | 1.2 | 729.8 |
| Vegetable Gyoza July 20 | 139.0 | 582.2 | 5.7 | 0.5 | 3.0 | 1.5 | 17.8 | 0.0 | 4.5 | 3.6 | 0.7 | 404.9 |
| Vegetable Yakisoba Oct '21 | 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 | 227.2 | 947.2 | 10.5 | 2.7 | 4.8 | 0.9 | 29.7 | 0.0 | 6.2 | 1.6 | 2.3 | 333.7 |
| Veggie Volcano Roll 8pc | 454.3 | 1894.5 | 20.9 | 5.5 | 9.7 | 1.8 | 59.4 | 0.0 | 12.3 | 3.2 | 4.6 | 667.3 |
| Vitality Bowl - Half & Half | 561.4 | 2362.1 | 24.5 | 3.6 | 6.6 | 2.5 | 61.7 | 0.2 | 16.7 | 19.0 | 4.5 | 1383.5 |
| Vitality Bowl - Rice | 723.8 | 3052.5 | 24.4 | 3.7 | 6.5 | 2.4 | 99.6 | 0.2 | 16.4 | 18.7 | 4.1 | 1348.5 |

## 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Vitality Bowl - Spinach | 399.1 | 1671.6 | 24.5 | 3.6 | 6.6 | 2.6 | 23.9 | 0.2 | 17.0 | 19.2 | 4.9 | 1418.5 |
| Yasai Roll 6pc July 20 | 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 Roll July 20 | 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 Temaki Hand Roll July 20 | 141.3 | 591.2 | 6.7 | 1.1 | 1.8 | 0.3 | 17.0 | 0.0 | 4.2 | 1.5 | 0.9 | 220.7 |
| YO! Fries March 22 | 347.9 | 1451.2 | 19.7 | 1.7 | 3.0 | 1.5 | 36.8 | 0.0 | 4.3 | 4.2 | 0.9 | 1128.2 |
| 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! Roll 8pc March 22 | 377.9 | 1601.4 | 12.7 | 2.2 | 5.8 | 2.4 | 50.1 | 0.0 | 8.6 | 12.0 | 1.5 | 902.3 |
| YO! Roll March 22 | 188.9 | 800.7 | 6.3 | 1.1 | 2.9 | 1.2 | 25.0 | 0.0 | 4.3 | 6.0 | 0.8 | 451.2 |