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allergen information & dietary guide

Luton Airport
Dine-in March 23

Menu FIR Intolerance Report

Luton Cold Dishes | Version 1 | 16 Mar 2023

Luton Menu - COLD

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																												
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	✓		

Luton Menu - COLD

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
Spicy Chicken Katsu Roll 6pc	✓	✓						M	M	M	M	M	M												M	✓		
Spicy Tuna Roll 4pc	✓	✓						✓				✓														✓		
Spicy Tuna Roll 8pc	✓	✓						✓				✓														✓		
Veggie Volcano Roll 4pc	✓	✓										✓														✓		
Veggie Volcano Roll 8pc	✓	✓										✓														✓		
Yasai Roll 3pc	✓	✓										✓														✓		
Yasai Roll 6pc	✓	✓										✓														✓		
YO! Roll 4pc	✓	✓						✓			✓	✓																
YO! Roll 8pc	✓	✓						✓			✓	✓																
Nigiri																												
Inari Taco	✓	✓										✓																
Salmon Nigiri								✓																				
Sashimi																												
Salmon Ponzu Salsa	✓	✓						✓				✓																
Salmon Sashimi								✓				✓																
Tuna & Avocado Tartare	✓	✓						✓				✓																
Tuna Sashimi								✓				✓																
Tuna Tataki								✓				✓																
Salads																												
Edamame												✓																

Luton Menu - COLD

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Kaiso Seaweed	✓	✓										✓													✓	✓		

Desserts

Cherry Dough.chi												✓	✓															
Chocolate Dough.chi												✓																
Chocolate Mochi												✓	✓															
Dorayaki Pancake	✓	✓									✓		✓															
Strawberry Cheesecake Mochi	✓	✓					✓					✓	✓															

Poké

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/sulph	Lupin
Poké																												
Dynamite Salmon Poké	✓	✓						✓				✓														✓		
Hoisin Mock 'Duck' Poké	✓	✓				✓						✓														✓		
Spicy Tuna Poké	✓	✓						✓				✓														✓		
Sriracha Chicken Poké	✓	✓										✓														✓		
Poké Base																												
Poké Half & Half Base																												
Poké Rice Base																												
Poké Spinach Base																												
Extra Topping																												
Extra Avocado																												
Extra Dynamite Salmon								✓																		✓		
Extra Hoisin Mock 'duck'	✓	✓				✓						✓																
Extra Spicy Tuna								✓																		✓		
Extra Sriracha Chicken																												
Sauce																												
Korean Ketchup												✓													✓		✓	
Poke Dressing												✓														✓		
Sriracha																												
Sriracha Mayonnaise																												
Sweet Chilli																												
Zingy Lemon & Chilli								✓				✓														✓		

Menu FIR Intolerance Report

Luton Hot Dishes | Version 1 | 24 Mar 2023

Luton Menu - HOT

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
Gyoza																												
Chicken Gyoza 5 Piece	✓	✓						M	M	M	M	✓	M												M	✓		
Chicken Gyoza	✓	✓						M	M	M	M	✓	M												M	✓		
Mega Korean Gyoza Chicken	✓	✓						M	M	M	✓	✓	M												✓	✓	✓	
Mega Korean Gyoza Prawn	✓	✓						M	✓	M	✓	✓	M												✓	✓	✓	
Mega Korean Gyoza vegetable	✓	✓						M	M	M	M	✓	M												✓	✓	✓	
Mega Teriyaki Gyoza Chicken	✓	✓						M	M	M	✓	✓	M												M	✓		
Mega Teriyaki Gyoza Prawn	✓	✓						M	✓	M	✓	✓	M												M	✓		
Mega Teriyaki Gyoza Vegetable	✓	✓						M	M	M	M	✓	M												M	✓		
Prawn Gyoza 5 Piece	✓	✓						M	✓	M	✓	✓	M												M	✓		
Prawn Gyoza	✓	✓						M	✓	M	✓	✓	M												M	✓		
Vegetable Gyoza 5 Piece	✓	✓										✓														✓		
Vegetable Gyoza	✓	✓										✓														✓		
Katsu																												
Chicken Katsu	✓	✓						M	M	M	M	✓	M												M	✓		
Meatless Farm Chick'n Katsu	✓	✓										✓											✓			M		
Prawn Katsu	✓	✓						M	✓	M	M	✓	M												M	M		
Pumpkin Katsu	✓	✓										✓														M		

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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
Teriyaki																												
Beef Teriyaki	✓	✓						M	M	M	✓	✓	M												M	✓		
Chicken Teriyaki	✓	✓										✓														✓		
Katsu Curry Bowl																												
Chicken Katsu Curry	✓	✓						M	M	M	M	✓	M												M	✓		
Chicken Katsu Curry Large	✓	✓						M	M	M	M	✓	M												M	✓		
Meatless Farm Chick'n Katsu Curry Large	✓	✓										✓											✓			M		
Meatless Farm Chick'n Katsu Curry	✓	✓										✓											✓			M		
Prawn Katsu Curry Large	✓	✓						M	✓	M	M	✓	M												M	M		
Prawn Katsu Curry	✓	✓						M	✓	M	M	✓	M												M	M		
Pumpkin Katsu Curry	✓	✓										✓														M		
Pumpkin Katsu Curry Large	✓	✓										✓														M		
Korean Donburi																												
Korean Fried Chicken Rice Bowl Large	✓	✓						✓	M	M	M	✓	M												M	✓		
Teriyaki Bowl																												
Teriyaki Beef Large	✓	✓						M	M	M	✓	✓	M												M	✓		
Teriyaki Chicken Large	✓	✓										✓														✓		
Firecracker Rice																												
Chicken Fried Rice	✓	✓										✓														✓		
Salmon Fried Rice	✓	✓						✓				✓														✓		
Vegetable Fried Rice	✓	✓										✓														✓		

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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
Yakisoba																												
Chicken Yakisoba	✓	✓										✓														✓		
Vegetable Yakisoba	✓	✓										✓														✓		
Miso and Ramen																												
Miso Soup												✓																
Spicy Seafood Ramen	✓	✓						✓	✓	✓	✓	✓														✓		
Teriyaki Chicken Ramen	✓	✓									✓	✓														✓		
Vegetable Dumpling Ramen	✓	✓									✓	✓														✓		
Street Food																												
Japanese Fried Chicken	✓	✓						✓	M	M	✓	✓	M												M	M		
Korean Fried Chicken	✓	✓						✓	M	M	M	✓	M												M	M		
Mighty Duck Fries	✓	✓									✓	✓													✓	✓	✓	
Mighty Mock 'Duck' Fries	✓	✓				✓						✓													✓	✓	✓	
YO! Fries	M	M										M														✓		
Sides																												
Curry Sauce Dip	✓	✓										✓																
Steamed Rice																												
KIds Bento																												
Chicken Gyoza Kids Bento	✓	✓						M	M	M	M	✓	M												M	✓		

Luton Menu - HOT

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 Katsu Kids Bento	✓	✓						M	M	M	M	✓	M												M	✓		
Chicken Teriyaki Kids Bento	✓	✓										✓														✓		
Curry Sauce Dip	✓	✓										✓																
Katsu Sauce Dip																												
Mayonnaise Dip											✓																	
Prawn Katsu Kids Bento	✓	✓						M	✓	M	M	✓	M												M	✓		
Pumpkin Katsu Kids Bento	✓	✓										✓														✓		

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
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
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	206.9	865.5	6.2	3.7	0.0	0.0	33.5	0.0	8.6	2.3	0.1	244.4
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
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	238.1	992.6	12.0	1.8	1.2	0.2	27.0	0.0	4.6	3.8	1.0	478.1
Dynamite Roll 8pc	476.2	1985.2	23.9	3.7	2.5	0.5	54.1	0.0	9.2	7.6	2.0	956.1
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
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
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
Mixed Maki Plate	202.2	851.2	5.7	1.0	1.5	0.3	32.3	0.0	4.3	3.1	1.3	385.6
Salmon Dragon Roll 4pc	228.0	954.7	10.7	1.3	1.2	0.2	26.1	0.0	3.6	5.2	0.8	314.8
Salmon Dragon Roll 8pc	456.0	1909.5	21.3	2.5	2.3	0.4	52.1	0.0	7.2	10.5	1.7	629.5
Salmon Maki	201.0	847.0	4.9	0.7	0.0	0.0	32.0	0.0	4.2	4.8	0.7	385.4
Salmon Nigiri	108.3	455.4	3.8	0.5	0.0	0.0	14.2	0.0	1.9	3.3	0.1	176.1
Salmon Ponzu Salsa	128.0	519.4	9.2	1.1	0.0	0.0	2.0	0.0	1.0	8.6	0.2	358.3
Salmon Sashimi	140.8	584.7	11.1	1.3	0.0	0.1	0.6	0.0	0.3	9.7	0.2	81.3
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 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

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)
Strawberry Cheesecake Mochi	187.7	785.2	5.4	3.1	0.0	0.0	33.0	0.0	21.7	0.1	0.1	69.7
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
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
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
YO! Roll 4pc	197.5	829.1	7.6	1.1	1.2	0.2	25.2	0.0	4.3	5.4	0.9	444.7
YO! Roll 8pc	395.0	1658.2	15.1	2.2	2.4	0.4	50.3	0.0	8.6	10.7	1.7	889.3
Dynamite Salmon Poké	371.0	1450.6	26.9	3.4	3.6	0.7	16.0	0.9	4.4	13.3	3.7	592.4
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 Dynamite Salmon	125.9	524.0	11.0	1.3	0.0	0.0	0.1	0.0	0.1	6.8	0.1	20.7
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 Spicy Tuna	64.1	270.2	2.1	0.3	0.1	0.3	1.1	-	1.1	10.3	0.3	154.5
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
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
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
Poke Dressing	71.2	297.9	0.7	0.2	0.0	0.0	11.1	0.0	11.0	3.4	0.1	824.4
Poké 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
Poké 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
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	309.2	1196.8	18.0	2.4	3.7	1.0	17.0	-	5.4	16.8	3.9	726.1
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	301.1	1163.4	16.8	2.4	3.6	0.7	17.1	0.9	5.6	17.4	3.6	829.5
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
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
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

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)
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
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 Gyoza Kids Bento	542.8	2282.9	14.3	2.5	2.3	1.2	80.9	0.0	6.6	18.8	2.2	910.4
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 Kids Bento	620.0	2606.8	18.9	5.0	2.3	1.2	83.6	0.0	6.7	25.4	2.2	889.2
Chicken Katsu	226.6	945.7	12.3	3.6	3.0	1.5	17.1	0.0	2.8	12.4	0.3	508.8
Chicken Teriyaki Kids Bento	560.8	2358.7	16.0	3.0	2.0	1.5	75.0	0.6	9.7	25.3	2.3	1092.2
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
Curry Sauce Dip	26.4	110.5	1.8	1.1	0.0	0.0	2.3	0.0	0.9	0.3	0.2	176.0
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
Katsu Sauce Dip	34.8	145.6	0.0	0.0	0.0	0.0	8.6	0.0	7.1	0.1	0.1	750.0
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
Mayonnaise Dip	214.5	882.6	23.8	1.7	0.0	0.0	0.5	0.0	0.0	0.2	0.0	156.0
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	292.0	1212.1	17.5	1.5	3.0	1.5	19.9	0.0	3.4	12.1	0.3	778.0
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

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)
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
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 Kids Bento	529.1	2225.6	12.8	1.8	2.3	1.2	81.3	0.0	6.4	17.9	2.5	882.2
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 Kids Bento	545.1	2292.7	13.5	2.3	2.3	1.2	85.5	0.0	6.4	16.4	2.2	893.4
Pumpkin Katsu	152.8	631.6	6.8	0.9	3.0	1.5	19.0	0.0	2.7	3.5	0.3	553.6
Salmon Fried Rice	471.2	1977.2	19.9	2.7	2.3	5.7	58.3	0.0	3.1	10.3	1.3	657.4
Spicy Seafood Ramen	414.4	1745.7	13.2	2.2	2.2	2.2	46.6	35.7	7.5	25.9	2.5	3280.7
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
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
Vegetable Dumpling Ramen	366.5	1545.3	8.4	1.3	1.1	1.5	57.2	27.0	10.4	13.8	1.4	2529.6
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
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