allergens & intolerance report

Grab & go

Last updated: 5th July 2024

Menu FIR Intolerance Report

Version 3 05 Jul 2024

Small Format Menu '24

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
Sushi Snacks																												
Avocado Maki																												
Chicken Katsu Sushi Sando	✓	✓						M	M	M	✓	✓	M												M	M		
Cucumber Maki																										✓		
Inari Taco	✓	✓										✓																
Konbini Tuna Onigiri								✓			✓															✓		
Poké																												
Dynamite Salmon Poké								✓				✓														✓		
Hoisin Mock 'Duck' Poké	✓	✓				✓						✓														✓		
Sriracha Chicken Poké												✓														✓		
Sushi Rolls																												
Crunchy California Roll 8pc	✓	✓						✓	✓		✓	✓														✓		
Crunchy Prawn Roll 8pc	✓	✓						M	✓	M	✓	M	M												M	M		
Dynamite Roll 8pc	✓	✓						✓			✓															✓		
Hoisin Mock 'Duck' Roll 8pc	✓	✓				✓						✓																
Salmon Dragon Roll 8pc	✓	✓						✓	✓		✓	✓														✓		
Spicy Chicken Katsu Roll 8pc	✓	✓						M	M	M		✓	M												M	✓		
Yasai Roll 8pc	✓	✓										✓														✓		
YO! Roll 8pc	✓	✓						✓			✓	✓																

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Sushi Bentos																												
Maki Mix								✓																				
O-mega Salmon	✓	✓						✓			✓	✓																
Plant Power	✓	✓				✓						✓													✓	✓		
Simply Salmon								✓																				
Super Salmon	✓	✓						✓			✓	✓																
TokYO! Mix	✓	✓						✓	✓	M	✓	✓	M												✓	✓		
YO! Top Hits	✓	✓						✓	✓		✓	✓														✓		
Platters																												
Chick 'n' Roll Platter	✓	✓				✓		M	M	M		✓	M												M	✓		
Sushi Sharer	✓	✓						✓	✓	M	✓	✓	M												M	✓		
Veggie Bundle	✓	✓				✓						✓														✓		
Salads																												
Classic Edamame												✓																
Kaiso Seaweed	✓	✓										✓													✓	✓		
Kids Bento																												
Chicken Gyoza Kids Bento	✓	✓						M	M	M		✓	M												M	✓		
Chicken Katsu Kids Bento	✓	✓						M	M	M		✓	M												M	✓		
Chicken Teriyaki Kids Bento	✓	✓										✓														✓		
Prawn Katsu Kids Bento	✓	✓						M	✓	M		✓	M												M	✓		

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Pumpkin Katsu Kids Bento	✓	✓										✓														✓		
Desserts																												
Chocolate Mochi												✓	✓															
Custard Dorayaki	✓	✓									✓		✓															
Raspberry White Chocolate Mochi												✓	✓															
Soup																												
Miso Soup	✓	✓										✓														✓		
Teriyaki Chicken Ramen	✓	✓										✓														✓		
Teriyaki Mock 'Duck' Ramen	✓	✓				✓						✓														✓		
Street Food Sides																												
Chicken Gyoza 5pc	✓	✓						M	M	M		✓	M												M	✓		
Chicken Karaage Bites	✓	✓						M	M	M		✓	M												M	M		
Chicken Katsu Sando	✓	✓						M	M	M	✓	✓	M											✓	M	M		
Korean Fried Chicken Bites	✓	✓						M	M	M		✓	M												M	M		
Mega Korean Gyoza Chicken 5pc	✓	✓						M	M	M	✓	✓	M												✓	✓	✓	
Mega Korean Gyoza Vegetable 5pc	✓	✓										✓													✓	✓	✓	
Mega Teriyaki Gyoza Chicken 5pc	✓	✓						M	M	M	✓	✓	M												M	✓		
Mega Teriyaki Gyoza Vegetable 5pc	✓	✓										✓														✓		
Prawn Torpedos	✓	✓						M	✓	M		M	M												M	M		
Vegetable Gyoza 5pc	✓	✓										✓														✓		

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YO! Fries Regular																										✓		
Buns																												
Chukaman Pork Bun	✓	✓											✓															
Pizaman Pizza Bun	✓	✓											✓															
Dips																												
Curry Sauce	✓	✓										✓																
Korean Ketchup												✓													✓		✓	
Mayonnaise											✓																	
Sriracha Mayonnaise																												
Sriracha																												
Build Your Own - Base																												
Firecracker Rice / Yakisoba 50/50	✓	✓										✓														✓		
Firecracker Rice	✓	✓										✓														✓		
Spinach / Firecracker Rice 50/50	✓	✓										✓														✓		
Spinach																												
Steamed Sushi Rice / Firecracker Rice 50/50	✓	✓										✓														✓		
Steamed Sushi Rice / Spinach 50/50																												
Steamed Sushi Rice																												
Yakisoba Noodles / Spinach 50/50	✓	✓										✓														✓		
Yakisoba Noodles / Steamed Sushi Rice 50/50	✓	✓										✓														✓		

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Yakisoba Noodles	✓	✓										✓														✓		
Build Your Own - Slaw																												
YO! Slaw																												
Build Your Own - Protein																												
Beef Teriyaki	✓	✓									✓	✓																
Chicken Karaage	✓	✓						M	M	M		✓	M												M	M		
Chicken Katsu	✓	✓						M	M	M		✓	M												M	M		
Chicken Teriyaki	✓	✓										✓																
'Duck' Teriyaki	✓	✓				✓						✓																
Prawn Katsu	✓	✓							✓																			
Pumpkin Katsu	✓	✓										✓																
Build Your Own - Sauce																												
Japanese BBQ	✓	✓										✓																
Katsu Curry Sauce	✓	✓										✓																
Sweet Chilli Sauce																												
Teriyaki Sauce	✓	✓										✓																
Build Your Own - Toppings																												
Crispy Onions	✓	✓																										
Fresh Chilli																												
Pickled Ginger																												

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Roasted Sesame																										✓		
Spring Onions																												
Sriracha Drizzle																												
Sriracha Mayo Drizzle																												
Togarashi																										✓		
Noodles & Rice Bowls																												
Beef Teriyaki Donburi	✓	✓						M	M	M	✓	✓	M												M	✓		
Chicken Karaage Curry	✓	✓						M	M	M		✓	M												M	M		
Chicken Katsu Curry	✓	✓						M	M	M		✓	M												M	M		
Chicken Teriyaki Donburi	✓	✓										✓														✓		
Japanese Fried Chicken Donburi	✓	✓						M	M	M		✓	M												M	M		
Korean Fried Chicken Donburi	✓	✓						M	M	M		✓	M												M	M		
Prawn Katsu Curry	✓	✓						M	✓	M		✓	M												M	M		
Pumpkin Katsu Curry	✓	✓										✓																
Teriyaki Mock 'Duck' Donburi	✓	✓				✓						✓														✓		
Vegetable Yakisoba	✓	✓										✓														✓		
Veggie Firecracker Rice	✓	✓										✓														✓		
Snacks																												
Pr*wn Crackers																												

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	198.2	825.9	6.3	1.1	3.0	0.6	32.5	0.0	3.9	2.9	1.8	328.0
Beef Teriyaki Donburi	572.0	2375.3	22.1	4.1	7.6	8.7	75.1	10.2	9.5	17.9	2.8	610.6
Beef Teriyaki	267.3	1113.8	16.3	3.7	4.6	7.1	17.0	10.0	6.6	13.1	0.8	299.9
Chick 'n' Roll Platter	696.8	2928.2	16.9	7.5	1.8	0.4	102.2	0.3	21.6	32.4	4.8	1626.7
Chicken Gyoza 5pc	206.2	835.8	8.8	1.2	3.0	1.5	21.0	0.0	1.6	8.1	2.3	1117.1
Chicken Gyoza Kids Bento	480.3	2008.2	10.7	1.7	2.0	1.2	77.3	0.0	6.9	20.4	7.8	859.0
Chicken Karaage Bites	272.2	1138.2	13.5	5.4	3.0	1.5	16.5	0.0	0.0	20.0	2.2	604.5
Chicken Karaage Curry	596.9	2486.3	18.8	8.5	3.0	1.6	80.2	0.1	4.7	25.4	4.6	1402.4
Chicken Karaage	236.3	990.4	9.5	5.2	0.6	0.3	16.5	0.0	0.0	20.0	2.2	604.5
Chicken Katsu Curry	555.2	2310.5	20.2	7.8	3.0	1.6	74.9	0.1	5.1	17.4	4.0	1069.8
Chicken Katsu Kids Bento	582.5	2434.2	19.0	5.7	2.0	1.2	76.5	0.0	6.3	28.1	8.0	843.0
Chicken Katsu Sando	741.5	3109.1	33.9	10.0	0.6	0.4	73.4	0.0	10.2	33.7	6.6	1248.3
Chicken Katsu	194.6	814.6	11.0	4.5	0.6	0.3	11.2	0.0	0.3	12.0	1.6	272.0
Chicken Katsu Sushi Sando	549.3	2289.2	26.9	6.0	0.6	0.3	60.6	0.0	6.7	16.1	2.8	936.2
Chicken Teriyaki Donburi	435.0	1811.3	7.5	1.9	0.0	0.1	67.7	1.3	9.1	24.2	2.0	1006.0
Chicken Teriyaki Kids Bento	501.7	2095.5	13.3	2.5	1.6	1.4	70.2	0.6	9.1	28.0	6.4	968.9
Chicken Teriyaki	179.6	752.8	6.8	1.8	0.0	0.0	10.7	1.4	7.3	19.3	0.0	755.2
Chocolate Mochi	227.8	953.0	9.6	6.0	0.0	0.0	30.7	0.0	18.6	2.9	0.0	20.5
Chukaman Pork Bun	222.3	934.8	6.5	1.4	2.7	1.3	32.2	28.8	3.2	7.9	1.6	343.0
Classic Edamame	116.5	487.0	3.3	0.5	0.0	0.0	12.1	0.0	1.0	11.8	4.6	393.9
Crispy Onions	29.5	122.5	2.2	1.1	0.0	0.0	2.0	0.0	0.5	0.3	0.3	24.0
Crunchy California Roll 8pc	595.6	2476.0	35.2	5.0	2.3	0.4	62.3	1.4	13.6	8.4	2.6	1181.1
Crunchy Prawn Roll 8pc	345.7	1442.0	7.7	0.9	2.4	0.6	60.2	0.0	5.8	8.6	1.9	870.8
Cucumber Maki	144.6	604.4	0.5	0.1	0.0	0.0	32.4	0.0	4.1	2.7	0.9	316.4
Curry Sauce	44.1	184.4	3.0	1.9	0.0	0.0	3.9	0.0	1.5	0.4	0.3	303.3
Custard Dorayaki	162.0	682.5	1.8	0.8	0.0	0.0	34.0	0.0	16.5	2.3	0.0	0.1
'Duck' Teriyaki	178.0	792.0	4.1	0.6	0.0	0.0	13.5	1.4	7.7	21.3	0.9	540.8
Dynamite Roll 8pc	778.0	3292.7	31.8	5.2	2.7	0.6	105.9	0.1	24.6	12.8	4.0	1674.4
Dynamite Salmon Poké	600.2	2446.2	17.5	2.0	0.0	0.1	90.0	0.8	6.7	18.0	5.2	369.8
Firecracker Rice / Yakisoba 50/50	309.8	1292.4	11.4	1.6	2.2	5.6	46.4	8.3	9.0	5.7	2.2	1061.0
Firecracker Rice	379.6	1580.2	12.9	1.9	2.3	5.8	59.7	0.0	3.6	6.5	2.4	658.6
Fresh Chilli	0.8	3.3	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.4

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 Mock 'Duck' Poké	560.7	2305.7	8.4	1.0	0.0	0.1	97.0	1.5	11.0	21.1	5.6	606.3
Hoisin Mock 'Duck' Roll 8pc	344.6	1460.4	4.0	1.3	0.0	0.0	64.9	0.6	18.2	12.0	1.7	775.4
Inari Taco	144.4	591.3	4.7	0.7	0.5	0.1	20.6	0.0	7.8	4.2	0.5	274.5
Japanese BBQ	90.1	382.6	0.0	0.0	0.0	0.0	21.2	2.6	17.0	1.2	0.0	655.0
Japanese Fried Chicken Donburi	497.8	2073.6	11.0	5.3	1.2	0.7	73.6	0.1	2.2	24.6	4.0	884.9
Kaiso Seaweed	106.6	424.4	3.0	0.4	0.0	0.1	14.7	0.1	12.1	3.4	1.9	685.4
Katsu Curry Sauce	74.9	313.5	5.6	3.1	0.0	0.0	5.7	0.0	1.7	0.9	0.0	426.7
Konbini Tuna Onigiri	216.1	900.4	6.8	0.7	0.0	0.0	30.4	0.0	5.0	8.5	0.6	1036.2
Korean Fried Chicken Bites	416.7	1751.1	14.7	5.9	3.2	1.6	47.2	0.0	22.5	21.9	2.3	817.1
Korean Fried Chicken Donburi	609.3	2548.1	11.0	5.3	1.2	0.7	100.6	0.1	23.0	24.8	4.0	1032.9
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
Maki Mix	295.5	1232.5	8.3	1.3	2.3	0.4	48.3	0.0	5.7	7.0	1.8	491.7
Mayonnaise	357.5	1471.0	39.6	2.9	0.0	0.0	0.9	0.0	0.0	0.9	0.0	260.0
Mega Korean Gyoza Chicken 5pc	283.7	1184.0	16.5	1.9	3.1	1.5	24.9	0.0	5.0	7.9	2.5	630.5
Mega Korean Gyoza Vegetable 5pc	237.1	990.8	53.1	1.0	0.7	0.4	28.0	0.0	6.5	6.3	1.8	135.7
Mega Teriyaki Gyoza Chicken 5pc	278.6	1162.8	16.2	1.8	3.0	1.5	24.5	0.7	4.8	7.9	2.4	702.2
Mega Teriyaki Gyoza Vegetable 5pc	232.1	969.6	52.7	1.0	0.6	0.3	27.6	0.7	6.3	6.3	1.7	207.4
Miso Soup	169.3	708.7	19.8	0.4	0.0	0.0	24.0	0.0	7.9	6.8	0.6	2469.6
O-mega Salmon	457.4	1906.9	16.2	2.2	2.4	0.4	63.5	0.0	8.4	14.4	1.8	766.9
Pickled Ginger	0.9	3.8	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	31.9
Pizaman Pizza Bun	248.0	1043.1	8.5	4.7	0.8	0.4	31.6	29.2	2.2	10.5	1.9	203.3
Plant Power	837.1	3513.5	20.4	3.3	2.6	0.6	142.5	1.0	38.3	17.1	4.5	2043.6
Pr*wn Crackers	118.4	499.5	3.2	0.2	0.0	0.0	21.9	0.0	9.3	0.2	0.1	151.0
Prawn Katsu Curry	487.0	2024.3	11.9	3.5	3.0	1.6	81.4	0.1	4.7	12.5	3.0	1082.1
Prawn Katsu Kids Bento	473.9	1978.9	10.1	1.3	2.0	1.1	76.9	0.0	5.8	20.8	6.7	760.3
Prawn Katsu	117.5	491.4	1.7	0.0	0.0	0.0	17.7	0.0	0.0	7.2	0.6	284.3
Prawn Torpedos	240.7	1003.8	7.8	0.4	3.0	1.5	29.5	0.0	0.0	11.9	0.9	473.7
Pumpkin Katsu Curry	381.1	1583.2	10.0	3.3	2.5	1.3	65.6	0.0	3.9	7.0	2.0	819.6
Pumpkin Katsu Kids Bento	486.8	2032.9	10.8	1.9	2.0	1.1	80.6	0.0	5.8	19.1	6.3	764.0
Pumpkin Katsu	91.2	381.6	1.8	0.6	0.0	0.0	15.5	0.0	0.0	3.1	0.0	193.2
Raspberry White Chocolate Mochi	206.7	869.8	8.3	5.1	0.0	0.0	35.2	0.0	28.2	2.3	0.0	9.6

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)
Roasted Sesame	19.7	82.4	1.7	0.3	0.0	0.0	0.5	0.0	0.0	0.6	0.5	0.6
Salmon Dragon Roll 8pc	465.0	1936.2	22.9	2.7	2.3	0.4	51.1	0.0	6.8	14.3	1.8	724.2
Simply Salmon	388.2	1619.9	12.3	1.5	0.0	0.0	55.3	0.0	6.6	14.1	0.8	579.9
Spicy Chicken Katsu Roll 8pc	336.7	1408.7	6.4	2.3	0.6	0.3	59.7	0.0	10.9	9.7	1.7	1108.9
Spinach / Firecracker Rice 50/50	194.8	810.7	6.6	1.0	1.2	3.0	30.2	0.0	2.1	3.8	1.8	357.3
Spinach	10.0	41.2	0.3	0.0	0.0	0.2	0.6	0.0	0.6	1.1	1.1	56.0
Spring Onions	0.7	2.9	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.2
Sriracha Chicken Poké	535.1	2179.4	7.1	0.9	0.0	0.1	91.2	0.8	7.9	23.9	5.3	626.0
Sriracha Drizzle	7.9	33.1	0.1	0.0	0.0	0.0	1.8	0.0	1.7	0.1	0.0	262.0
Sriracha Mayo Drizzle	33.5	137.7	3.4	0.2	0.0	0.0	0.6	0.0	0.4	0.0	0.0	81.8
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
Sriracha York	39.5	165.3	0.4	0.0	0.0	0.0	8.9	0.0	8.7	0.7	0.0	1310.0
Steamed Sushi Rice / Firecracker Rice 50/50	307.1	1281.1	6.6	0.9	1.2	2.9	57.1	0.0	1.9	5.1	1.5	329.3
Steamed Sushi Rice / Spinach 50/50	122.3	511.6	0.3	0.0	0.0	0.1	27.5	0.0	0.4	2.5	0.9	28.0
Steamed Sushi Rice	234.7	982.0	0.3	0.0	0.0	0.0	54.4	0.0	0.2	3.8	0.6	0.0
Super Salmon	514.2	2143.0	21.9	2.7	0.6	0.2	57.4	0.0	7.6	21.8	1.2	739.9
Sushi Sharer	1158.6	4828.5	45.2	5.6	4.7	1.6	154.3	0.7	22.0	33.5	3.4	2165.2
Sweet Chilli Sauce	111.5	474.5	0.0	0.0	0.0	0.0	27.0	0.0	20.8	0.2	0.0	148.0
Teriyaki Chicken Ramen	416.3	2018.8	12.1	2.6	0.5	1.4	48.0	31.7	13.1	28.7	2.4	3128.1
Teriyaki Mock 'Duck' Donburi	433.4	1850.5	4.8	0.6	0.0	0.1	70.6	1.3	9.5	26.2	2.9	791.6
Teriyaki Mock 'Duck' Ramen	342.4	1726.8	16.2	1.1	0.5	1.4	48.4	31.1	10.3	18.9	3.3	2636.0
Teriyaki Sauce	33.2	140.8	0.0	0.0	0.0	0.0	7.7	1.4	6.3	0.6	0.0	329.6
Togarashi	4.2	17.4	0.1	0.0	0.0	0.0	0.6	0.0	0.2	0.1	0.0	1.1
TokYO! Mix	686.0	2855.7	24.4	4.1	2.0	0.5	102.6	0.7	19.8	13.8	3.5	1802.9
Vegetable Gyoza 5pc	227.2	920.8	53.0	0.9	3.0	1.5	24.0	0.0	3.0	6.7	1.6	637.4
Vegetable Yakisoba	243.6	1019.7	10.2	1.5	2.1	5.4	32.9	16.3	14.4	5.1	2.1	1452.3
Veggie Bundle	698.9	2942.2	15.3	2.7	1.8	0.4	122.1	0.7	31.7	15.1	3.7	1579.0
Veggie Firecracker Rice	386.4	1608.6	13.5	1.9	2.3	5.8	60.0	0.0	3.7	6.7	2.6	658.9
Yakisoba Noodles / Spinach 50/50	125.0	522.9	5.1	0.7	1.1	2.8	16.8	8.3	7.5	3.0	1.5	759.7
Yakisoba Noodles / Steamed Sushi Rice 50/50 SF	237.3	993.3	5.0	0.7	1.1	2.7	43.7	8.2	7.3	4.4	1.3	731.7

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)
Yakisoba Noodles	240.0	1004.6	9.8	1.4	2.1	5.5	33.0	16.5	14.4	5.0	1.9	1463.4
Yasai Roll 8pc	675.9	2869.3	20.9	3.0	2.7	0.6	109.7	1.4	28.8	7.3	3.7	1718.8
YO! Fries	199.5	832.1	11.1	1.0	0.6	0.3	22.1	0.0	1.6	2.1	0.0	522.8
YO! Roll 8pc	388.3	1618.1	14.9	2.1	2.4	0.4	50.5	0.0	8.1	13.1	1.7	807.2
YO! Slaw	58.6	241.4	5.4	0.4	0.0	0.1	2.1	0.0	1.7	0.4	1.2	293.7
YO! Top Hits	666.1	2774.9	28.0	4.2	3.3	0.6	86.3	0.3	12.8	17.5	2.8	1161.6