

# allergen & nutritional information

Dine-in

September 2023



# Menu FIR Intolerance Report

Dish Name

| Cereals containing Gluten : |               |               |     |        |      |      |             |          |      | Tree Nuts : |      |         |          |        |            |           |            |               |                                 |         |        |         |        |                           |       |
|-----------------------------|---------------|---------------|-----|--------|------|------|-------------|----------|------|-------------|------|---------|----------|--------|------------|-----------|------------|---------------|---------------------------------|---------|--------|---------|--------|---------------------------|-------|
| 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 |

## Maki

|                  |  |  |  |  |  |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |
|------------------|--|--|--|--|--|---|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|---|--|
| Avocado Maki     |  |  |  |  |  |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |
| Cucumber Maki    |  |  |  |  |  |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ✓ |  |
| Mixed Maki Plate |  |  |  |  |  | ✓ | ✓ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |
| Salmon Maki      |  |  |  |  |  | ✓ | ✓ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |

## Rolls

|                             |   |   |  |  |  |  |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |  |
|-----------------------------|---|---|--|--|--|--|---|---|---|---|---|---|--|--|--|--|--|--|--|--|--|--|---|---|---|--|
| Chicken 2 Ways 4pc          | ✓ | ✓ |  |  |  |  | M | M | M | ✓ | ✓ | M |  |  |  |  |  |  |  |  |  |  |   | M | ✓ |  |
| Chicken 2 Ways 8pc          | ✓ | ✓ |  |  |  |  | M | M | M | ✓ | ✓ | M |  |  |  |  |  |  |  |  |  |  |   | M | ✓ |  |
| Crunchy California Roll 4pc | ✓ | ✓ |  |  |  |  | ✓ | ✓ |   | ✓ | ✓ |   |  |  |  |  |  |  |  |  |  |  |   | ✓ | ✓ |  |
| Crunchy California Roll 8pc | ✓ | ✓ |  |  |  |  | ✓ | ✓ |   | ✓ | ✓ |   |  |  |  |  |  |  |  |  |  |  |   | ✓ | ✓ |  |
| 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 4pc        | ✓ | ✓ |  |  |  |  |   |   |   |   | ✓ | ✓ |  |  |  |  |  |  |  |  |  |  |   |   |   |  |
| Hoisin Duck Roll 8pc        | ✓ | ✓ |  |  |  |  |   |   |   |   | ✓ | ✓ |  |  |  |  |  |  |  |  |  |  |   |   |   |  |
| Hoisin Mock 'Duck' Roll 4pc | ✓ | ✓ |  |  |  |  |   |   |   |   | ✓ | ✓ |  |  |  |  |  |  |  |  |  |  |   |   |   |  |
| Hoisin Mock 'Duck' Roll 8pc | ✓ | ✓ |  |  |  |  |   |   |   |   | ✓ | ✓ |  |  |  |  |  |  |  |  |  |  |   |   |   |  |
| Monster Maki                | ✓ | ✓ |  |  |  |  | ✓ | ✓ |   | ✓ | ✓ |   |  |  |  |  |  |  |  |  |  |  |   | ✓ | ✓ |  |
| Salmon Dragon Roll 4pc      | ✓ | ✓ |  |  |  |  | ✓ | ✓ |   | ✓ | ✓ |   |  |  |  |  |  |  |  |  |  |  |   | ✓ | ✓ |  |
| Salmon Dragon Roll 8pc      | ✓ | ✓ |  |  |  |  | ✓ | ✓ |   | ✓ | ✓ |   |  |  |  |  |  |  |  |  |  |  |   | ✓ | ✓ |  |







**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 Food**

|                                   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |   |   |   |   |  |  |
|-----------------------------------|---|---|--|--|--|--|--|--|---|---|---|---|---|---|---|---|--|--|--|--|--|--|--|--|--|--|--|---|---|---|---|--|--|
| Beef Teriyaki                     | ✓ | ✓ |  |  |  |  |  |  |   | M | M | M | ✓ | ✓ | M |   |  |  |  |  |  |  |  |  |  |  |  |   | M | ✓ |   |  |  |
| Chicken Katsu Curry               | ✓ | ✓ |  |  |  |  |  |  |   | M | M | M | M | ✓ | ✓ | M |  |  |  |  |  |  |  |  |  |  |  |   | M | ✓ | ✓ |  |  |
| Chicken Katsu                     | ✓ | ✓ |  |  |  |  |  |  |   | M | M | M | M | ✓ | ✓ | M |  |  |  |  |  |  |  |  |  |  |  | M | ✓ | ✓ |   |  |  |
| Chicken Teriyaki                  | ✓ | ✓ |  |  |  |  |  |  |   |   |   |   | ✓ | ✓ |   |   |  |  |  |  |  |  |  |  |  |  |  |   | ✓ | ✓ |   |  |  |
| Japanese Fried Chicken            | ✓ | ✓ |  |  |  |  |  |  | ✓ | M | M | ✓ | ✓ | ✓ | M |   |  |  |  |  |  |  |  |  |  |  |  | M | M |   |   |  |  |
| Korean Fried Chicken              | ✓ | ✓ |  |  |  |  |  |  | ✓ | M | M | M | ✓ | ✓ | M |   |  |  |  |  |  |  |  |  |  |  |  | M | M |   |   |  |  |
| Meatless Farm Chick'n Katsu Curry | ✓ | ✓ |  |  |  |  |  |  |   |   |   |   | ✓ | ✓ |   |   |  |  |  |  |  |  |  |  |  |  |  |   | M |   |   |  |  |
| Meatless Farm Chick'n Katsu       | ✓ | ✓ |  |  |  |  |  |  |   |   |   |   | ✓ | ✓ |   |   |  |  |  |  |  |  |  |  |  |  |  |   | M |   |   |  |  |
| Mighty Duck Fries                 | ✓ | ✓ |  |  |  |  |  |  |   |   |   | ✓ | ✓ | ✓ |   |   |  |  |  |  |  |  |  |  |  |  |  | ✓ | ✓ | ✓ |   |  |  |
| Mighty Mock 'Duck' Fries          | ✓ | ✓ |  |  |  |  |  |  |   |   |   |   | ✓ | ✓ |   |   |  |  |  |  |  |  |  |  |  |  |  | ✓ | ✓ | ✓ |   |  |  |
| Plant Based 'Beef' Teriyaki       | ✓ | ✓ |  |  |  |  |  |  |   |   |   |   | ✓ | ✓ |   |   |  |  |  |  |  |  |  |  |  |  |  |   | ✓ | ✓ |   |  |  |
| Popcorn Shrimp                    | ✓ | ✓ |  |  |  |  |  |  | M | ✓ | M | ✓ | ✓ | ✓ | M |   |  |  |  |  |  |  |  |  |  |  |  | M | M |   |   |  |  |
| Prawn Katsu Curry                 | ✓ | ✓ |  |  |  |  |  |  | M | ✓ | M | M | ✓ | ✓ | M |   |  |  |  |  |  |  |  |  |  |  |  | M | M |   |   |  |  |
| Prawn Katsu                       | ✓ | ✓ |  |  |  |  |  |  | M | ✓ | M | M | ✓ | ✓ | M |   |  |  |  |  |  |  |  |  |  |  |  | M | M |   |   |  |  |
| Pumpkin Katsu Curry               | ✓ | ✓ |  |  |  |  |  |  |   |   |   |   | ✓ | ✓ |   |   |  |  |  |  |  |  |  |  |  |  |  |   | M |   |   |  |  |
| Pumpkin Katsu                     | ✓ | ✓ |  |  |  |  |  |  |   |   |   |   | ✓ | ✓ |   |   |  |  |  |  |  |  |  |  |  |  |  |   | M |   |   |  |  |
| Spicy Pepper Squid                | M | M |  |  |  |  |  |  | ✓ | M | ✓ | M | ✓ | ✓ | M |   |  |  |  |  |  |  |  |  |  |  |  | M | ✓ |   |   |  |  |
| YO! Fries                         | M | M |  |  |  |  |  |  |   |   |   |   |   |   | M |   |  |  |  |  |  |  |  |  |  |  |  |   | ✓ |   |   |  |  |
| YO! Fries Plain                   | M | M |  |  |  |  |  |  |   |   |   |   |   |   | M |   |  |  |  |  |  |  |  |  |  |  |  |   | M |   |   |  |  |















## 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) |
|--------------------------------|---------------|-------------|---------|---------------|----------|----------|----------|------------|------------|-------------|-----------|-------------|
| All Salmon Love Set            | 558.0         | 2338.9      | 24.9    | 3.2           | 0.6      | 0.2      | 57.7     | 0.0        | 8.5        | 21.5        | 1.3       | 866.1       |
| All Star Rolls                 | 271.0         | 1137.0      | 10.5    | 1.4           | 1.2      | 0.3      | 34.7     | 0.0        | 5.4        | 6.9         | 1.3       | 546.8       |
| 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       |
| BBQ Bulgogi Wings              | 686.3         | 2878.2      | 32.5    | 21.4          | 5.9      | 2.9      | 65.1     | 2.1        | 37.0       | 33.1        | 2.7       | 2201.9      |
| 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       |
| California Gunkan              | 254.1         | 1062.3      | 13.1    | 1.1           | 0.0      | 0.0      | 28.4     | 0.4        | 5.6        | 3.5         | 0.8       | 446.0       |
| California Inari Taco          | 232.3         | 971.3       | 12.4    | 1.4           | 0.0      | 0.0      | 24.5     | 0.3        | 9.7        | 4.1         | 0.2       | 396.6       |
| California Temaki              | 223.3         | 931.1       | 13.5    | 1.5           | 1.8      | 0.3      | 20.2     | 0.0        | 3.0        | 3.9         | 1.3       | 253.4       |
| Cherry Dough.chi               | 208.2         | 870.1       | 9.6     | 5.3           | 0.0      | 0.0      | 26.9     | 0.0        | 14.7       | 2.5         | 1.3       | 74.3        |
| Chicken 2 Ways 4pc             | 309.4         | 1295.8      | 15.1    | 3.3           | 5.2      | 1.1      | 31.5     | 1.6        | 5.4        | 9.4         | 2.7       | 553.5       |
| Chicken 2 Ways 8pc             | 618.9         | 2591.6      | 30.3    | 6.6           | 10.4     | 2.3      | 63.0     | 3.2        | 10.7       | 18.8        | 5.3       | 1107.0      |
| Chicken Firecracker Rice Large | 841.9         | 3543.7      | 25.1    | 4.1           | 4.6      | 11.5     | 118.2    | 0.1        | 7.2        | 27.1        | 3.5       | 1436.1      |
| Chicken Firecracker Rice       | 421.0         | 1771.8      | 12.6    | 2.0           | 2.3      | 5.8      | 59.1     | 0.0        | 3.6        | 13.5        | 1.8       | 718.1       |
| Chicken Gyoza 5pc              | 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 Katsu Curry            | 538.1         | 2264.9      | 20.1    | 7.7           | 3.0      | 1.5      | 71.2     | 0.0        | 2.9        | 13.4        | 2.6       | 808.5       |
| Chicken Katsu Curry Large      | 887.4         | 3730.7      | 36.4    | 13.2          | 5.9      | 2.9      | 106.9    | 0.0        | 3.9        | 25.9        | 4.5       | 1197.8      |
| Chicken Katsu                  | 247.4         | 1032.9      | 15.1    | 4.7           | 3.0      | 1.5      | 14.8     | 0.0        | 3.1        | 12.3        | 1.9       | 592.0       |
| Chicken Katsu Sushi Sando      | 546.7         | 2290.4      | 26.1    | 6.1           | 0.0      | 0.0      | 60.7     | 0.0        | 7.5        | 13.5        | 2.7       | 1044.1      |
| 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 Tsukune                | 234.6         | 973.3       | 16.2    | 4.2           | 0.6      | 0.3      | 6.8      | 0.6        | 4.7        | 1.8         | 14.7      | 313.9       |
| Chicken Yakisoba Large         | 671.3         | 2813.8      | 26.8    | 4.2           | 5.2      | 13.5     | 73.9     | 40.0       | 30.3       | 32.0        | 4.8       | 2997.8      |
| Chicken Yakisoba               | 289.0         | 1211.4      | 11.6    | 1.8           | 2.2      | 5.8      | 31.8     | 17.2       | 13.1       | 13.8        | 2.1       | 1290.6      |
| Chicken Yakitori               | 230.8         | 956.8       | 12.3    | 1.9           | 2.3      | 1.1      | 10.6     | 0.6        | 9.2        | 18.5        | 0.7       | 822.3       |
| Chocolate Dough.chi            | 215.1         | 904.8       | 7.7     | 3.9           | 0.0      | 0.0      | 33.7     | 0.0        | 19.6       | 1.6         | 2.1       | 79.8        |
| Chocolate Mochi                | 233.1         | 976.9       | 6.2     | 3.8           | 0.0      | 0.0      | 39.8     | 0.0        | 12.9       | 2.3         | 0.2       | 244.2       |
| Citrus Ponzu & Chilli Edamame  | 139.9         | 581.1       | 6.2     | 0.8           | 0.0      | 0.0      | 9.7      | 0.0        | 0.2        | 11.8        | 0.0       | 504.7       |
| Classic 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       |
| Crunchy California Roll 4pc    | 304.2         | 1270.2      | 17.4    | 2.5           | 1.1      | 0.2      | 31.5     | 0.7        | 7.1        | 2.9         | 0.8       | 541.8       |
| Crunchy California Roll 8pc    | 608.4         | 2540.4      | 34.8    | 4.9           | 2.3      | 0.4      | 63.1     | 1.4        | 14.1       | 5.9         | 1.7       | 1083.6      |
| Crunchy Prawn Roll 4pc         | 176.4         | 742.2       | 4.0     | 0.5           | 1.2      | 0.3      | 30.1     | 0.0        | 3.2        | 3.1         | 1.0       | 391.7       |
| Crunchy Prawn Roll 8pc         | 352.9         | 1484.3      | 7.9     | 1.1           | 2.4      | 0.6      | 60.3     | 0.0        | 6.4        | 6.2         | 2.1       | 783.4       |

## 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) |
|---|---------------|-------------|---------|---------------|----------|----------|----------|------------|------------|-------------|-----------|-------------|
| Crunchy Slaw                            | 50.7          | 208.8       | 4.4     | 0.3           | 0.0      | 0.0      | 3.1      | 0.1        | 1.2        | 0.6         | 1.1       | 46.3        |
| 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       |
| Curry Sauce Large Dip                   | 88.0          | 368.5       | 6.0     | 3.6           | 0.0      | 0.0      | 7.7      | 0.0        | 3.0        | 0.9         | 0.6       | 586.7       |
| Custard Dorayaki Pancake                | 174.7         | 731.1       | 2.3     | 0.8           | 0.0      | 0.0      | 35.0     | 0.0        | 20.2       | 2.9         | 0.0       | 4.0         |
| Dynamite Gunkan                         | 186.1         | 782.2       | 7.3     | 0.9           | 0.0      | 0.0      | 22.4     | 0.0        | 3.1        | 5.4         | 0.9       | 266.8       |
| Dynamite Inari Taco                     | 186.9         | 784.5       | 8.6     | 1.3           | 0.0      | 0.0      | 20.5     | 0.0        | 8.1        | 5.4         | 0.2       | 277.2       |
| Dynamite Roll 4pc                       | 388.7         | 1645.1      | 15.9    | 2.6           | 1.3      | 0.3      | 52.9     | 0.0        | 12.3       | 6.3         | 1.9       | 834.8       |
| Dynamite Roll 8pc                       | 777.4         | 3290.3      | 31.8    | 5.2           | 2.7      | 0.6      | 105.9    | 0.1        | 24.5       | 12.7        | 3.7       | 1669.6      |
| G.O.A.T Salmon                          | 283.4         | 1187.6      | 12.6    | 1.6           | 0.3      | 0.1      | 29.5     | 0.0        | 4.7        | 11.0        | 0.8       | 468.8       |
| Green Vibes Only                        | 257.3         | 1061.3      | 6.6     | 1.3           | 1.5      | 0.4      | 42.1     | 0.0        | 9.9        | 3.2         | 1.8       | 665.1       |
| Gunkan Remix                            | 196.4         | 824.8       | 7.4     | 0.8           | 0.0      | 0.1      | 24.6     | -          | 4.2        | 5.5         | 0.9       | 353.3       |
| Hoisin 'Duck' Firecracker Rice Large    | 887.7         | 3766.4      | 26.6    | 3.8           | 4.6      | 11.5     | 129.3    | 1.1        | 13.9       | 22.9        | 4.2       | 1687.6      |
| Hoisin 'Duck' Firecracker Rice          | 443.8         | 1883.2      | 13.3    | 1.9           | 2.3      | 5.8      | 64.7     | 0.6        | 7.0        | 11.5        | 2.1       | 843.8       |
| Hoisin Duck Roll 4pc                    | 141.0         | 596.6       | 1.3     | 0.5           | 0.0      | 0.0      | 26.8     | 0.2        | 7.8        | 4.0         | 0.5       | 369.4       |
| Hoisin Duck Roll 8pc                    | 331.5         | 1403.0      | 3.0     | 1.3           | 0.0      | 0.0      | 63.1     | 0.6        | 18.3       | 9.4         | 1.2       | 868.7       |
| Hoisin Mock 'Duck' Roll 4pc             | 176.1         | 752.2       | 2.1     | 0.7           | 0.0      | 0.0      | 32.5     | 0.3        | 9.4        | 4.8         | 0.8       | 429.0       |
| Hoisin Mock 'Duck' Roll 8pc             | 352.3         | 1504.3      | 4.3     | 1.4           | 0.0      | 0.0      | 65.0     | 0.6        | 18.8       | 9.6         | 1.5       | 858.1       |
| Hoisin Mock 'Duck' Yakisoba Large       | 717.1         | 3036.5      | 28.3    | 4.0           | 5.2      | 13.5     | 85.0     | 41.1       | 37.0       | 27.8        | 5.5       | 3249.2      |
| Hoisin Mock 'Duck' Yakisoba             | 358.5         | 1518.3      | 14.1    | 2.0           | 2.6      | 6.8      | 42.5     | 20.5       | 18.5       | 13.9        | 2.8       | 1624.6      |
| Inari Taco                              | 146.9         | 617.3       | 5.4     | 1.0           | 0.5      | 0.1      | 20.9     | 0.0        | 8.4        | 2.7         | 0.4       | 289.2       |
| Japanese Fried Chicken                  | 381.8         | 1589.2      | 26.2    | 3.0           | 3.0      | 1.5      | 23.3     | 0.0        | 1.4        | 15.7        | 0.3       | 741.8       |
| 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       |
| Kanikama                                | 182.2         | 757.3       | 11.8    | 0.8           | 0.0      | 0.0      | 15.9     | 0.0        | 3.5        | 7.0         | 0.6       | 135.1       |
| Kickin' Kimchi Wings                    | 794.8         | 3317.3      | 48.4    | 22.5          | 5.9      | 2.9      | 56.7     | 0.0        | 27.2       | 33.7        | 2.7       | 3223.0      |
| Kimchi Chicken                          | 184.8         | 773.0       | 6.8     | 1.7           | 0.2      | 0.5      | 13.0     | 0.1        | 9.3        | 17.6        | 1.1       | 1059.0      |
| Korean Fried Chicken                    | 414.5         | 1738.6      | 18.2    | 2.4           | 3.0      | 1.5      | 49.3     | 0.0        | 23.5       | 15.6        | 0.3       | 825.3       |
| Korean Fried Chicken Rice Bowl Large    | 1121.2        | 4724.5      | 32.1    | 4.6           | 3.0      | 1.5      | 172.3    | 0.0        | 47.0       | 32.5        | 1.0       | 1522.7      |
| Meat YO! Match                          | 225.4         | 950.9       | 4.2     | 1.3           | 0.9      | 0.3      | 39.7     | 0.1        | 8.9        | 4.8         | 1.5       | 682.8       |
| 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       |

## 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) |
|-----------------------------------|---------------|-------------|---------|---------------|----------|----------|----------|------------|------------|-------------|-----------|-------------|
| 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 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 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      |
| 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       |
| Monster Maki                      | 174.1         | 724.7       | 5.7     | 0.7           | 0.8      | 0.1      | 25.1     | 0.0        | 3.2        | 3.7         | 1.0       | 333.4       |
| Nigiri 'n' Maki Mix               | 213.5         | 900.1       | 4.8     | 0.7           | 0.4      | 0.1      | 33.5     | 0.0        | 4.6        | 6.4         | 0.7       | 404.3       |
| Plant Based 'Beef' Teriyaki       | 248.2         | 1032.9      | 9.6     | 0.9           | 3.0      | 1.5      | 17.8     | 1.3        | 7.2        | 22.0        | 0.6       | 835.5       |
| Plant Based 'Beef' Teriyaki Large | 727.9         | 3070.5      | 9.5     | 1.2           | 0.0      | 0.0      | 108.2    | 2.5        | 13.9       | 44.5        | 1.4       | 1445.2      |
| Plant Platter                     | 630.5         | 2616.7      | 19.5    | 3.4           | 4.3      | 0.8      | 98.0     | 0.4        | 24.5       | 7.3         | 3.9       | 1474.0      |
| Popcorn Shrimp                    | 347.6         | 1445.1      | 20.3    | 1.6           | 3.0      | 1.5      | 23.1     | 0.0        | 12.5       | -           | 0.6       | 975.8       |
| Pr*wn Crackers                    | 117.2         | 494.3       | 3.2     | 0.2           | 0.0      | 0.0      | 21.7     | 0.0        | 9.9        | 0.2         | 0.1       | 149.4       |
| Prawn Katsu Curry Large           | 712.0         | 2994.5      | 19.2    | 4.4           | 5.9      | 2.9      | 114.0    | 0.0        | 3.3        | 13.8        | 2.2       | 1127.6      |
| Prawn Katsu Curry                 | 470.0         | 1978.7      | 11.8    | 3.3           | 3.0      | 1.5      | 77.7     | 0.0        | 2.6        | 8.6         | 1.5       | 820.7       |
| Prawn Katsu                       | 179.3         | 746.7       | 6.8     | 0.4           | 3.0      | 1.5      | 21.3     | 0.0        | 2.7        | 7.4         | 0.8       | 604.3       |
| Prawn Kushikatsu                  | 132.1         | 548.8       | 3.4     | 1.1           | 0.6      | 0.3      | 19.0     | 0.0        | 6.3        | 5.5         | 0.9       | 699.9       |
| 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                     | 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 & Avocado Temaki Hand Roll | 183.5         | 765.6       | 11.0    | 1.4           | 1.8      | 0.3      | 15.2     | 0.0        | 2.0        | 4.4         | 1.3       | 206.4       |
| Salmon & Tuna Collection          | 492.3         | 2070.4      | 15.1    | 2.1           | 0.7      | 0.4      | 57.8     | -          | 8.5        | 27.1        | 1.5       | 857.6       |
| 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 Firecracker Rice Large     | 930.7         | 3905.3      | 38.2    | 5.2           | 4.6      | 11.5     | 117.9    | 0.1        | 7.0        | 19.7        | 3.5       | 1314.5      |



## 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) |
|------------------------------|---------------|-------------|---------|---------------|----------|----------|----------|------------|------------|-------------|-----------|-------------|
| Salmon Firecracker Rice      | 465.6         | 1953.6      | 19.1    | 2.6           | 2.3      | 5.8      | 59.0     | 0.0        | 3.5        | 9.9         | 1.8       | 657.4       |
| 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               | 176.7         | 733.9       | 13.9    | 1.7           | 0.0      | 0.1      | 0.8      | 0.0        | 0.5        | 12.1        | 0.2       | 89.2        |
| Salmon Yakisoba Large        | 760.1         | 3175.4      | 39.9    | 5.3           | 5.2      | 13.5     | 73.7     | 40.0       | 30.1       | 24.6        | 4.8       | 2876.2      |
| Salmon Yakisoba              | 327.2         | 1367.0      | 17.2    | 2.3           | 2.2      | 5.8      | 31.7     | 17.2       | 13.0       | 10.6        | 2.1       | 1238.2      |
| Shiitake Mushroom Ramen      | 383.0         | 1616.0      | 6.8     | 0.9           | 0.8      | 1.8      | 64.0     | 33.8       | 16.3       | 14.9        | 4.4       | 2498.0      |
| Smashed Cucumbers            | 23.2          | 87.0        | 0.1     | 0.0           | 0.0      | 0.0      | 2.5      | 0.1        | 1.7        | 1.2         | 0.8       | 1489.4      |
| Soy Egg                      | 45.7          | 190.5       | 3.3     | 0.9           | 1.5      | 0.4      | 0.4      | 0.0        | 0.0        | 4.1         | 0.0       | 322.0       |
| Spicy Chicken Katsu Roll 4pc | 172.2         | 726.0       | 3.3     | 1.2           | 0.3      | 0.2      | 30.0     | 0.0        | 5.7        | 3.7         | 0.9       | 597.5       |
| Spicy Chicken Katsu Roll 8pc | 344.3         | 1452.1      | 6.7     | 2.5           | 0.6      | 0.3      | 60.0     | 0.0        | 11.5       | 7.4         | 1.8       | 1195.1      |
| Spicy Pepper Squid           | 192.7         | 805.8       | 6.3     | 0.8           | 3.0      | 1.5      | 15.1     | 0.0        | 6.5        | -           | 0.5       | 828.3       |
| 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      |
| Spicy Tuna Gunkan            | 149.0         | 629.9       | 2.0     | 0.3           | 0.1      | 0.2      | 23.0     | -          | 3.7        | 7.5         | 1.0       | 347.0       |
| Spicy Tuna Inari Taco        | 162.2         | 683.0       | 5.0     | 0.9           | 0.0      | 0.1      | 20.9     | -          | 8.5        | 6.8         | 0.3       | 330.7       |
| Spicy Tuna Roll 4pc          | 319.6         | 1360.8      | 7.3     | 1.3           | 1.4      | 0.4      | 53.6     | -          | 13.3       | 7.8         | 2.0       | 981.9       |
| Spicy Tuna Roll 8pc          | 639.2         | 2721.7      | 14.5    | 2.6           | 2.8      | 0.8      | 107.2    | -          | 26.6       | 15.6        | 4.0       | 1963.7      |
| Sriracha Chicken Gunkan      | 191.0         | 802.9       | 6.0     | 0.7           | 0.0      | 0.0      | 24.1     | 0.0        | 4.7        | 8.0         | 0.8       | 597.1       |
| Sriracha Chicken Inari Taco  | 190.2         | 798.3       | 7.7     | 1.2           | 0.0      | 0.0      | 21.7     | 0.0        | 9.1        | 7.1         | 0.2       | 497.4       |
| 'Steak' Yakitori             | 255.8         | 1064.3      | 10.2    | 1.4           | 1.8      | 3.1      | 17.5     | 1.0        | 7.9        | 22.0        | 0.5       | 744.0       |
| 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         |
| Strawberry Mochi             | 194.1         | 817.6       | 5.1     | 3.1           | 0.0      | 0.0      | 35.3     | 0.0        | 20.9       | 1.5         | 0.0       | 76.8        |
| Tacos 3 Ways                 | 283.1         | 1186.6      | 13.2    | 1.8           | 0.2      | 0.1      | 33.0     | 0.1        | 13.1       | 6.1         | 0.4       | 481.5       |
| 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      |
| The Big Maki                 | 342.9         | 1430.5      | 21.0    | 2.3           | 2.4      | 0.4      | 31.1     | 0.0        | 4.5        | 5.6         | 1.3       | 429.0       |
| TokYO! Skytree 4pc           | 357.7         | 1493.5      | 20.7    | 3.2           | 6.1      | 1.2      | 33.2     | 1.6        | 8.0        | 8.0         | 2.7       | 830.3       |
| TokYO! Skytree 8pc           | 715.5         | 2987.0      | 41.5    | 6.3           | 12.3     | 2.4      | 66.3     | 3.2        | 16.0       | 16.0        | 5.4       | 1660.6      |
| 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 Nigiri                  | 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 Non-Stop                | 247.3         | 1048.6      | 2.6     | 0.6           | 0.5      | 0.4      | 36.4     | -          | 6.6        | 17.3        | 1.3       | 529.2       |

## 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) |
|-------------------------------|---------------|-------------|---------|---------------|----------|----------|----------|------------|------------|-------------|-----------|-------------|
| Tuna Sashimi                  | 88.2          | 372.4       | 0.7     | 0.2           | 0.2      | 0.3      | 0.9      | 0.0        | 0.6        | 19.6        | 0.6       | 77.2        |
| 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       |
| Vegetable Gyoza 5pc           | 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 Large      | 563.7         | 2359.3      | 24.6    | 3.4           | 5.1      | 13.2     | 71.9     | 39.1       | 29.4       | 11.7        | 4.7       | 2769.1      |
| Vegetable Yakisoba            | 248.0         | 1038.1      | 10.8    | 1.5           | 2.2      | 5.8      | 31.6     | 17.2       | 12.9       | 5.2         | 2.1       | 1218.4      |
| Veggie Firecracker Rice Large | 748.3         | 3147.7      | 23.5    | 3.4           | 4.6      | 11.5     | 117.9    | 0.1        | 7.0        | 7.1         | 3.5       | 1276.2      |
| Veggie Firecracker Rice       | 374.2         | 1573.8      | 11.8    | 1.7           | 2.3      | 5.8      | 59.0     | 0.0        | 3.5        | 3.5         | 1.8       | 638.1       |
| 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 4pc                | 339.0         | 1439.1      | 10.5    | 1.5           | 1.3      | 0.3      | 54.8     | 0.7        | 14.3       | 3.6         | 1.9       | 859.3       |
| Yasai Roll 8pc                | 677.9         | 2878.1      | 20.9    | 3.0           | 2.7      | 0.6      | 109.6    | 1.4        | 28.7       | 7.3         | 3.7       | 1718.6      |
| Yasai Temaki Hand Roll        | 139.7         | 584.7       | 6.5     | 1.0           | 1.8      | 0.3      | 16.9     | 0.0        | 3.7        | 1.8         | 1.3       | 215.0       |
| 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       |
| YO! Fries Plain               | 250.2         | 1046.4      | 12.2    | 1.2           | 3.0      | 1.5      | 31.2     | 0.0        | 1.0        | 3.0         | 0.0       | 463.2       |
| YO! Mix                       | 766.9         | 3182.3      | 26.3    | 4.5           | 3.0      | 0.6      | 112.7    | 0.7        | 20.9       | 9.1         | 3.7       | 1919.7      |
| 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       |

**Nutritional Information Recipe List (values per typical serving)**

| <b>Recipe Name</b>       | <b>Energy<br/>(kcal)</b> | <b>Energy<br/>(KJ)</b> | <b>Fat<br/>(g)</b> | <b>saturates<br/>(g)</b> | <b>mono<br/>(g)</b> | <b>poly<br/>(g)</b> | <b>Carb<br/>(g)</b> | <b>Starch<br/>(g)</b> | <b>Sugars<br/>(g)</b> | <b>Protein<br/>(g)</b> | <b>Fibre<br/>(g)</b> | <b>Sodium<br/>(mg)</b> |
|--------------------------|--------------------------|------------------------|--------------------|--------------------------|---------------------|---------------------|---------------------|-----------------------|-----------------------|------------------------|----------------------|------------------------|
| Dynamite Salmon Poké     | 371.5                    | 1453.0                 | 26.6               | 3.2                      | 3.6                 | 0.7                 | 17.5                | 0.9                   | 2.2                   | 13.1                   | 3.6                  | 664.4                  |
| 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  | 332.8                    | 1316.6                 | 17.5               | 2.2                      | 3.6                 | 0.7                 | 24.5                | 1.6                   | 6.4                   | 16.2                   | 4.0                  | 900.8                  |
| 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                  |
| 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          | 309.6                    | 1199.2                 | 17.7               | 2.3                      | 3.7                 | 1.0                 | 18.5                | -                     | 3.2                   | 16.6                   | 3.7                  | 798.1                  |
| 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    | 301.5                    | 1165.8                 | 16.5               | 2.3                      | 3.6                 | 0.7                 | 18.6                | 0.9                   | 3.3                   | 17.2                   | 3.5                  | 901.5                  |
| 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                  |
| Umami Soy-Sesame         | 71.2                     | 297.9                  | 0.7                | 0.2                      | 0.0                 | 0.0                 | 11.1                | 0.0                   | 11.0                  | 3.4                    | 0.1                  | 824.4                  |
| Zingy Ginger & 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                  |