

The logo consists of the letters 'JD!' in a white, bold, sans-serif font, positioned on a solid orange rectangular background.

allergen information & dietary guide

A large, stylized illustration of a yellow food item, possibly a slice of pizza or a piece of bread, with white sesame seeds scattered on its surface. The illustration is set against a dark blue background with faint, dark blue silhouettes of various food items like fish, vegetables, and bread.

dine in menu

last updated: 4th January 2021

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Avocado Maki July 20	203.5	855.4	6.5	1.2	3.0	0.6	32.6	0.0	4.4	1.4	1.8	385.9
Beef Teriyaki July 20	332.2	1382.4	22.2	4.1	7.6	8.6	18.6	10.1	8.3	13.5	1.3	385.8
Beef Teriyaki Rice Bowl July 20	562.8	2362.4	22.4	4.1	7.6	8.6	71.3	10.1	7.6	13.9	1.3	384.6
Beef Teriyaki Rice Bowl Large July 20	885.8	3705.8	44.4	8.1	15.2	17.2	88.9	20.2	14.9	26.9	2.1	769.0
California Temaki July 20	223.3	931.1	13.5	1.5	1.8	0.3	20.2	0.0	3.0	3.9	1.3	253.4
Chicken Gyoza 5 Piece July 20	205.9	830.9	9.4	1.5	3.0	1.5	18.9	0.0	0.1	9.9	0.0	987.0
Chicken Gyoza July 20	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 Gyoza 5 Piece July 20	224.7	941.2	11.4	2.4	3.0	1.5	21.4	0.0	3.3	8.1	2.0	446.7
Chicken Katsu Curry Gyoza July 20	150.9	630.8	8.7	1.5	3.0	1.5	12.7	0.0	1.9	4.9	1.2	257.3
Chicken Katsu Curry July 20	521.9	2196.5	18.1	6.8	3.0	1.5	72.9	0.0	2.0	13.8	0.5	682.6
Chicken Katsu Curry Large July 20	750.4	3150.0	31.6	11.2	5.9	2.9	87.8	0.0	2.5	26.1	0.5	978.1
Chicken Katsu July 20	225.2	940.1	12.2	3.6	3.0	1.5	16.9	0.0	3.0	12.4	0.5	439.5
Chocolate Brownie July 20	362.9	1516.0	23.0	13.6	0.0	0.0	34.7	0.0	33.6	4.0	0.2	137.6
Chocolate Mochi July 20	206.9	865.5	6.2	3.7	0.0	0.0	33.5	0.0	8.6	2.3	0.1	244.4
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	314.9	1323.5	7.8	1.0	2.4	0.6	51.9	0.0	5.4	6.0	2.0	683.3
Crunchy Prawn Roll July 20	157.5	661.7	3.9	0.5	1.2	0.3	26.0	0.0	2.7	3.0	1.0	341.6
Cucumber Maki July 20	149.6	633.4	0.5	0.1	0.0	0.0	32.5	0.0	4.6	1.2	0.9	374.1
Curry Chicken Ramen July 20	416.5	1731.0	17.3	4.4	1.0	1.6	49.1	27.0	6.0	16.3	0.4	1642.3
Curry Dipping Sauce July 20	74.9	313.5	5.6	3.1	0.0	0.0	5.7	0.0	1.7	0.9	0.0	426.7
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
Dragon Roll 6pc July 20	411.5	1733.0	19.1	2.4	4.6	1.9	44.8	0.0	6.1	11.8	1.7	558.4
Dragon Roll July 20	205.7	866.5	9.6	1.2	2.3	0.9	22.4	0.0	3.1	5.9	0.8	279.2
Dynamite Roll 8pc July 20	408.1	1717.6	20.7	3.4	4.1	1.7	44.4	0.0	7.7	8.5	1.7	828.4
Dynamite Roll July 20	204.0	858.8	10.4	1.7	2.1	0.9	22.2	0.0	3.8	4.2	0.8	414.2
Edamame July 20	134.5	562.7	6.1	0.8	0.0	0.0	9.0	0.0	0.1	11.5	0.0	395.1
Fresh Fruit Plate July 20	61.1	259.4	0.3	0.1	0.1	0.1	14.4	0.0	14.4	0.9	1.4	3.8
Green & Beets Mini Roll 4pc Jan 21	157.9	663.8	4.9	0.7	0.0	0.0	24.8	0.0	7.4	2.2	0.7	323.8
Green & Beets Mini Roll 8pc Jan 21	315.8	1327.6	9.8	1.4	0.0	0.0	49.6	0.1	14.7	4.4	1.5	647.7
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 July 20	381.9	1589.4	26.3	3.0	3.0	1.5	22.2	0.0	1.7	16.0	0.5	675.4
Kaiso Seaweed July 20	182.9	646.0	5.6	0.3	0.0	0.1	22.2	0.1	14.8	4.3	1.4	1140.7

Nutritional Information Recipe List (values per typical serving)

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Korean Fried Chicken July 20	385.6	1619.3	15.2	2.2	1.2	0.6	47.8	0.0	23.6	15.8	0.5	755.0
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	199.0	841.3	5.1	1.0	2.4	0.8	32.4	0.0	4.3	3.6	1.3	389.6
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
Prawn Gyoza 5 Piece July 20	219.9	894.0	9.9	0.8	3.0	1.5	23.0	0.0	3.0	7.0	1.5	925.0
Prawn Gyoza July 20	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 July 20	432.3	1820.6	12.0	3.5	3.0	1.5	70.8	0.0	1.9	6.3	0.8	675.8
Prawn Katsu Curry Large July 20	571.1	2398.2	19.5	4.7	5.9	2.9	83.5	0.0	2.3	11.1	1.2	964.3
Prawn Katsu July 20	173.2	721.4	6.7	0.4	3.0	1.5	20.5	0.0	3.0	7.2	1.0	523.6
Pumpkin Katsu Curry July 20	434.4	1829.3	12.3	4.0	2.9	1.4	72.7	0.0	1.8	4.7	0.4	665.8
Pumpkin Katsu Curry Large July 20	452.4	1899.3	15.7	4.4	4.4	2.2	69.0	0.0	1.7	6.1	0.3	740.2
Pumpkin Katsu July 20	151.6	631.3	6.9	0.9	3.0	1.5	19.0	0.0	3.0	3.4	0.5	443.9
Salmon & Avocado Temaki Hand Roll July 20	178.3	749.8	10.1	1.4	3.2	1.1	15.3	0.0	2.0	5.1	1.3	212.8
Salmon Maki July 20	194.5	827.3	3.7	0.7	1.7	1.0	32.1	0.0	4.2	5.7	0.8	393.4
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 July 20	125.7	539.5	8.2	1.3	4.1	2.4	1.0	0.0	0.7	12.0	0.3	57.0
Salmon Selection Platter July 20	601.5	2561.6	20.7	3.4	9.6	5.4	70.1	0.0	14.5	30.8	1.7	1040.8
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
Spicy Chicken Katsu Roll 6pc July 20	294.5	1241.8	4.7	1.8	0.3	0.2	53.1	0.0	10.2	7.3	0.9	1065.8
Spicy Chicken Katsu Roll July 20	147.2	620.9	2.3	0.9	0.1	0.1	26.6	0.0	5.1	3.7	0.5	532.9
Spicy Pepper Squid July 20	166.3	692.5	7.2	0.8	3.0	1.5	11.8	0.0	1.6	13.2	0.1	944.4
Spicy Seafood Ramen July 20	273.8	1138.9	7.0	1.0	1.8	2.1	33.0	27.0	4.8	17.9	0.5	1579.6
Spicy Tuna Roll 8pc July 20	263.0	1110.0	5.2	1.0	1.9	0.5	41.7	-	6.3	9.7	1.7	590.8
Spicy Tuna Roll July 20	131.5	555.0	2.6	0.5	1.0	0.3	20.9	-	3.1	4.8	0.8	295.4
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 Cheesecake Mochi July 20	187.7	785.2	5.4	3.1	0.0	0.0	33.0	0.0	21.7	0.1	0.1	69.7
Takoyaki July 20	275.0	1138.4	18.7	0.9	3.0	1.5	21.9	0.0	2.4	5.0	2.0	775.7
Tenderstem & Sesame Jan 21	135.0	566.7	10.7	1.1	0.1	0.3	4.8	0.1	4.5	4.0	2.1	300.3
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 July 20	70.5	297.7	0.5	0.1	0.1	0.2	0.8	0.0	0.8	15.9	0.3	28.2
Vegetable Gyoza 5 Piece July 20	192.9	783.0	6.0	0.5	3.0	1.5	27.0	0.0	4.0	5.7	1.2	1037.0

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Vegetable Gyoza July 20	132.2	540.2	5.6	0.5	3.0	1.5	16.1	0.0	2.4	3.3	0.7	558.5
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	145.4	608.4	6.8	1.1	1.8	0.3	17.4	0.0	4.2	2.0	1.3	223.7
YO! Fries July 20	402.8	1672.2	21.6	2.0	3.0	1.5	45.4	0.0	4.5	5.0	0.9	1248.0
YO! Fries Vegan July 20	399.2	1666.6	21.5	2.0	3.0	1.5	44.6	0.0	4.5	4.9	0.9	1244.0
YO! Roll 6pc July 20	336.5	1426.9	11.6	1.9	4.9	2.3	42.5	0.0	7.5	12.3	1.5	820.0
YO! Roll July 20	168.2	713.4	5.8	1.0	2.5	1.1	21.2	0.0	3.7	6.1	0.8	410.0