



allergen information & dietary guide



YO! kiosk menu
Last updated March 2024

Menu FIR Intolerance Report

Version 1

Tesco September 24

20 Sep 2024

Tesco Nutritional Menu September 2024

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

Maki

Avocado Maki Tesco 22																											
Cucumber Maki Tesco 22																											
Salmon Maki Tesco 22							✓																				

Nigiri

Inari Nigiri Tesco 22	✓	✓									✓																
Salmon and Prawn Nigiri Tesco 22							✓	✓																			
Salmon Nigiri Tesco 22							✓																				

Sesame Topped Rolls

California Roll Tesco 22	✓	✓					✓	✓		✓	✓													✓	✓		
Hoisin Duck Roll Tesco 22	✓	✓					✓				✓													✓	✓		
Prawn Katsu Roll Tesco 22	✓	✓						✓			✓													✓	✓		
Salmon Avo Roll Tesco 22							✓																	✓	✓		
Salmon Dragon Roll Tesco 22	✓	✓					✓	✓		✓	✓													✓	✓		
Sesame Chicken Katsu Roll Tesco 22	✓	✓									✓													✓	✓		
Sesame Veggie Roll Tesco 22																								✓	✓		
Tuna Roll Tesco 22							✓																	✓	✓		

Teriyaki + Mayo Topped Rolls

Tesco Nutritional Menu September 2024

Dish Name	Cereals containing Gluten :						Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :											Sulphur dioxide/sulphites	Lupin			
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats							Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard			Sesame		
California Crunch Roll Tesco 22	✓	✓					✓	✓		✓	✓																	
Chicken Katsu Crunch Roll Tesco 22	✓	✓					✓	✓		✓	✓																	
Hoisin Duck Crunch Roll Tesco 22	✓	✓					✓	✓		✓	✓																	
Prawn Katsu Crunch Roll Tesco 22	✓	✓					✓	✓		✓	✓																	
Salmon & Avocado Crunch Roll Tesco 22	✓	✓					✓	✓		✓	✓																	
Tuna Crunch Roll Tesco 22	✓	✓					✓	✓		✓	✓																	
Veggie Crunch Roll Tesco 22	✓	✓					✓	✓		✓	✓																	
Spicy Roll																												
Spicy Cali Roll Tesco 23	✓	✓					✓	✓		✓	✓																✓	✓
Spicy Chicken Katsu Roll Tesco 22	✓	✓					✓	✓		✓	✓																✓	✓
Spicy Prawn Katsu Roll Tesco 22	✓	✓					✓	✓		✓	✓																✓	✓
Spicy Salmon Avo Roll Tesco 22							✓	✓		✓	✓																✓	✓
Spicy Tuna Roll Tesco 22							✓	✓		✓	✓																✓	✓
Spicy Crunchy Roll																												
Spicy Chicken Katsu Crunch Roll Tesco 22	✓	✓					✓	✓		✓	✓																✓	✓
Spicy Prawn Katsu Crunch Roll Tesco 22	✓	✓					✓	✓		✓	✓																✓	✓
Spicy Salmon & Avocado Crunch Roll Tesco 22	✓	✓					✓	✓		✓	✓																✓	✓
Spicy Tuna Crunch Roll Tesco 22	✓	✓					✓	✓		✓	✓																✓	✓
Spicy Veggie Crunch Roll Tesco 22	✓	✓					✓	✓		✓	✓																✓	✓
Mixed Packs																												

Tesco Nutritional Menu September 2024

Dish Name

<u>Cereals containing Gluten :</u>	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	<u>Tree Nuts :</u>	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin
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Salads & Snacks

Chicken Gyoza Tesco 22	✓	✓									✓														✓	✓
Duck Gyoza Tesco 22	✓	✓									✓														✓	✓
Edamame Tesco 22											✓															
Hoisin Duck Bao Tesco 22	✓	✓									✓															
Kaiso Salad Tesco 22																									✓	
Korean BBQ Wings Sept Tesco 23	✓	✓																						✓		
Korean Chicken Bao Tesco 22	✓	✓									✓															
Korean Chicken Bites Tesco 22	✓	✓									✓															
Pumpkin Katsu Bao Tesco 22	✓	✓									✓															
Satay Yakitori NPD Tesco 22	✓	✓									✓													✓		
Spicy Korean BBQ Wings Sept Tesco 23	✓	✓									✓													✓		
Spicy Yakitori NPD Tesco 22	✓	✓									✓															
Sweet & Sour Chicken Nanban Bites Tesco 23	✓	✓									✓														✓	
Teriyaki Chicken Bites Tesco 22	✓	✓									✓													✓		
Veggie Gyoza Tesco 22	✓	✓									✓													✓	✓	

Ready Meals

Beef Massaman Curry sept Tesco 23	✓	✓									✓													✓		
Chicken Katsu Curry Tesco 22	✓	✓									✓													✓		
Chicken Teriyaki Noodles Tesco 22	✓	✓									✓													✓		
Chicken Teriyaki Rice Bowl Tesco 22	✓	✓									✓													✓		

Tesco Nutritional Menu September 2024

Dish Name	Cereals containing Gluten :						Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :										Sesame	Sulphur dioxide/sulphites	Lupin							
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats						Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard										
Salmon Poké bowl Tesco 22	✓	✓					✓			✓														✓								

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 Tesco 22	185.8	774.6	5.3	1.1	3.2	0.6	31.7	0.0	3.8	2.9	1.8	309.5
Beef Massaman Curry sept Tesco 23	439.4	1834.1	9.2	3.7	0.0	0.0	79.8	0.1	4.3	10.2	2.9	252.8
California Crunch Roll Mini Pack Tesco 22	225.3	938.2	10.0	1.9	1.2	0.2	29.9	0.3	5.5	3.9	1.1	505.1
California Crunch Roll Tesco 22	450.6	1876.4	20.0	3.8	2.4	0.4	59.8	0.7	10.9	7.8	2.2	1010.1
California Dreamin' Tesco 22	614.8	2563.7	23.0	4.2	2.4	0.4	88.8	0.7	14.8	12.8	3.5	1376.9
California Roll Tesco 22	400.8	1671.9	17.0	2.2	2.4	0.4	53.5	0.0	6.9	8.8	3.3	762.6
Chicken All Stars Tesco 22	507.7	2120.8	19.0	5.9	2.4	0.4	68.4	0.3	9.8	14.5	4.0	1016.3
Chicken Gyoza Mini Pack Tesco 22	83.4	351.6	1.7	0.4	0.0	0.0	12.0	0.0	0.9	4.4	1.4	288.0
Chicken Gyoza Tesco 22	272.6	618.0	4.4	0.9	0.7	0.7	21.9	0.0	2.0	9.1	2.3	1926.0
Chicken Katsu Crunch Roll Mini Pack Tesco 22	227.9	951.0	9.2	2.9	1.2	0.2	30.3	0.3	4.9	5.7	1.6	428.1
Chicken Katsu Crunch Roll Tesco 22	633.5	2644.3	23.5	7.4	3.7	0.7	87.9	0.7	12.8	16.8	4.5	1172.8
Chicken Katsu Curry mayo Roll TSK	534.7	2234.0	16.4	5.1	3.7	0.7	80.5	0.0	8.9	16.0	4.0	1000.5
Chicken Katsu Curry Tesco 22	583.2	2441.0	15.4	4.9	0.0	0.0	93.4	0.0	7.3	17.9	3.7	1348.2
Chicken Poké bowl Tesco 22	634.1	2648.4	22.2	3.6	0.0	0.0	90.2	1.7	15.3	17.9	3.1	970.6
Chicken Teriyaki Noodles Tesco 22	548.0	2320.4	5.9	1.0	0.6	2.0	93.3	47.7	36.7	35.3	3.1	2350.6
Chicken Teriyaki Rice Bowl Tesco 22	586.8	2470.1	2.6	0.6	0.0	0.0	111.9	7.0	33.9	32.1	3.0	1861.7
Classic Catch Tesco 22	509.6	2125.4	15.4	3.2	1.2	0.2	80.1	0.4	13.2	12.3	2.3	1189.9
Combo 1 YOF	523.5	2183.9	19.1	2.7	2.3	0.4	71.2	0.0	8.4	16.8	2.7	727.2
Combo 2 YOF	376.3	1569.5	14.2	2.1	2.3	0.4	50.9	0.0	6.0	11.2	2.4	513.5
Combo 3 YOF	625.0	2607.3	21.7	3.7	3.3	0.6	90.5	0.3	12.9	17.0	3.6	1170.1
Crunchy Katsu & Hoisin Collab Tesco 22	292.1	1220.9	9.4	2.5	1.2	0.2	42.7	0.2	7.0	8.9	2.1	546.1
Cucumber Maki Tesco 22	134.9	564.1	0.2	0.0	0.0	0.0	30.8	0.0	3.9	2.5	0.8	301.6
Curried chicken onigiri Tesco 24	150.7	630.6	2.0	0.3	0.0	0.0	24.3	0.0	3.0	8.6	0.6	347.3
Duck Gyoza Tesco 22	304.6	748.0	7.7	1.4	0.7	0.7	22.9	0.0	4.3	9.0	1.9	1446.4
Duck Teriyaki Rice Bowl Tesco 22	589.0	2480.9	2.0	0.3	0.0	0.0	122.2	7.0	42.7	23.4	2.6	1921.2
Edamame Tesco 22	176.3	737.1	5.0	0.8	0.0	0.0	18.2	0.0	1.4	17.9	7.0	797.5
Footie sushi snack Tesco 24	202.3	838.1	4.9	0.9	1.6	0.3	34.1	0.0	6.9	5.0	1.2	393.3
Green Dragon Roll TSK	308.4	1284.9	8.4	1.3	2.4	0.4	47.8	0.1	6.9	10.4	2.1	727.4
Hoisin Duck Bao Tesco 22	233.4	978.1	5.2	2.8	0.0	0.0	38.0	0.0	13.9	8.7	0.4	390.8
Hoisin Duck Crunch Roll Tesco 22	368.9	1542.8	9.2	2.5	0.0	0.0	59.7	0.7	14.6	11.7	1.6	830.3
Hoisin Duck Roll Tesco 22	319.1	1338.3	6.2	1.0	0.0	0.0	53.3	0.0	10.5	12.7	2.7	582.8
Hot Chicken Gyoza Tooley Street 2023	272.6	618.0	4.4	0.9	0.7	0.7	21.9	0.0	2.0	9.1	2.3	1926.0
Hot Chicken Katsu Curry Tooley Street	583.2	2441.0	15.4	4.9	0.0	0.0	93.4	0.0	7.3	17.9	3.7	1348.2
Hot Korean Chicken Bites Tooley Street 2023	663.0	2794.8	16.5	9.9	0.0	0.0	85.9	0.0	41.5	39.0	4.2	1466.4
Hot Korean Chicken Rice Bowl Tesco 22	728.3	3065.6	7.9	4.5	0.0	0.0	141.1	0.1	43.4	23.3	4.1	846.1
Hot Korean Chilli Beef Bulgogi Tooley Street 2023	511.4	2140.5	11.9	3.9	4.8	0.9	86.8	2.2	10.1	14.2	3.0	19.1
Hot Pumpkin Katsu Curry Tooley Street 2023	626.3	2620.7	8.4	0.7	0.0	0.0	114.5	0.0	6.9	9.4	4.1	1076.2
Hot Teriyaki Chicken Bites Tooley Street 2023	671.6	2824.5	22.1	10.8	0.0	0.0	72.2	6.9	31.7	43.8	5.9	2820.5
Hot Veggie Gyoza Tooley Street 2023	283.0	663.1	2.5	0.4	0.7	0.7	30.4	0.0	3.2	8.0	1.3	1815.6
Inari Nigiri Tesco 22	285.9	1169.0	7.4	1.0	0.0	0.0	44.2	0.0	16.4	8.9	0.3	570.7
Inari Selects Tesco 24	448.5	1845.2	15.3	2.0	0.0	0.0	57.4	0.0	22.4	17.9	0.9	1116.3
Inari Snack Pack Tesco 22	210.4	866.6	3.8	0.5	0.0	0.0	37.5	0.0	10.2	5.7	0.6	436.2
Kaiso Salad Tesco 22	90.6	379.5	4.2	0.6	0.0	0.0	9.7	0.0	9.5	1.2	0.2	560.2
Kaiso Topped California Roll	400.3	1670.4	14.0	1.7	2.4	0.4	60.0	0.0	13.5	7.8	2.0	1258.1
Kochi dragon sushi bento Tesco 24	709.7	2962.3	20.4	2.9	5.0	1.2	106.1	0.4	14.9	26.2	3.9	1284.6
Korean BBQ Wings Sept Tesco 23	408.0	1711.4	20.2	4.8	0.0	0.0	19.9	4.8	14.6	34.4	2.2	1033.5
Korean Chicken Bao Tesco 22	266.0	1112.3	8.8	4.4	0.0	0.0	38.6	0.0	10.6	7.8	1.0	393.9
Korean Chicken Bites Mini Pack Tesco 22	331.5	1397.4	8.3	5.0	0.0	0.0	43.0	0.0	20.8	19.5	2.1	733.2
Korean Chicken Bites Tesco 22	663.0	2794.8	16.5	9.9	0.0	0.0	85.9	0.0	41.5	39.0	4.2	1466.4
Korean Chicken Noodles Tesco 22	722.6	3054.7	13.1	5.6	0.6	2.0	124.3	40.8	46.2	28.6	4.7	1388.6
Korean Chicken Onigiri Tesco 24	162.9	684.0	2.1	0.4	0.0	0.0	26.4	0.0	4.9	9.6	1.1	303.6
Korean Chicken Rice Bowl Tesco 22	728.3	3065.6	7.9	4.5	0.0	0.0	141.1	0.1	43.4	23.3	4.1	846.1
Korean style Beef Rice Bowl Tesco 22	511.4	2140.5	11.9	3.9	4.8	0.9	86.8	2.2	10.1	14.2	3.0	19.1
Kyoto Garden Platter Tesco 22	371.1	1546.1	10.3	1.8	2.2	0.4	62.1	0.2	11.3	6.9	2.6	759.4
Nigiri Selects TSK 24	255.4	1066.2	6.7	0.7	0.0	0.1	37.8	0.0	5.2	11.0	0.8	530.3
O-Mega Salmon Tesco 22	589.2	2457.9	23.6	3.3	2.4	0.4	75.0	0.0	8.8	19.2	3.6	761.3
Osaka veggie platter	468.9	1950.5	12.2	2.3	2.4	0.4	80.4	0.4	16.0	8.5	2.7	1043.2
Plant Power Tesco 22	564.7	2343.2	16.6	3.8	2.4	0.4	91.9	0.7	20.8	10.5	3.0	1236.6
Prawn Katsu Crunch Roll Mini Pack Tesco 22	185.2	773.0	5.8	1.3	0.0	0.0	29.8	0.4	4.9	3.4	0.7	411.3
Prawn Katsu Crunch Roll Tesco 22	370.5	1546.0	11.6	2.5	0.0	0.0	59.7	0.7	9.8	6.7	1.5	822.7
Prawn Katsu Roll Tesco 22	320.6	1341.5	8.5	1.0	0.0	0.0	53.3	0.0	5.8	7.8	2.6	575.2
Pumpkin Katsu Bao Tesco 22	269.0	1124.6	6.0	2.8	0.0	0.0	44.7	0.0	10.5	4.4	1.1	291.9
Pumpkin Katsu Curry Tesco 22	626.3	2620.7	8.4	0.7	0.0	0.0	114.5	0.0	6.9	9.4	4.1	1076.2
Rainbow Poke Roll Tesco 24	248.1	1035.0	9.6	1.3	2.4	0.4	33.8	0.0	5.2	6.9	1.9	406.8
Rainbow Roll TSK F 24	440.7	1836.4	19.1	2.7	4.9	1.0	52.1	0.0	6.9	15.6	2.7	777.7

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)
Salmon & Avocado Crunch Roll Mini Pack Tesco 22	215.6	898.0	9.6	2.0	1.2	0.2	27.1	0.3	4.8	5.1	1.1	360.0
Salmon & Avocado Crunch Roll Tesco 22	431.3	1796.0	19.2	4.0	2.4	0.4	54.3	0.7	9.7	10.1	2.2	720.1
Salmon & Tuna Deluxe YOF	624.9	2611.7	15.0	1.9	1.3	0.5	96.3	0.0	12.4	26.6	3.0	1516.0
Salmon and Prawn Nigiri Tesco 22	257.4	1074.9	5.8	0.7	0.0	0.0	40.7	0.0	4.9	10.4	0.4	478.0
Salmon Avo Roll Tesco 22	381.4	1591.5	16.2	2.5	2.4	0.4	47.9	0.0	5.6	11.2	3.3	472.6
Salmon Dragon Roll Tesco 22	520.8	2168.5	25.5	2.7	2.4	0.4	55.6	0.0	8.7	17.2	1.7	926.9
Salmon Maki Tesco 22	188.2	785.7	4.7	0.6	0.0	0.0	30.3	0.0	3.6	6.3	0.6	311.3
Salmon Nigiri Tesco 22	311.6	1299.6	11.2	1.3	0.0	0.0	40.7	0.0	4.9	12.0	0.4	433.0
Salmon Poké bowl Tesco 22	597.5	2504.6	14.3	3.4	0.0	0.0	99.9	0.0	22.5	16.3	4.9	1973.3
Salmon Sashimi Tesco 22	171.0	710.3	13.7	1.7	0.0	0.0	0.0	0.0	0.0	11.9	0.0	36.0
Salmon Selects Tesco 24	572.4	2385.1	28.8	3.7	1.2	0.2	52.9	0.0	6.4	25.4	2.2	575.0
Salmon Snack Pack Tesco 22	198.0	826.1	6.1	0.7	0.0	0.0	28.7	0.0	3.4	7.1	0.4	300.0
Sapporo seafood platter	539.7	2249.4	20.1	3.2	3.2	0.6	77.3	0.4	11.9	12.3	2.7	1034.1
Satay Yakitori NPD Tesco 22	212.8	887.4	10.6	6.3	1.7	0.8	10.3	0.0	6.6	19.5	1.4	572.4
Seafood Selects Tesco 24	895.6	3738.7	30.2	4.8	7.8	1.8	117.6	0.2	15.8	39.9	5.4	1432.3
Sesame Chicken Katsu Roll Tesco 22	406.0	1697.5	15.4	4.2	2.4	0.4	54.2	0.0	5.8	12.4	4.2	608.8
Sesame Veggie Roll Tesco 22	308.2	1287.7	9.8	1.7	2.4	0.4	49.0	0.0	6.4	6.0	3.6	512.4
Shibuya Party Platter Tesco 22	402.6	1679.6	13.2	2.5	1.2	0.2	60.2	0.2	8.9	10.6	1.9	763.7
Shrimply the Best Tesco 22	439.5	1836.2	9.0	1.4	0.0	0.0	80.0	0.4	11.6	9.5	1.7	1022.4
Spicy Cali Roll Tesco 23	384.0	1600.3	14.6	1.4	2.4	0.4	55.6	0.0	8.7	7.7	1.7	898.1
Spicy Chicken Katsu Crunch Roll Mini Pack Tesco 22	226.2	944.1	8.8	2.7	1.2	0.2	30.4	0.0	4.3	6.0	1.5	396.7
Spicy Chicken Katsu Crunch Roll Tesco 22	448.2	1870.9	17.4	5.5	2.4	0.4	60.3	0.0	8.5	11.9	3.1	792.3
Spicy Chicken Katsu Roll Tesco 22	389.2	1625.8	13.0	3.4	2.4	0.4	56.3	0.0	7.6	11.3	2.6	744.3
Spicy katsu chicken Rice Bowl NPD Tesco 22	638.7	2675.4	15.7	4.9	0.0	0.0	107.5	0.2	15.1	19.2	5.9	2026.2
Spicy Korean BBQ Wings Sept Tesco 23	532.0	2153.0	23.6	5.2	0.0	0.0	34.3	4.8	7.3	37.4	1.8	1730.9
Spicy Prawn Katsu Crunch Roll Tesco 22	362.8	1514.9	10.5	2.3	0.0	0.0	59.4	0.0	8.5	7.3	1.4	758.7
Spicy Prawn Katsu Roll Tesco 22	303.8	1269.9	6.1	0.2	0.0	0.0	55.4	0.0	7.6	6.7	0.9	710.7
Spicy Salmon & Avocado Crunch Roll Mini pack Tesco 22	213.9	891.1	9.2	1.9	1.2	0.2	27.3	0.0	4.3	5.4	1.1	328.6
Spicy Salmon & Avocado Crunch Roll Tesco 22	423.6	1764.9	18.2	3.8	2.4	0.4	54.0	0.0	8.3	10.6	2.2	656.1
Spicy Salmon Avo Roll Tesco 22	364.6	1519.9	13.8	1.7	2.4	0.4	50.0	0.0	7.4	10.0	1.7	608.1
Spicy Salmon Teriyaki Dragon Roll Tesco 24	462.3	1929.4	18.7	2.5	2.4	0.4	56.4	0.4	9.8	17.5	1.9	1027.1
Spicy Surimi Topped Salmon Roll	365.0	1522.4	13.3	1.8	2.4	0.4	50.5	0.0	7.4	11.0	1.9	745.7
Spicy Tuna Crunch Roll Tesco 22	363.9	1518.0	10.5	2.5	0.0	0.0	55.5	0.0	9.6	11.3	1.4	858.2
Spicy Tuna Roll Tesco 22	304.9	1273.0	6.1	0.4	0.0	0.0	51.5	0.0	8.7	10.7	0.9	810.2
Spicy Veggie Crunch Roll Mini Pack Tesco 22	177.3	739.2	6.0	1.5	1.2	0.2	27.8	0.0	4.7	2.8	1.2	348.5
Spicy Veggie Crunch Roll Tesco 22	350.4	1461.0	11.8	3.0	2.4	0.4	55.1	0.0	9.1	5.5	2.5	695.9
Spicy Yakitori NPD Tesco 22	185.2	778.4	4.1	1.4	1.7	0.8	18.2	0.0	15.0	18.7	1.6	1429.6
Sushi Sharer Tesco 22	541.0	2253.9	22.8	4.2	2.4	0.4	70.5	0.3	11.2	13.2	2.3	977.5
Sweet & Sour Chicken Nanban Bites Tesco 23	637.0	2684.8	16.5	9.9	0.0	0.0	80.0	-	44.2	39.4	-	1665.4
Sweet & Sour Chicken Nanban Rice Bowl Tesco 23	749.2	3153.5	9.1	5.0	0.0	0.0	141.0	-	50.7	25.8	-	1144.7
Sweet Chilli Noodles Tesco 22	502.6	2131.8	4.9	0.6	0.6	2.0	108.4	40.8	46.2	9.3	2.6	803.4
Teriyaki Chicken Bites Mini Pack Tesco 22	335.8	1412.2	11.1	5.4	0.0	0.0	36.1	3.5	15.8	21.9	3.0	1410.2
Teriyaki Chicken Bites Tesco 22	671.6	2824.5	22.1	10.8	0.0	0.0	72.2	6.9	31.7	43.8	5.9	2820.5
Teriyaki Mayo Chicken Bites Mini Pack Tesco 22	342.3	1428.6	18.5	5.7	0.0	0.0	22.8	1.1	5.3	19.9	2.1	937.2
Thai Salmon Volcano Roll TSK	327.1	1364.9	10.1	1.6	2.4	0.4	49.6	0.0	8.1	9.3	2.2	705.9
Tokyo Dragon Sushi Bento	639.1	2666.9	19.2	2.8	4.0	0.7	96.3	0.2	13.2	20.5	3.3	1296.5
TokYO! party platter	530.7	2211.2	14.3	3.5	2.0	0.4	84.7	0.4	17.1	15.1	2.8	1082.8
Tuna & cucumber onigiri Tesco 24	157.0	655.1	3.2	0.4	0.0	0.0	25.4	0.0	4.2	6.6	0.7	831.8
Tuna Caterpillar Roll Tesco 24	345.0	1439.3	10.6	1.9	4.9	1.1	50.7	0.4	7.7	12.2	2.9	584.8
Tuna Crunch Roll Tesco 22	371.5	1549.1	11.6	2.7	0.0	0.0	55.8	0.7	11.0	10.8	1.5	922.2
Tuna Roll Tesco 22	321.7	1344.6	8.5	1.2	0.0	0.0	49.4	0.0	6.9	11.8	2.6	674.7
Veggie Crunch Roll Tesco 22	358.1	1492.2	12.8	3.2	2.4	0.4	55.3	0.7	10.5	4.9	2.5	759.9
Veggie Gyoza Mini Pack Tesco 22	89.6	378.7	0.5	0.1	0.0	0.0	17.1	0.0	1.6	3.7	0.8	221.8
Veggie Gyoza Tesco 22	283.0	663.1	2.5	0.4	0.7	0.7	30.4	0.0	3.2	8.0	1.3	1815.6
Yellow Thai Chicken Curry Tesco 23	826.6	1847.2	8.9	6.0	0.0	0.0	81.9	0.1	5.4	29.9	4.0	629.7
YO Mixed Nigiri	532.1	2225.5	10.2	1.3	0.1	0.3	83.7	0.0	10.0	26.6	1.0	1330.5
YO Tuna Mix Combo B	594.1	2477.9	22.1	3.0	4.3	1.0	76.8	0.0	9.8	22.7	2.7	1036.1
YO Tuna Mix Combo C	312.5	1308.2	5.0	0.7	0.1	0.3	50.9	0.0	6.2	16.6	1.3	519.6
YO! Faves Pick 'n' Mix Tesco 22	347.6	1444.5	9.8	1.8	0.6	0.1	56.1	0.2	11.0	8.3	1.3	748.9
YO!kyo Top Hits Tesco 22	273.5	1141.4	7.7	1.3	0.6	0.1	42.3	0.0	5.8	8.7	1.0	479.8