allergen information & dietary guide: dine in

Last Updated: 30th May 2022

Menu FIR Intolerance Report

Core Menu April 22

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 July 20																												
Cucumber Maki July 20																										✓		
Mixed Maki Plate July 20								✓																				
Salmon Maki July 20								✓																				
Rolls																												
Aburi Salmon Dragon Roll 8pc March 22	✓	✓						✓	✓		✓	✓														✓		
Aburi Salmon Dragon Roll March 22	✓	✓						✓	✓		✓	✓														✓		
Crunchy California Roll 6pc July 20	✓	✓						✓	✓		✓	✓														✓		
Crunchy California Roll July 20	✓	✓						✓	✓		✓	✓														✓		
Crunchy Prawn Roll 8pc July 20	✓	✓						M	✓	M	✓	M	M												M	M		
Crunchy Prawn Roll July 20	✓	✓						M	✓	M	✓	M	M												M	M		
Dynamite Roll 8pc March 22	✓	✓						✓			✓	✓														✓		
Dynamite Roll March 22	✓	✓						✓			✓	✓														✓		
Hoisin Duck Roll 6pc March 22	✓	✓										✓																
Hoisin Duck Roll March 22	✓	✓										✓																
Hoisin Mock 'Duck' Roll 6pc March 22	✓	✓				✓						✓																
Hoisin Mock 'Duck' Roll March 22	✓	✓				✓						✓																
Hot Topped Duck Maki 8pc March 22	✓	✓										✓													✓	✓	✓	
Hot Topped Duck Maki March 22	✓	✓										✓													✓	✓	✓	
Hot Topped Mock 'Duck' Maki 8pc March 22	✓	✓				✓						✓													✓	✓	✓	

Core Menu April 22

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 Topped Mock 'Duck' Maki March 22	✓	✓				✓						✓													✓	✓	✓	
Red Pepper Dragon Roll 8pc March 22	✓	✓										✓														✓		
Red Pepper Dragon Roll March 22	✓	✓										✓														✓		
Salmon Dragon Roll 8pc March 22	✓	✓						✓	✓		✓	✓														✓		
Salmon Dragon Roll March 22	✓	✓						✓	✓		✓	✓														✓		
Spicy Chicken Katsu Roll 6pc July 20	✓	✓						M	M	M	M	M	M												M	✓		
Spicy Chicken Katsu Roll July 20	✓	✓						M	M	M	M	M	M												M	✓		
Spicy Tuna Roll 8pc March 22	✓	✓						✓				✓														✓		
Spicy Tuna Roll March 22	✓	✓						✓				✓														✓		
Veggie Volcano Roll 4pc	✓	✓										✓														✓		
Veggie Volcano Roll 8pc	✓	✓										✓														✓		
Yasai Roll 6pc July 20	✓	✓										✓														✓		
Yasai Roll July 20	✓	✓										✓														✓		
YO! Roll 8pc March 22	✓	✓						✓			✓	✓																
YO! Roll March 22	✓	✓						✓			✓	✓																

Nigiri

Inari Taco July 20	✓	✓										✓																
Kaiso Gunkan March 22	✓	✓										✓													✓	✓		
Roasted Red Pepper Nigiri March 22																												
Salmon Nigiri July 20								✓																				
Tuna Nigiri July 20								✓																				

Sashimi

Core Menu April 22

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Salmon Ponzu Salsa Sashimi July 20	✓	✓						✓				✓																
Salmon Sashimi March 22								✓				✓																
Tuna & Avocado Tartare July 20	✓	✓						✓		✓		✓																
Tuna Sashimi March 22								✓				✓																
Tuna Tataki March 22								✓				✓																
Salads																												
Classic Edamame March 22												✓																
Kaiso Seaweed July 20	✓	✓										✓													✓	✓		
Ponzu Edamame March 22												✓																
Truffle Edamame March 22												✓																
Dessert																												
Cherry Blossom Dome March 22	✓	✓									✓	✓	✓															
Cherry Dough.chi March 22												✓	✓															
Chocolate & Hazelnut Ice-Cream Mochi March 22												✓		✓		✓												
Chocolate Dough.chi March 22												✓																
Chocolate Mochi March 22												✓	✓															
Dorayaki Pancake July 20	✓	✓									✓		✓															
Strawberry Mochi March 22	✓	✓					✓					✓	✓															
Hot Food																												
Beef Teriyaki March 22	✓	✓						M	M	M	✓	✓	M												M	✓		
Chicken Katsu Curry July 20	✓	✓						M	M	M	M	✓	M												M	✓		
Chicken Katsu March 22	✓	✓						M	M	M	M	✓	M												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
Chicken Teriyaki March 22	✓	✓										✓														✓		
Japanese Fried Chicken March 22	✓	✓						✓	M	M	✓	✓	✓												M	M		
Korean Fried Chicken March 22	✓	✓						✓	M	M	✓	✓	✓												M	M		
Korean Fried Chicken Rice Bowl March 22	✓	✓						✓	M	M	✓	✓	✓												M	M		
Meatless Farm Chick'n Katsu Curry March 22	✓	✓										✓											✓			M		
Meatless Farm Chick'n Katsu March 22	✓	✓										✓											✓			M		
Mighty Duck Fries March 22	✓	✓									✓	✓													✓	✓	✓	
Mighty Mock 'Duck' Fries March 22	✓	✓				✓						✓													✓	✓	✓	
Miso Soup July 20												✓																
Money Bags March 22	✓	✓										✓														M		
Popcorn Shrimp July 20	✓	✓						M	✓	M	✓	✓	M												M	M		
Prawn Katsu Curry March 22	✓	✓						M	✓	M	M	✓	M												M	M		
Prawn Katsu March 22	✓	✓						M	✓	M	M	✓	M												M	M		
Pumpkin Katsu Curry July 20	✓	✓										✓														M		
Pumpkin Katsu March 22	✓	✓										✓														M		
Shiitake & Oyster Mushroom Teriyaki March 22	✓	✓										✓														✓		
Spicy Pepper Squid March 22	M	M						✓	M	✓	M	✓	M												M	✓		
Steamed Rice July 20																												
Takoyaki July 20	✓	✓						M	M	✓	✓	✓	M												M	M		
Teriyaki Beef March 22	✓	✓						M	M	M	✓	✓	M												M	✓		
Teriyaki Chicken March 22	✓	✓										✓														✓		
Teriyaki Shiitake & Oyster Mushroom March 22	✓	✓										✓														✓		
YO! Fries March 22	M	M										M														✓		

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YO! Fries Plain July 20	M	M										M														M		
Ramen																												
Curry Chicken Ramen July 20	✓	✓						✓	M	M	✓	✓	✓												M	✓		
Shiitake Mushroom Ramen July 20	✓	✓										✓														✓		
Spicy Seafood Ramen July 20	✓	✓						✓	✓	✓		✓														✓		
Temaki																												
California Temaki July 20	✓	✓						✓	✓		✓	✓														✓		
Salmon & Avocado Temaki Hand Roll July 20								✓			✓															✓		
Yasai Temaki Hand Roll July 20	✓	✓										✓														✓		
Yakisoba & Fried Rice																												
Chicken Fried Rice Oct '21	✓	✓										✓														✓		
Chicken Yakisoba Oct '21	✓	✓										✓														✓		
Salmon Fried Rice Oct '21	✓	✓						✓				✓														✓		
Vegetable Fried Rice Oct '21	✓	✓										✓														✓		
Vegetable Yakisoba Oct '21	✓	✓										✓														✓		
Poke																												
Extra Avocado - GMF Bowls																												
Extra Shredded Sriracha Chicken - GMF Bowls																												
Extra Spicy Salmon Mix - GMF Bowls								✓																		✓		
Extra Spicy Tuna Mix - GMF Bowls								✓																		✓		
Extra Tenderstem Broccoli - GMF Bowls																												

Core Menu April 22

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Glow Bowl - Half & Half								✓				✓														✓		
Glow Bowl - Rice								✓				✓														✓		
Glow Bowl - Spinach								✓				✓														✓		
Nourish Bowl - Half & Half												✓														✓		
Nourish Bowl - Rice												✓														✓		
Nourish Bowl - Spinach												✓														✓		
Power Bowl - Half & Half												✓														✓		
Power Bowl - Rice												✓														✓		
Power Bowl - Spinach												✓														✓		
Vitality Bowl - Half & Half								✓				✓														✓		
Vitality Bowl - Rice								✓				✓														✓		
Vitality Bowl - Spinach								✓				✓														✓		
Large Bowl																												
Chicken Katsu Curry Large March 22	✓	✓						M	M	M	M	✓	M												M	✓		
Curry Chicken Ramen Large March 22	✓	✓						✓	M	M	✓	✓	✓												M	✓		
Korean Fried Chicken Rice Bowl Large March 22	✓	✓						✓	M	M	✓	✓	✓												M	M		
Meatless Farm Chick'n Katsu Curry Large March 22	✓	✓										✓											✓			M		
Prawn Katsu Curry Large March 22	✓	✓						M	✓	M	M	✓	M												M	M		
Pumpkin Katsu Curry Large March 22	✓	✓										✓														M		
Shiitake Mushroom Ramen Large March 22	✓	✓										✓														✓		
Spicy Seafood Ramen Large March 22	✓	✓						✓	✓	✓		✓														✓		
Teriyaki Beef Large March 22	✓	✓						M	M	M	✓	✓	M												M	✓		
Teriyaki Chicken Large March 22	✓	✓										✓														✓		

Core Menu April 22

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 Shiitake & Oyster Mushroom Large March 22	✓	✓										✓														✓		
Gyoza																												
Chicken Gyoza 5 Piece July 20	✓	✓						M	M	M	M	✓	M												M	✓		
Chicken Gyoza July 20	✓	✓						M	M	M	M	✓	M												M	✓		
Mega Korean Gyoza Chicken March 22	✓	✓						M	M	M	✓	✓	M												✓	✓	✓	
Mega Korean Gyoza Prawn March 22	✓	✓						M	✓	M	✓	✓	M												✓	✓	✓	
Mega Korean Gyoza vegetable March 22	✓	✓						M	M	M	M	✓	M												✓	✓	✓	
Mega Teriyaki Gyoza Chicken March 22	✓	✓						M	M	M	✓	✓	M												M	✓		
Mega Teriyaki Gyoza Prawn March 22	✓	✓						M	✓	M	✓	✓	M												M	✓		
Mega Teriyaki Gyoza Vegetable March 22	✓	✓						M	M	M	M	✓	M												M	✓		
Prawn Gyoza 5 Piece July 20	✓	✓						M	✓	M	✓	✓	M												M	✓		
Prawn Gyoza July 20	✓	✓						M	✓	M	✓	✓	M												M	✓		
Vegetable Gyoza 5 Piece July 20	✓	✓										✓														✓		
Vegetable Gyoza July 20	✓	✓										✓														✓		
Sushi Platter																												
Mixed Selection platter	✓	✓						✓	✓	M	✓	✓	M												✓	✓		
Salmon & Tuna Selection Platter March 22	✓	✓						✓			✓	✓																
Salmon Selection Platter March 22	✓	✓						✓			✓	✓																
Vegan Selection platter	✓	✓										✓													✓	✓		
Dips																												
Curry Sauce Large Dip	✓	✓										✓																

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)
Aburi Salmon Dragon Roll 8pc March 22	474.7	1997.1	22.7	2.8	4.9	1.9	52.3	0.0	7.1	11.9	1.9	662.4
Aburi Salmon Dragon Roll March 22	237.3	998.6	11.3	1.4	2.4	1.0	26.2	0.0	3.6	5.9	0.9	331.2
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 March 22	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 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
Cherry Blossom Dome March 22	297.4	1237.9	21.1	13.9	4.5	0.4	22.9	0.0	21.1	3.9	0.2	54.6
Cherry Dough.chi March 22	209.3	875.0	9.7	5.4	0.0	0.0	27.0	0.0	14.8	2.5	1.3	74.7
Chicken Fried Rice Oct '21	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 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 July 20	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 March 22	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 March 22	216.8	904.6	11.7	3.5	2.9	1.5	16.3	0.0	2.7	11.8	0.3	486.7
Chicken Teriyaki March 22	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 Oct '21	318.9	1337.2	12.8	2.0	2.5	6.5	35.1	19.2	14.2	15.1	1.9	1436.8
Chocolate & Hazelnut Ice-Cream Mochi March 22	192.7	811.3	5.7	3.1	0.0	0.0	33.7	0.0	19.6	1.8	0.2	28.6
Chocolate Dough.chi March 22	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 March 22	233.1	976.9	6.2	3.8	0.0	0.0	39.8	0.0	12.9	2.3	0.2	244.2
Classic Edamame March 22	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 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	412.6	1714.6	16.5	4.2	1.0	1.6	49.5	27.0	6.6	16.1	0.9	1679.6
Curry Chicken Ramen Large March 22	488.7	2033.2	21.5	6.8	1.0	1.6	56.0	27.0	9.6	17.4	1.4	2681.1
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
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
Dynamite Roll 8pc March 22	467.3	1958.3	22.3	3.7	4.8	1.8	54.2	0.0	9.2	8.8	2.2	967.0
Dynamite Roll March 22	233.7	979.2	11.2	1.8	2.4	0.9	27.1	0.0	4.6	4.4	1.1	483.5
Extra Avocado - GMF Bowls	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 Shredded 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

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)
GMF Bowls												
Extra Spicy Salmon Mix - GMF Bowls	114.9	490.4	9.0	1.3	2.9	1.7	0.3	0.0	0.1	8.3	0.3	34.3
Extra Spicy Tuna Mix - GMF Bowls	64.1	270.2	2.1	0.3	0.1	0.3	1.1	-	1.1	10.3	0.3	154.5
Extra Tenderstem Broccoli - GMF Bowls	16.5	69.0	0.5	0.1	0.1	0.3	0.9	0.1	0.8	2.2	1.7	4.0
Glow Bowl - Half & Half	510.3	2140.0	17.6	2.7	3.8	1.0	64.4	-	17.3	21.0	4.5	1502.1
Glow Bowl - Rice	672.6	2830.4	17.6	2.7	3.7	0.9	102.3	-	17.0	20.7	4.0	1467.1
Glow Bowl - Spinach	347.9	1449.5	17.6	2.7	3.8	1.2	26.5	-	17.5	21.2	4.9	1537.1
Hoisin Duck Roll 6pc March 22	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 Duck Roll March 22	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 Mock 'Duck' Roll 6pc March 22	316.1	1351.6	4.2	1.4	0.0	0.0	57.0	0.5	17.6	9.5	1.4	770.2
Hoisin Mock 'Duck' Roll March 22	158.1	675.8	2.1	0.7	0.0	0.0	28.5	0.3	8.8	4.7	0.7	385.1
Hot Topped Duck Maki 8pc March 22	310.6	1307.5	1.6	0.3	0.2	0.1	60.1	0.6	16.3	9.5	1.6	994.7
Hot Topped Duck Maki March 22	155.3	653.7	0.8	0.2	0.1	0.1	30.1	0.3	8.2	4.8	0.8	497.3
Hot Topped Mock 'Duck' Maki 8pc March 22	331.3	1408.8	2.9	0.5	0.2	0.1	62.1	0.6	16.8	9.7	1.9	984.0
Hot Topped Mock 'Duck' Maki March 22	165.6	704.4	1.4	0.2	0.1	0.1	31.0	0.3	8.4	4.8	1.0	492.0
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 March 22	384.4	1600.1	26.4	3.0	3.0	1.5	23.5	0.0	1.5	15.9	0.3	748.0
Kaiso Gunkan March 22	129.7	490.5	2.8	0.1	0.0	0.0	19.7	0.0	3.6	1.4	0.6	466.7
Kaiso Seaweed July 20	141.9	496.3	5.1	0.2	0.0	0.1	14.9	0.1	8.1	3.4	1.1	719.7
Korean Fried Chicken March 22	394.4	1656.5	15.5	2.3	1.2	0.7	50.0	0.0	23.7	16.0	0.3	840.0
Korean Fried Chicken Rice Bowl Large March 22	1119.1	4715.7	32.1	4.6	3.0	1.5	172.1	0.0	46.5	32.4	0.6	1532.4
Korean Fried Chicken Rice Bowl March 22	622.5	2625.9	15.6	2.3	1.2	0.6	101.4	0.0	23.3	16.4	0.4	766.2
Meatless Farm Chick'n Katsu Curry Large March 22	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 March 22	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 March 22	292.3	1217.4	17.6	1.5	3.0	1.5	20.0	0.0	3.5	12.1	0.3	737.7
Mega Korean Gyoza Chicken March 22	232.4	964.9	16.3	1.9	3.1	1.5	15.7	0.0	3.3	5.9	0.2	359.1

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 Korean Gyoza Prawn March 22	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 March 22	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 March 22	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 March 22	236.5	985.2	16.3	1.4	3.0	1.5	17.6	0.7	5.0	4.2	1.0	394.1
Mega Teriyaki Gyoza Vegetable March 22	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 March 22	332.9	1392.8	16.9	1.6	2.4	1.2	34.3	0.4	7.6	9.6	0.9	1053.1
Mighty Mock 'Duck' Fries March 22	324.3	1369.7	15.0	1.4	2.4	1.2	36.0	0.4	8.0	9.7	1.1	1032.6
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
Mixed Selection platter	866.3	3580.1	30.7	5.4	3.4	0.8	123.7	0.7	21.3	12.0	3.7	2114.8
Money Bags March 22	289.4	1209.4	18.8	5.3	3.0	1.7	23.1	0.0	4.9	5.6	0.0	720.5
Nourish Bowl - Half & Half	462.4	1937.6	15.9	2.5	3.7	1.0	64.1	0.2	16.9	12.8	5.9	1351.6
Nourish Bowl - Rice	624.7	2628.1	15.9	2.5	3.7	0.9	102.0	0.2	16.6	12.6	5.5	1316.6
Nourish Bowl - Spinach	300.1	1247.2	15.9	2.4	3.7	1.2	26.2	0.2	17.1	13.0	6.3	1386.6
Ponzu Edamame March 22	139.1	582.1	6.3	0.8	0.0	0.1	9.5	0.0	0.3	11.6	0.0	466.1
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
Power Bowl - Half & Half	501.9	2105.4	16.4	2.7	3.7	0.8	64.5	0.2	17.4	21.6	4.2	1605.4
Power Bowl - Rice	664.2	2795.8	16.4	2.7	3.6	0.7	102.4	0.1	17.1	21.3	3.8	1570.4
Power Bowl - Spinach	339.6	1415.0	16.4	2.7	3.7	0.9	26.6	0.2	17.6	21.8	4.6	1640.4
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 Large March 22	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 March 22	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 March 22	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 July 20	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 March 22	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 March 22	153.0	636.9	6.9	0.9	3.0	1.5	19.2	0.0	2.7	3.4	0.3	513.2
Red Pepper Dragon Roll 8pc March 22	210.8	880.3	3.8	0.4	0.0	0.0	38.7	0.0	7.9	1.6	2.5	450.2
Red Pepper Dragon Roll March 22	105.4	440.1	1.9	0.2	0.0	0.0	19.3	0.0	4.0	0.8	1.2	225.1
Roasted Red Pepper Nigiri March 22	99.3	418.3	1.0	0.1	0.0	0.0	20.0	0.0	4.1	0.6	1.1	216.8
Salmon & Avocado Temaki Hand Roll	178.3	749.8	10.1	1.4	3.2	1.1	15.3	0.0	2.0	5.1	1.3	212.8

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)
July 20												
Salmon & Tuna Selection Platter March 22	505.1	2146.5	12.2	2.2	5.6	3.2	63.4	-	9.2	30.7	1.9	944.3
Salmon Dragon Roll 8pc March 22	446.1	1879.4	19.5	2.5	4.9	1.9	52.3	0.0	7.2	11.8	1.8	641.7
Salmon Dragon Roll March 22	201.4	848.4	8.8	1.1	2.2	0.9	23.6	0.0	3.2	5.3	0.8	289.7
Salmon Fried Rice Oct '21	459.5	1941.6	17.8	2.7	5.4	7.5	58.4	0.0	3.1	11.9	1.5	671.8
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 March 22	125.2	537.3	8.3	1.3	4.1	2.5	0.8	0.0	0.3	11.8	0.4	100.5
Salmon Selection Platter March 22	578.4	2465.5	20.4	3.5	9.8	5.6	65.9	0.0	9.5	27.9	2.0	1007.4
Shiitake & Oyster Mushroom Teriyaki March 22	75.9	320.2	1.0	0.1	0.0	0.1	14.5	1.3	6.6	2.3	0.4	455.7
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
Shiitake Mushroom Ramen Large March 22	255.4	1058.0	5.7	0.6	0.4	1.3	40.6	27.4	7.8	8.8	0.6	2402.5
Spicy Chicken Katsu Roll 6pc July 20	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 Chicken Katsu Roll July 20	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 Pepper Squid March 22	193.4	807.2	6.3	0.8	3.0	1.5	15.8	0.0	6.3	16.4	0.2	829.8
Spicy Seafood Ramen July 20	270.4	1124.8	6.9	1.0	1.8	2.1	33.0	27.0	4.8	17.3	0.6	1493.6
Spicy Seafood Ramen Large March 22	297.0	1236.3	8.3	1.1	1.8	2.1	35.2	27.0	6.5	18.5	0.7	2569.9
Spicy Tuna Roll 8pc March 22	316.5	1329.2	3.1	0.5	0.1	0.3	58.0	-	11.8	10.2	1.5	1281.2
Spicy Tuna Roll March 22	158.3	664.6	1.6	0.2	0.0	0.1	29.0	-	5.9	5.1	0.7	640.6
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 Mochi March 22	193.5	809.4	5.4	3.1	0.0	0.0	34.3	0.0	21.1	0.0	0.0	71.7
Takoyaki July 20	273.3	1135.6	18.7	0.9	3.0	1.5	21.5	0.0	2.4	4.9	2.0	773.7
Teriyaki Beef Large March 22	983.0	4118.8	44.5	8.2	15.2	17.2	110.6	20.0	13.9	27.3	2.3	699.4
Teriyaki Beef March 22	558.9	2345.9	22.3	4.1	7.6	8.6	70.6	10.0	7.0	13.8	1.3	349.7
Teriyaki Chicken Large March 22	715.5	3018.0	15.5	3.8	0.0	0.0	97.3	2.5	14.2	39.9	0.7	1531.1
Teriyaki Chicken March 22	425.2	1795.5	7.8	1.9	0.0	0.0	64.0	1.3	7.2	20.1	0.5	765.5
Teriyaki Shiitake & Oyster Mushroom Large March 22	473.1	2006.1	2.2	0.2	0.0	0.1	101.2	2.5	12.3	5.0	0.7	763.9
Teriyaki Shiitake & Oyster Mushroom March 22	304.0	1289.5	1.2	0.1	0.0	0.0	65.9	1.3	6.2	2.7	0.5	381.9
Truffle Edamame March 22	179.0	745.8	11.0	1.5	0.0	0.0	9.0	0.0	0.1	11.5	0.0	395.7

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)
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 March 22	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 March 22	91.0	382.5	2.3	0.4	0.5	1.3	2.2	0.0	0.7	15.4	0.3	409.1
Vegan Selection platter	651.5	2685.0	21.1	3.6	4.4	0.8	98.1	0.4	25.5	7.9	3.8	1529.0
Vegetable Fried Rice Oct '21	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 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
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
Vegetable Yakisoba Oct '21	278.6	1166.3	12.3	1.7	2.5	6.6	35.6	19.5	14.3	5.6	1.9	1382.6
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
Vitality Bowl - Half & Half	561.0	2360.1	24.5	3.6	6.6	2.5	63.6	0.2	16.3	19.0	4.5	1382.0
Vitality Bowl - Rice	723.3	3050.5	24.4	3.7	6.5	2.4	101.4	0.1	16.0	18.7	4.0	1347.0
Vitality Bowl - Spinach	398.7	1669.6	24.5	3.6	6.6	2.6	25.7	0.2	16.6	19.2	4.9	1417.0
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 March 22	347.9	1451.2	19.7	1.7	3.0	1.5	36.8	0.0	4.3	4.2	0.9	1128.2
YO! Fries Plain July 20	301.4	1261.8	14.0	1.4	3.0	1.5	39.0	0.0	1.2	3.7	0.0	579.0
YO! Roll 8pc March 22	382.0	1618.7	12.8	2.2	5.8	2.4	50.5	0.0	8.6	12.5	1.9	905.3
YO! Roll March 22	191.0	809.4	6.4	1.1	2.9	1.2	25.3	0.0	4.3	6.3	1.0	452.7