



**YD!**

**allergen & nutritional information**

**selfridges exclusives menu**

september 2024

# Menu FIR Intolerance Report

Version 5

10 Sep 2024

## Selfridges '24

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		

### Selfridges exclusive

Aburi Scallop Nigiri									✓	✓																
Aburi Scallop Roll									✓	✓																
Kimchi Scallops	✓	✓					✓		✓	✓	✓													✓		
Soft Shell Crab Futomaki	✓	✓					M	✓	M	✓	✓	M											M	M		
Soft Shell Crab Tempura & Mango Temaki	✓	✓					M	✓	M	✓	✓	M											M	M		
Soft Shell Crab Tempura	✓	✓					M	✓	M	✓	✓	M											M	M		

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

<b>Recipe Name</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>saturates (g)</b>	<b>mono (g)</b>	<b>poly (g)</b>	<b>Carb (g)</b>	<b>Starch (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Sodium (mg)</b>
Aburi Scallop Nigiri	126.1	531.5	0.5	0.0	0.0	0.0	21.3	0.0	6.2	9.4	0.4	351.5
Aburi Scallop Roll	183.3	768.8	2.7	0.2	0.0	0.0	31.7	0.0	8.3	8.5	1.2	550.5
Kimchi Scallops	275.6	1145.9	20.7	10.7	2.3	1.3	5.9	0.0	0.8	16.8	0.1	774.2
Soft Shell Crab Futomaki	341.2	1371.3	13.4	1.0	1.5	0.8	29.9	0.0	5.4	7.5	0.9	557.1
Soft Shell Crab Tempura & Mango Temaki	272.1	1079.2	9.9	0.8	1.5	0.8	20.6	0.0	4.3	7.1	0.8	449.2
Soft Shell Crab Tempura	403.9	1570.8	19.5	1.5	3.0	1.5	9.4	0.0	3.0	11.1	0.3	402.8