



allergen information & dietary guide



Deliveroo menu
last updated: Feb 2020

introduction

Here at YO! we understand how important it is to know what's in your food, especially if you have a special diet or an allergy. So we take this stuff really seriously.

We make our sushi, salads and hot dishes fresh every day in our kitchens. That means we often handle lots of the allergens below:

- **celery**
- **cereals containing gluten**
(namely barley, oats, rye, wheat)
- **crustaceans**
- **eggs**
- **fish**
- **lupin**
- **milk**
- **molluscs**
- **mustard**
- **sesame seeds**
- **soybeans**
- **sulphites**

If you have a question, please ask a member of the YO! team.

And if you have any thoughts or feedback about allergens (or anything else YO!-related), email feedback@yosushi.com

key



A tick means this dish contains the allergen shown.



The letter M means the dish is fried in oil which might also be used to fry dishes containing that allergen.

please note

Although we don't use peanuts in the dishes we make, we can't guarantee that our suppliers work in nut-free environments.

And while we do everything we can to prevent cross contamination, we can't be sure any dish is 100% allergen-free.

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	
Small Salmon & Tuna Box Deliveroo Oct 18	✓	✓					✓																	✓			
Spicy Chicken Katsu Roll Platter Deliveroo Oct 18	✓	✓					M	M	M	M	M	M												✓	✓	✓	
Tenderstem & Sesame Deliveroo Oct 18	✓	✓																					✓	✓	✓		
Tokyo Platter Deliveroo Oct 18	✓	✓					✓	✓	✓	✓	✓	✓											✓	✓	✓	✓	
Tuna Sashimi Deliveroo Oct 18	✓	✓					✓																✓	✓	✓	✓	
Vegan Box Deliveroo Oct 18	✓	✓																					✓	✓	✓	✓	
Vegan Futari Platter Deliveroo Oct 18	✓	✓																					✓	✓	✓	✓	
Yasai Platter Deliveroo Oct 18	✓	✓																					✓	✓	✓	✓	
Yasai Roll Platter Deliveroo Oct 18	✓	✓																					✓	✓	✓	✓	
Yasai Temaki Hand Roll Deliveroo Oct 18	✓	✓																					✓	✓	✓	✓	
YO! Roll Platter Deliveroo Oct 18	✓	✓					✓																✓				

Hot Food

Beef Teriyaki Deliveroo Oct 18	✓	✓								✓	✓													✓	✓		
Brown Rice Side Deliveroo Oct 18	✓	✓																									
Chicken Fried Rice Deliveroo Oct 18	✓	✓																						✓	✓		
Chicken Gyoza COLD Deliveroo Oct 18	✓	✓																						✓	✓	✓	
Chicken Gyoza Deliveroo Oct 18	✓	✓					M	M	M	M	✓	M												✓	✓	✓	
Chicken Katsu Burger Deliveroo Oct 18	✓	✓					M	M	M	✓	M	M												✓	✓	✓	
Chicken Katsu Curry Deliveroo Oct 18	✓	✓					M	M	M	M	✓	M												✓	✓	✓	
Chicken Teriyaki Burger Deliveroo Oct 18	✓	✓																						✓	✓	✓	
Chicken Teriyaki Deliveroo Oct 18	✓	✓																						✓	✓	✓	
Chicken Yakisoba Deliveroo Oct 18	✓	✓																						✓	✓	✓	
Curry Chicken Ramen Deliveroo Oct 18	✓	✓					✓	M	M	✓	✓	✓												✓	✓		

Nutritional Information Recipe List (values per typical serving)

last updated: Feb 2020

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 Deliveroo Oct 18	212.1	891.6	6.5	1.2	3.0	0.6	34.3	0.0	5.1	1.8	1.9	652.1
Beef Teriyaki Deliveroo Oct 18	871.0	3670.9	23.1	5.0	6.1	9.4	135.2	16.4	21.9	20.6	2.9	1098.6
Brown Rice Side Deliveroo Oct 18	198.0	843.0	1.4	0.3	0.0	0.0	43.8	0.0	0.2	5.4	2.3	3.0
California Temaki Hand Roll Deliveroo Oct 18	232.8	970.3	14.5	1.7	2.4	0.4	20.3	0.0	3.0	4.0	1.5	253.7
Chicken Avocado Roll Platter Deliveroo Oct 18	450.0	1879.3	25.2	4.3	1.9	0.4	39.8	0.0	6.0	13.8	1.6	653.5
Chicken Fried Rice Deliveroo Oct 18	590.0	2496.0	7.6	1.8	0.0	0.1	97.7	0.0	4.0	25.4	1.6	1313.2
Chicken Gyoza COLD Deliveroo Oct 18	198.4	813.3	9.4	1.5	3.0	1.5	18.4	0.0	0.0	9.5	0.0	668.5
Chicken Gyoza Deliveroo Oct 18	198.4	813.3	9.4	1.5	3.0	1.5	18.4	0.0	0.0	9.5	0.0	668.5
Chicken Katsu Bites DE May 19	413.6	1721.0	28.3	6.2	3.0	1.5	22.0	0.3	1.4	18.4	0.0	432.3
Chicken Katsu Burger Deliveroo Oct 18	476.5	1985.3	29.2	4.7	3.0	1.5	38.5	0.0	0.7	16.5	0.3	507.3
Chicken Katsu Curry Deliveroo Oct 18	682.4	2881.9	15.8	7.4	0.6	0.4	113.9	0.5	3.0	15.3	1.6	790.3
Chicken Teriyaki Burger Deliveroo Oct 18	285.7	1188.7	10.1	1.1	3.0	1.5	32.7	1.4	7.1	15.4	0.2	538.0
Chicken Teriyaki Deliveroo Oct 18	692.1	2930.7	7.6	2.0	0.0	0.1	116.3	4.7	19.5	30.2	1.7	1048.4
Chicken Yakisoba Deliveroo Oct 18	535.0	2233.6	9.6	1.7	0.7	2.5	83.0	49.0	27.2	27.6	1.9	3885.1
Crunchy California Roll Platter Deliveroo Oct 18	466.9	1951.2	25.1	3.8	2.0	0.4	50.8	0.7	9.7	5.2	1.5	769.1
Cucumber Maki Deliveroo Oct 18	156.7	662.9	0.5	0.1	0.0	0.0	33.9	0.0	5.3	1.5	0.9	631.3
Curry Chicken Ramen Deliveroo Oct 18	453.3	1884.9	19.9	5.6	1.0	1.6	51.9	27.0	7.2	17.1	0.4	2156.8
Edamame Deliveroo Oct 18	201.5	843.0	9.2	1.2	0.0	0.0	13.4	0.0	0.1	17.3	0.0	396.1
Futari Platter Deliveroo Oct 18	1201.4	5055.8	33.1	4.8	5.9	2.4	174.7	0.0	25.5	38.4	3.6	2977.2
GO LARGE Beef Teriyaki Deliveroo Oct 18	1649.4	6950.3	44.5	9.6	12.2	18.2	255.7	30.6	41.1	38.0	4.5	2087.9
GO LARGE Chicken Katsu Curry Deliveroo Oct 18	1345.4	5683.1	30.4	14.7	0.6	0.4	226.3	0.5	5.3	29.7	2.3	1512.5
GO LARGE Chicken Teriyaki Deliveroo Oct 18	1368.3	5794.4	14.7	3.9	0.0	0.1	231.1	8.8	38.5	59.4	2.4	2095.6
GO LARGE Prawn Katsu Curry Deliveroo Oct 18	1166.2	4931.3	18.4	8.1	0.6	0.4	222.1	0.5	5.2	14.7	3.1	1498.7
GO LARGE Pumpkin Katsu Curry Deliveroo Oct 18	1189.2	5028.5	18.8	9.2	0.0	0.1	230.5	0.5	5.2	11.8	2.3	1521.3

Nutritional Information Recipe List (values per typical serving)

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GO LARGE Tofu Katsu Curry Deliveroo Oct 18	1238.8	5232.7	21.8	8.5	4.0	2.0	209.0	0.5	5.2	23.8	4.6	1166.9
Japanese Fried Chicken Deliveroo Oct 18	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 Deliveroo Oct 18	202.2	712.5	7.1	0.4	0.0	0.1	21.6	0.1	12.2	5.0	1.7	1031.7
Kickin' Salmon Roll Platter Deliveroo Oct 18	419.6	1752.0	23.8	9.3	4.7	0.6	41.1	0.0	6.5	7.2	1.4	675.9
Korean Fried Chicken Deliveroo Oct 18	385.6	1619.3	15.2	2.2	1.2	0.6	47.8	0.0	23.6	15.8	0.5	755.0
Large Salmon & Tuna Box Deliveroo Oct 18	507.0	2137.9	12.4	2.4	1.0	0.8	66.3	0.0	10.5	28.0	1.2	1167.7
Maki Box Deliveroo Oct 18	472.0	1993.6	41.8	-	-	-	86.6	-	-	9.9	-	1368.4
Mixed Box Deliveroo Oct 18	518.4	2180.4	16.0	2.7	2.8	0.7	75.0	0.0	15.0	13.1	2.2	1267.5
Mushroom Teriyaki Burger Deliveroo Oct 18	227.5	944.8	7.5	0.4	3.0	1.5	34.5	1.4	7.0	5.1	0.2	515.0
Prawn Gyoza COLD Deliveroo Oct 18	212.4	876.4	9.9	0.8	3.0	1.5	22.5	0.0	2.9	6.6	1.5	606.5
Prawn Gyoza Deliveroo Oct 18	212.4	876.4	9.9	0.8	3.0	1.5	22.5	0.0	2.9	6.6	1.5	606.5
Prawn Katsu Curry Deliveroo Oct 18	621.4	2626.3	9.3	4.1	0.0	0.1	117.4	0.5	2.9	10.1	2.2	874.4
Prawn Torpedo's DE May 19	355.9	1478.7	20.4	1.3	3.0	1.5	30.7	0.0	1.8	11.6	0.9	549.5
Pumpkin Katsu Curry Deliveroo Oct 18	599.8	2536.2	9.5	4.6	0.0	0.1	116.0	0.5	2.9	6.3	1.6	794.7
Salmon & Avocado Temaki Hand Roll Deliveroo Oct 18	164.4	687.7	8.6	1.2	1.2	0.2	15.1	0.0	2.0	5.2	1.0	204.5
Salmon and Avocado Box Deliveroo Oct 18	425.0	1790.5	11.2	2.1	2.5	0.5	64.4	0.0	9.2	12.0	1.8	1024.0
Salmon Box Deliveroo Oct 18	413.0	1743.2	8.4	1.6	0.0	0.0	63.9	0.0	9.0	15.8	0.9	1021.9
Salmon Fried Rice Deliveroo Oct 18	555.3	2349.5	8.4	1.4	0.0	0.1	96.5	0.0	3.2	15.8	1.6	659.8
Salmon Nigiri Deliveroo Oct 18	156.7	661.1	3.5	0.7	0.0	0.0	23.0	0.0	3.6	6.7	0.2	527.9
Salmon Sashimi Deliveroo Oct 18	135.8	568.3	7.5	1.3	0.0	0.0	2.8	0.0	1.6	14.5	0.0	335.5
Shibuya Platter Deliveroo Oct 18	3733.2	15713.9	105.6	21.9	18.2	5.2	565.5	0.8	95.7	102.9	14.6	7904.3
Shiitake Mushroom Ramen Deliveroo Oct 18	238.3	986.4	5.1	0.6	0.4	1.3	38.5	27.4	7.1	8.1	0.5	1929.4
Small Salmon & Tuna Box Deliveroo Oct 18	400.5	1692.1	6.6	1.4	0.3	0.5	63.9	0.0	9.0	16.8	0.9	1023.9
Spicy Chicken Katsu Roll Platter Deliveroo Oct 18	284.2	1199.0	4.2	1.8	0.0	0.0	51.7	0.0	9.0	7.3	0.9	940.8
Spicy Seafood Ramen Deliveroo Oct	285.4	1183.1	7.2	1.0	0.4	1.3	34.5	27.0	5.9	18.8	0.5	2211.3

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18												
Stir Fried Pak Choi & Garlic Deliveroo Oct 18	85.9	354.1	7.1	0.4	3.0	1.6	3.4	0.0	3.1	2.0	2.4	452.9
Tenderstem & Sesame Deliveroo Oct 18	135.0	566.7	10.7	1.1	0.1	0.3	4.8	0.1	4.5	4.0	2.1	300.3
Tofu Katsu Curry Deliveroo Oct 18	647.1	2730.6	13.5	4.4	3.5	1.8	105.2	0.5	2.9	12.3	2.8	617.5
Tokyo Platter Deliveroo Oct 18	3715.3	15586.8	147.4	33.8	19.6	5.0	467.4	1.8	74.3	120.8	11.4	7963.6
Tuna Sashimi Deliveroo Oct 18	106.2	447.1	3.2	0.8	0.8	1.1	2.8	0.0	1.6	16.8	0.0	340.2
Vegan Box Deliveroo Oct 18	482.3	2036.0	14.0	2.4	3.3	0.7	78.9	0.2	18.1	5.5	3.2	1282.2
Vegan Futari Platter Deliveroo Oct 18	1298.9	5490.8	35.3	6.1	8.4	1.7	218.1	1.3	50.4	14.4	8.5	3461.6
Vegetable Gyoza COLD Deliveroo Oct 18	185.4	765.4	6.0	0.5	3.0	1.5	26.5	0.0	3.9	5.3	1.2	718.5
Vegetable Gyoza Deliveroo Oct 18	185.4	765.4	6.0	0.5	3.0	1.5	26.5	0.0	3.9	5.3	1.2	718.5
White Rice Side - Oct 18	303.4	1289.1	0.3	0.1	0.0	0.0	68.9	0.0	0.2	0.9	0.5	0.0
Yasai Platter Deliveroo Oct 18	3688.4	15591.8	99.1	16.4	22.2	4.5	632.5	4.3	136.4	38.4	23.8	8709.6
Yasai Roll Platter Deliveroo Oct 18	340.0	1443.7	10.5	1.5	1.4	0.3	54.9	0.7	14.4	3.8	1.9	860.1
Yasai Temaki Hand Roll Deliveroo Oct 18	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 Deliveroo Oct 18	399.5	1661.8	21.5	1.9	3.0	1.5	44.8	0.0	4.3	4.9	0.9	1213.9
YO! Roll Platter Deliveroo Oct 18	334.1	1405.7	10.3	1.8	1.5	0.3	44.0	0.0	8.2	13.1	1.4	1066.1