

The YO! logo is located in the top left corner, consisting of the letters 'YO!' in a white, bold, sans-serif font on an orange square background. The background of the entire page is a dark blue with a pattern of dark blue silhouettes of various food items like bread, pasta, and vegetables. A large, stylized yellow flower or leaf shape is on the right side, with white sesame seeds scattered around it.

**YO!**

# **allergen information & dietary guide**

**YO! To Go menu**

last updated: 2nd April 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)
Kiosk Avocado Maki TOGO 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
Kiosk Chicken Gyoza 5 Piece TOGO July 20	170.0	683.1	5.5	1.3	0.6	0.3	18.9	0.0	0.1	9.9	0.0	987.0
Kiosk Chicken Katsu Curry Large TOGO July 20	838.0	3533.6	22.8	10.6	0.6	0.3	126.1	0.0	2.6	26.6	0.7	978.1
Kiosk Chicken Katsu Curry TOGO July 20	672.8	2841.2	15.6	7.3	0.6	0.3	112.6	0.0	2.4	14.4	0.7	789.2
Kiosk Chicken Katsu TOGO July 20	196.4	822.1	8.5	3.5	0.6	0.4	17.6	0.0	3.2	12.8	0.5	456.1
Kiosk Chocolate Mochi TOGO July 20	204.2	854.2	6.1	3.7	0.0	0.0	32.9	0.0	8.0	2.2	0.0	243.8
Kiosk Classic Catch TOGO July 20	513.1	2180.8	12.7	2.2	5.7	3.3	66.6	-	10.6	28.4	1.7	1191.9
Kiosk Crunchy California Roll TOGO July 20	408.1	1707.4	20.2	2.9	2.0	0.4	47.6	0.3	8.0	4.9	1.5	655.2
Kiosk Crunchy Prawn Roll 8pc TOGO July 20	331.7	1394.0	10.5	2.1	2.4	0.6	50.5	0.0	7.5	6.0	1.6	713.0
Kiosk Cucumber Maki TOGO 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
Kiosk Curry Chicken Ramen TOGO 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
Kiosk Dorayaki pancake TOGO July 20	174.7	731.1	2.3	0.8	0.0	0.0	35.0	0.0	20.2	2.9	0.0	4.0
Kiosk Dynamite Roll 8pc TOGO 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
Kiosk Edamame TOGO July 20	201.5	843.0	9.2	1.2	0.0	0.0	13.4	0.0	0.1	17.3	0.0	396.1
Kiosk Inari Taco TOGO 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
Kiosk Japanese Fried Chicken TOGO July 20	355.4	1481.3	23.0	2.9	0.6	0.4	22.8	0.0	1.8	16.4	0.5	694.0
Kiosk Kaiso Seaweed TOGO July 20	202.2	712.5	7.1	0.4	0.0	0.1	21.6	0.1	12.2	5.0	1.7	1031.7
Kiosk Korean Fried Chicken TOGO July 20	378.8	1591.5	14.3	2.2	0.6	0.3	48.1	0.0	23.7	15.9	0.5	759.1
Kiosk Maki Mix TOGO July 20	539.3	2279.8	13.7	2.6	6.3	2.1	88.0	0.0	12.2	9.9	3.6	1305.2
Kiosk Mango Cheesecake Mochi TOGO July 20	206.7	869.8	8.3	5.1	0.0	0.0	35.2	0.0	28.2	2.3	0.0	9.6
Kiosk Miso Soup TOGO July 20	81.9	342.7	2.5	0.4	0.0	0.0	10.7	0.0	8.5	4.3	1.9	1708.4
Kiosk Plant Power TOGO July 20	466.0	1966.4	14.3	2.4	2.2	0.4	73.8	0.4	21.4	6.5	2.3	1273.4
Kiosk Pumpkin Katsu Curry Large TOGO July 20	699.9	2954.1	12.3	5.3	0.6	0.3	131.8	0.0	2.4	8.9	0.7	1006.2
Kiosk Pumpkin Katsu Curry TOGO	405.4	1710.4	8.6	3.8	0.6	0.3	73.7	0.0	1.8	4.8	0.4	677.5

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July 20												
Kiosk Pumpkin Katsu TOGO July 20	120.2	502.5	3.0	0.7	0.6	0.3	19.8	0.0	3.0	3.6	0.5	453.6
Kiosk Salmon & Tuna Sashimi TOGO July 20	137.0	585.1	6.4	1.1	3.1	1.9	2.7	0.0	1.5	17.2	0.4	320.8
Kiosk Salmon Sashimi TOGO July 20	134.3	575.8	8.3	1.3	4.1	2.4	2.7	0.0	1.4	12.4	0.3	323.2
Kiosk Shiitake Mushroom Ramen TOGO 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
Kiosk Simply Salmon TOGO July 20	428.6	1824.6	10.2	1.8	4.8	2.8	64.2	0.0	9.0	15.3	1.2	1050.2
Kiosk Spicy Chicken Katsu Roll TOGO July 20	282.9	1193.3	4.7	1.8	0.3	0.2	50.3	0.0	7.8	7.3	0.9	815.8
Kiosk Spicy Seafood Ramen TOGO 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
Kiosk Spicy Tuna Roll 8pc TOGO July 20	263.0	1110.0	5.2	1.0	1.9	0.5	41.7	-	6.3	9.7	1.7	590.8
Kiosk Super Salmon TOGO July 20	552.1	2351.9	18.3	3.1	8.6	4.8	66.8	0.0	10.6	25.5	1.7	1212.0
Kiosk Sushi Sharer TOGO July 20	1284.7	5420.4	41.9	6.9	10.9	5.1	175.7	0.4	29.4	38.9	3.7	3137.4
Kiosk Vegetable Gyoza 5 Piece TOGO July 20	157.0	635.2	2.1	0.3	0.6	0.3	27.0	0.0	4.0	5.7	1.2	1037.0
Kiosk Yasai Roll TOGO July 20	310.2	1319.8	8.3	1.3	1.3	0.3	52.8	0.4	12.7	3.5	1.8	758.6
Kiosk YO! Roll TOGO 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