

The logo consists of the letters 'JD!' in a white, bold, sans-serif font, set against a solid orange square background.

JD!

allergen information & dietary guide

A large, stylized illustration of a yellow food item, possibly a slice of pizza or a piece of bread, with white sesame seeds scattered on its surface. The illustration is set against a dark blue background with faint, dark blue silhouettes of various food items like mushrooms and vegetables.

to go menu

last updated: 4th January 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)
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
Beef Teriyaki July 20	332.2	1382.4	22.2	4.1	7.6	8.6	18.6	10.1	8.3	13.5	1.3	385.8
Beef Teriyaki Rice Bowl July 20	562.8	2362.4	22.4	4.1	7.6	8.6	71.3	10.1	7.6	13.9	1.3	384.6
Chicken Gyoza 5 Piece TOGO 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 TOGO July 20	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 Curry Large TOGO July 20	918.9	3866.2	31.8	11.2	5.9	2.9	126.1	0.0	2.6	26.6	0.7	978.1
Chicken Katsu Curry TOGO July 20	681.8	2878.2	16.6	7.4	1.2	0.6	112.6	0.0	2.4	14.4	0.7	789.2
Chicken Katsu TOGO July 20	225.2	940.1	12.2	3.6	3.0	1.5	16.9	0.0	3.0	12.4	0.5	439.5
Chilli Cracker Retail Pack 50gr TOGO July 20	278.5	1162.0	16.7	7.9	0.0	0.0	30.1	0.0	5.0	1.8	0.4	394.0
Chilli Peanuts Retail Pack 50gr TOGO July 20	253.0	1058.5	9.7	21.0	0.0	0.0	29.0	0.0	8.0	5.9	3.0	413.5
Chocolate And Coconut Rice Cakes TOGO July 20	196.6	821.3	10.1	6.6	0.0	0.0	22.6	0.0	10.5	2.8	1.8	20.3
Chocolate And Salted Caramel Rice Cakes TOGO July 20	187.6	785.9	8.2	4.7	0.0	0.0	25.4	0.0	12.9	2.6	1.0	62.4
Chocolate Brownie TOGO July 20	362.9	1516.0	23.0	13.6	0.0	0.0	34.7	0.0	33.6	4.0	0.2	137.6
Chocolate Mochi TOGO July 20	206.9	865.5	6.2	3.7	0.0	0.0	33.5	0.0	8.6	2.3	0.1	244.4
Classic Catch TOGO July 20	512.4	2177.9	12.7	2.2	5.7	3.3	66.5	-	10.6	28.4	1.7	1188.2
Crunchy California Roll TOGO July 20	452.6	1891.9	24.2	3.2	2.0	0.4	49.5	0.7	9.6	5.1	1.5	763.6
Crunchy Prawn Roll 8pc TOGO 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
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
Curry Chicken Ramen 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
Dorayaki Pancake TOGO July 20	162.0	677.8	2.3	0.8	0.0	0.0	32.1	0.0	20.3	2.9	0.0	0.1
Dragon Roll TOGO July 20	411.5	1733.0	19.1	2.4	4.6	1.9	44.8	0.0	6.1	11.8	1.7	558.4
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
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
Fresh Fruit Plate TOGO July 20	61.1	259.4	0.3	0.1	0.1	0.1	14.4	0.0	14.4	0.9	1.4	3.8
Green & Beets Mini Roll 8pc Jan 21	315.8	1327.6	9.8	1.4	0.0	0.0	49.6	0.1	14.7	4.4	1.5	647.7
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 TOGO July 20	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 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

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Korean Fried Chicken TOGO July 20	385.6	1619.3	15.2	2.2	1.2	0.6	47.8	0.0	23.6	15.8	0.5	755.0
Maki Mix TOGO July 20	538.6	2276.9	13.6	2.6	6.3	2.1	87.9	0.0	12.2	9.9	3.6	1301.4
Miso Soup TOGO July 20	118.5	496.0	2.6	0.3	0.0	0.0	16.8	0.0	7.5	5.0	0.0	2620.1
Plant Power TOGO July 20	456.5	1926.2	14.3	2.4	2.2	0.4	71.8	0.0	19.9	6.4	2.3	1187.3
Prawn Gyoza 5 Piece TOGO 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 TOGO July 20	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 Large TOGO July 20	658.8	2781.8	10.7	4.1	0.6	0.3	121.8	0.0	2.4	11.6	1.5	964.3
Prawn Katsu Curry TOGO July 20	620.7	2622.6	10.2	4.1	0.6	0.3	116.1	0.0	2.4	9.2	1.2	873.2
Prawn Katsu TOGO July 20	173.2	721.4	6.7	0.4	3.0	1.5	20.5	0.0	3.0	7.2	1.0	523.6
Pumpkin Katsu Curry Large TOGO July 20	726.8	3063.8	16.1	5.5	3.0	1.5	130.3	0.0	2.4	8.6	0.7	986.9
Pumpkin Katsu Curry TOGO July 20	599.2	2532.4	10.3	4.7	0.6	0.3	114.7	0.0	2.4	5.5	0.7	793.6
Pumpkin Katsu TOGO July 20	151.6	631.3	6.9	0.9	3.0	1.5	19.0	0.0	3.0	3.4	0.5	443.9
Salmon Sashimi TOGO July 20	133.7	573.0	8.2	1.3	4.1	2.4	2.6	0.0	1.4	12.4	0.3	319.4
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
Simply Salmon TOGO July 20	427.9	1821.7	10.2	1.8	4.8	2.8	64.0	0.0	9.0	15.3	1.2	1046.5
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
Spicy Pepper Squid TOGO July 20	166.3	692.5	7.2	0.8	3.0	1.5	11.8	0.0	1.6	13.2	0.1	944.4
Spicy Seafood Ramen 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
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
Steamed Rice TOGO 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 Cheesecake Mochi TOGO July 20	189.0	790.8	5.4	3.1	0.0	0.0	33.3	0.0	22.0	0.1	0.2	70.0
Super Salmon TOGO July 20	551.4	2349.1	18.3	3.1	8.6	4.8	66.6	0.0	10.6	25.5	1.7	1208.3
Sushi Sharer TOGO July 20	1193.0	5039.2	33.0	4.6	10.9	5.1	172.8	0.0	25.3	38.4	4.1	2973.3
Takoyaki TOGO July 20	275.0	1138.4	18.7	0.9	3.0	1.5	21.9	0.0	2.4	5.0	2.0	775.7
Tenderstem & Sesame Jan 21	135.0	566.7	10.7	1.1	0.1	0.3	4.8	0.1	4.5	4.0	2.1	300.3
Vegetable Gyoza 5 Piece TOGO 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 TOGO July 20	185.4	765.4	6.0	0.5	3.0	1.5	26.5	0.0	3.9	5.3	1.2	718.5
Wasabi Peas Retail Pack 50Gg TOGO July 20	209.0	875.0	7.2	3.6	0.0	0.0	25.5	0.0	3.6	7.1	7.0	374.0
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

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YO! Fries TOGO July 20	402.8	1672.2	21.6	2.0	3.0	1.5	45.4	0.0	4.5	5.0	0.9	1248.0
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