

The logo consists of the letters 'YD!' in a bold, white, sans-serif font, positioned in the top-left corner of the page. The background is a vibrant orange with abstract, brush-stroke-like patterns in shades of yellow and orange, and a cluster of white almond-like shapes on the right side.

YD!

heathrow to go menu

September 2023

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	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	330.9	1376.6	22.2	4.0	7.6	8.7	19.2	10.0	7.4	13.4	1.2	423.5
Chicken 2 Ways 8pc	618.9	2591.6	30.3	6.6	10.4	2.3	63.0	3.2	10.7	18.8	5.3	1107.0
Chicken Firecracker Rice Large	841.9	3543.7	25.1	4.1	4.6	11.5	118.2	0.1	7.2	27.1	3.5	1436.1
Chicken Firecracker Rice	421.0	1771.8	12.6	2.0	2.3	5.8	59.1	0.0	3.6	13.5	1.8	718.1
Chicken Gyoza 5pc	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 Katsu Curry	538.1	2264.9	20.1	7.7	3.0	1.5	71.2	0.0	2.9	13.4	2.6	808.5
Chicken Katsu Curry Large	887.4	3730.7	36.4	13.2	5.9	2.9	106.9	0.0	3.9	25.9	4.5	1197.8
Chicken Katsu Sushi Sando	546.7	2290.4	26.1	6.1	0.0	0.0	60.7	0.0	7.5	13.5	2.7	1044.1
Chicken Teriyaki	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 Tsukune	234.6	973.3	16.2	4.2	0.6	0.3	6.8	0.6	4.7	1.8	14.7	313.9
Chicken Yakisoba Large	671.3	2813.8	26.8	4.2	5.2	13.5	73.9	40.0	30.3	32.0	4.8	2997.8
Chicken Yakisoba	289.0	1211.4	11.6	1.8	2.2	5.8	31.8	17.2	13.1	13.8	2.1	1290.6
Chicken Yakitori	230.8	956.8	12.3	1.9	2.3	1.1	10.6	0.6	9.2	18.5	0.7	822.3
Chocolate Mochi	233.1	976.9	6.2	3.8	0.0	0.0	39.8	0.0	12.9	2.3	0.2	244.2
Citrus Ponzu & Chilli Edamame	139.9	581.1	6.2	0.8	0.0	0.0	9.7	0.0	0.2	11.8	0.0	504.7
Classic Catch	474.4	1995.2	14.9	2.1	0.7	0.3	57.6	-	8.4	23.2	1.4	835.3
Classic Edamame	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 8pc	608.4	2540.4	34.8	4.9	2.3	0.4	63.1	1.4	14.1	5.9	1.7	1083.6
Crunchy Prawn Roll 8pc	352.9	1484.3	7.9	1.1	2.4	0.6	60.3	0.0	6.4	6.2	2.1	783.4
Cucumber Maki	149.6	633.4	0.5	0.1	0.0	0.0	32.5	0.0	4.6	1.2	0.9	374.1
Custard Dorayaki Pancake	174.7	731.1	2.3	0.8	0.0	0.0	35.0	0.0	20.2	2.9	0.0	4.0
Dynamite Roll 8pc	777.4	3290.3	31.8	5.2	2.7	0.6	105.9	0.1	24.5	12.7	3.7	1669.6
Hoisin 'Duck' Firecracker Rice Large	887.7	3766.4	26.6	3.8	4.6	11.5	129.3	1.1	13.9	22.9	4.2	1687.6
Hoisin 'Duck' Firecracker Rice	443.8	1883.2	13.3	1.9	2.3	5.8	64.7	0.6	7.0	11.5	2.1	843.8
Hoisin Duck Roll 8pc	331.5	1403.0	3.0	1.3	0.0	0.0	63.1	0.6	18.3	9.4	1.2	868.7
Hoisin Mock 'Duck' Roll 8pc	352.3	1504.3	4.3	1.4	0.0	0.0	65.0	0.6	18.8	9.6	1.5	858.1
Hoisin Mock 'Duck' Yakisoba Large	717.1	3036.5	28.3	4.0	5.2	13.5	85.0	41.1	37.0	27.8	5.5	3249.2
Hoisin Mock 'Duck' Yakisoba	358.5	1518.3	14.1	2.0	2.6	6.8	42.5	20.5	18.5	13.9	2.8	1624.6
Inari Taco	146.9	617.3	5.4	1.0	0.5	0.1	20.9	0.0	8.4	2.7	0.4	289.2

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Japanese Fried Chicken	381.8	1589.2	26.2	3.0	3.0	1.5	23.3	0.0	1.4	15.7	0.3	741.8
Kaiso Seaweed	141.5	494.6	5.1	0.2	0.0	0.1	14.8	0.1	8.1	3.4	1.1	710.8
Korean Fried Chicken	414.5	1738.6	18.2	2.4	3.0	1.5	49.3	0.0	23.5	15.6	0.3	825.3
Korean Fried Chicken Rice Bowl Large	1121.2	4724.5	32.1	4.6	3.0	1.5	172.3	0.0	47.0	32.5	1.0	1522.7
Maki Mix	303.3	1276.8	8.5	1.4	2.3	0.4	48.5	0.0	6.5	4.7	1.9	578.5
Meatless Farm Chick'n Katsu Curry Large	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	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	292.0	1212.1	17.5	1.5	3.0	1.5	19.9	0.0	3.4	12.1	0.3	778.0
Mega Korean Gyoza Chicken	232.4	964.9	16.3	1.9	3.1	1.5	15.7	0.0	3.3	5.9	0.2	359.1
Mega Korean Gyoza vegetable	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	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 Vegetable	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	326.0	1363.1	17.2	1.6	2.5	1.3	32.7	0.5	6.1	9.2	0.2	728.1
Mighty Mock 'Duck' Fries	316.9	1338.9	15.2	1.4	2.5	1.3	34.4	0.5	6.6	9.3	0.5	706.5
Miso Soup	53.2	222.6	1.3	0.2	0.0	0.0	7.4	0.0	3.2	2.3	0.1	1052.7
Monster Maki	174.1	724.7	5.7	0.7	0.8	0.1	25.1	0.0	3.2	3.7	1.0	333.4
O-mega Salmon	466.5	1960.3	16.5	2.4	2.4	0.4	63.6	0.0	9.2	11.3	1.8	878.7
Plant Based 'Beef' Teriyaki	248.2	1032.9	9.6	0.9	3.0	1.5	17.8	1.3	7.2	22.0	0.6	835.5
Plant Based 'Beef' Teriyaki Large	727.9	3070.5	9.5	1.2	0.0	0.0	108.2	2.5	13.9	44.5	1.4	1445.2
Plant Power	863.8	3620.3	21.8	3.6	2.6	0.6	143.1	1.0	38.0	13.0	4.3	2167.8
Popcorn Shrimp	347.6	1445.1	20.3	1.6	3.0	1.5	23.1	0.0	12.5	-	0.6	975.8
Prawn Katsu Curry Large	712.0	2994.5	19.2	4.4	5.9	2.9	114.0	0.0	3.3	13.8	2.2	1127.6
Prawn Katsu Curry	470.0	1978.7	11.8	3.3	3.0	1.5	77.7	0.0	2.6	8.6	1.5	820.7
Prawn Katsu	179.3	746.7	6.8	0.4	3.0	1.5	21.3	0.0	2.7	7.4	0.8	604.3
Prawn Kushikatsu	132.1	548.8	3.4	1.1	0.6	0.3	19.0	0.0	6.3	5.5	0.9	699.9
Pumpkin Katsu Curry	430.0	1811.1	11.5	3.8	2.9	1.4	73.2	0.0	2.5	4.4	0.9	707.1

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Pumpkin Katsu Curry Large	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	152.8	631.6	6.8	0.9	3.0	1.5	19.0	0.0	2.7	3.5	0.3	553.6
Salmon Dragon Roll 8pc	456.0	1909.5	21.3	2.5	2.3	0.4	52.1	0.0	7.2	10.5	1.7	629.5
Salmon Firecracker Rice Large	930.7	3905.3	38.2	5.2	4.6	11.5	117.9	0.1	7.0	19.7	3.5	1314.5
Salmon Firecracker Rice	465.6	1953.6	19.1	2.6	2.3	5.8	59.0	0.0	3.5	9.9	1.8	657.4
Salmon Sashimi	176.7	733.9	13.9	1.7	0.0	0.1	0.8	0.0	0.5	12.1	0.2	89.2
Salmon Yakisoba Large	760.1	3175.4	39.9	5.3	5.2	13.5	73.7	40.0	30.1	24.6	4.8	2876.2
Salmon Yakisoba	327.2	1367.0	17.2	2.3	2.2	5.8	31.7	17.2	13.0	10.6	2.1	1238.2
Simply Salmon	396.5	1667.8	12.5	1.7	0.0	0.0	55.5	0.0	7.4	11.3	0.7	681.1
Spicy Chicken Katsu Roll 8pc	344.3	1452.1	6.7	2.5	0.6	0.3	60.0	0.0	11.5	7.4	1.8	1195.1
Spicy Pepper Squid	192.7	805.8	6.3	0.8	3.0	1.5	15.1	0.0	6.5	-	0.5	828.3
Spicy Tuna Roll 8pc	639.2	2721.7	14.5	2.6	2.8	0.8	107.2	-	26.6	15.6	4.0	1963.7
'Steak' Yakitori	255.8	1064.3	10.2	1.4	1.8	3.1	17.5	1.0	7.9	22.0	0.5	744.0
Steamed Rice	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	194.1	817.6	5.1	3.1	0.0	0.0	35.3	0.0	20.9	1.5	0.0	76.8
Super Salmon	522.5	2191.4	22.1	2.9	0.6	0.2	57.5	0.0	8.4	19.0	1.2	841.4
Sushi Sharer	1133.1	4758.7	38.4	5.2	4.8	1.7	155.0	0.7	23.9	30.7	3.0	2307.3
Teriyaki Beef Large	982.6	4116.9	44.4	8.1	15.2	17.2	110.8	20.0	14.2	27.4	2.7	701.5
Teriyaki Chicken Large	715.1	3016.1	15.4	3.8	0.0	0.0	97.5	2.5	14.5	40.0	1.1	1533.2
The Big Maki	342.9	1430.5	21.0	2.3	2.4	0.4	31.1	0.0	4.5	5.6	1.3	429.0
TokYO! Mix	716.0	2967.3	24.9	4.1	2.0	0.5	103.3	0.7	19.1	9.7	3.0	1829.1
TokYO! Skytree 8pc	715.5	2987.0	41.5	6.3	12.3	2.4	66.3	3.2	16.0	16.0	5.4	1660.6
Tuna Sashimi	88.2	372.4	0.7	0.2	0.2	0.3	0.9	0.0	0.6	19.6	0.6	77.2
Vegetable Gyoza 5pc	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 Yakisoba Large	563.7	2359.3	24.6	3.4	5.1	13.2	71.9	39.1	29.4	11.7	4.7	2769.1
Vegetable Yakisoba	248.0	1038.1	10.8	1.5	2.2	5.8	31.6	17.2	12.9	5.2	2.1	1218.4
Veggie Firecracker Rice Large	748.3	3147.7	23.5	3.4	4.6	11.5	117.9	0.1	7.0	7.1	3.5	1276.2
Veggie Firecracker Rice	374.2	1573.8	11.8	1.7	2.3	5.8	59.0	0.0	3.5	3.5	1.8	638.1
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
Yasai Roll 8pc	677.9	2878.1	20.9	3.0	2.7	0.6	109.6	1.4	28.7	7.3	3.7	1718.6
YO! Fries	320.2	1334.6	19.1	1.7	3.0	1.5	32.8	0.0	2.1	3.2	0.1	677.0
YO! Fries Plain	250.2	1046.4	12.2	1.2	3.0	1.5	31.2	0.0	1.0	3.0	0.0	463.2
YO! Roll 8pc	395.0	1658.2	15.1	2.2	2.4	0.4	50.3	0.0	8.6	10.7	1.7	889.3
YO! Top Hits	656.0	2754.4	24.6	4.0	3.3	0.7	86.7	0.3	13.9	15.5	2.5	1232.6

