

The logo consists of the letters 'JD!' in a white, bold, sans-serif font, positioned on a solid orange rectangular background in the top-left corner of the page.

JD!

allergen information & dietary guide

A large, stylized yellow flower with a textured, painterly appearance is positioned on the right side of the page. The flower has several petals and is surrounded by numerous small white seeds, some of which are scattered across the dark blue background. The background also features faint, dark blue silhouettes of various food items, including what appears to be a burger and some vegetables.

summer specials menu
last updated: 21st July 2021

Recipe FIR Intolerance Report

Dish Name	Cereals containing Gluten :										Tree Nuts :															
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Aubergine Poke	✓	✓							✓	✓													✓			
Chicken Bibimbap	✓	✓			✓					✓													✓			
Chicken Katsu Temaki Torch	✓	✓					M	✓	M	M	M											M	✓			M
Citrus Salmon Courgetti	✓	✓								✓																
Spicy Salmon Temaki Torch	✓	✓						✓	✓	✓																
Spicy Tuna Temaki Torch	✓	✓						✓	✓	✓													✓	✓		
Veggie Volcano Temaki Torch	✓	✓								✓													✓			

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)
Aubergine Poke	482.2	1992.6	18.0	2.8	4.8	1.9	70.8	0.1	17.9	3.3	3.0	1100.9
Chicken Bibimbap	224.7	878.3	6.0	0.9	0.9	0.5	23.6	0.1	9.1	13.3	2.2	1097.1
Chicken Katsu Temaki Torch	334.8	1403.0	13.7	2.4	3.0	1.5	42.2	0.0	8.7	8.8	2.3	511.7
Citrus Salmon Courgetti	166.4	670.8	6.2	1.0	2.5	1.6	14.9	0.7	12.3	10.8	2.7	584.2
Spicy Salmon Temaki Torch	352.5	1484.7	17.9	2.7	6.5	2.3	33.8	0.0	7.1	12.2	3.7	810.9
Spicy Tuna Temaki Torch	331.4	1388.6	14.3	2.1	3.7	0.9	34.3	-	7.6	14.5	4.0	747.2
Veggie Volcano Temaki Torch	269.1	1095.0	9.7	2.2	3.6	0.7	37.5	0.0	7.5	3.9	4.0	531.1