



# allergen information & dietary guide



YO! kiosk  
Last updated October 2023













**Nutritional Information Recipe List (Values per serving)**

<b>Recipe Name</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>Saturates (g)</b>	<b>Carbs (g)</b>	<b>NMES (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Sodium (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>	<b>Zinc (mg)</b>	<b>Vit. A (µg)</b>	<b>Folic Acid (folate) (µg)</b>	<b>Vit. C (mg)</b>
Avocado Maki Tesco 22	190.9	803.5	5.5	1.2	31.8	-	1.4	1.9	366.0	-	-	-	-	-	-
California Crunch Roll Mini Pack Tesco 22	232.5	973.6	10.3	1.9	30.4	-	2.8	0.9	430.0	-	-	-	-	-	-
California Crunch Roll Tesco 22	464.9	1947.1	20.5	3.8	60.9	-	5.6	1.7	860.0	-	-	-	-	-	-
California Dreamin' Tesco 22	665.9	2794.8	22.2	4.1	90.4	-	9.4	2.0	1304.2	-	-	-	-	-	-
California Roll Tesco 22	412.4	1731.1	14.6	1.9	54.4	-	6.8	1.7	618.7	-	-	-	-	-	-
Chicken All Stars Tesco 22	1035.6	4347.5	39.9	12.0	135.6	-	24.4	7.1	2056.2	-	-	-	-	-	-
Chicken Gyoza Mini Pack Tesco 22	87.9	369.3	2.7	0.6	10.6	-	4.4	1.4	195.3	-	-	-	-	-	-
Chicken Gyoza Tesco 22	221.7	935.6	4.5	1.0	35.6	-	7.7	2.3	741.5	-	-	-	-	-	-
Chicken Katsu Crunch Roll Mini Pack Tesco 22	231.5	971.7	9.3	2.9	30.3	-	4.5	1.3	465.7	-	-	-	-	-	-
Chicken Katsu Crunch Roll Tesco 22	644.4	2707.2	23.9	7.6	88.1	-	13.3	4.0	1291.4	-	-	-	-	-	-
Chicken Katsu Curry Tesco 22	595.2	2545.5	14.5	5.0	94.9	-	14.9	3.2	1424.5	-	-	-	-	-	-
Chicken Teriyaki Rice Bowl Tesco 22	591.9	2511.2	2.6	0.8	110.7	-	25.0	2.0	1833.6	-	-	-	-	-	-
Chocolate Mochi Tesco 22	204.2	854.2	6.1	3.7	32.9	-	2.2	0.0	243.8	-	-	-	-	-	-
Chocolate Mousse & Miso Caramel Pot Tesco 22	258.3	1076.0	18.9	8.9	19.1	-	1.9	2.5	139.1	-	-	-	-	-	-
Crunchy Katsu & Hoisin Colab Tesco 22	594.2	2500.2	17.7	5.0	85.7	-	14.4	3.2	1210.3	-	-	-	-	-	-
Cucumber Maki Tesco 22	139.9	592.4	0.3	0.1	30.9	-	1.0	0.9	356.8	-	-	-	-	-	-
Custard Dorayaki Tesco 22	162.0	677.8	2.3	0.8	32.1	-	2.9	0.0	0.1	-	-	-	-	-	-
Duck Gyoza Tesco 22	221.2	930.9	4.3	1.2	35.8	-	9.5	0.0	766.0	-	-	-	-	-	-
Duck Teriyaki Rice Bowl Tesco 22	600.1	2548.0	1.4	0.3	120.7	-	19.4	2.0	1919.8	-	-	-	-	-	-
Edamame Tesco 22	203.6	852.1	9.3	1.2	13.5	-	17.5	0.0	799.3	-	-	-	-	-	-
Hoisin Duck Bao Tesco 22	224.7	941.4	5.1	2.7	36.6	-	8.3	0.2	409.3	-	-	-	-	-	-
Hoisin Duck Crunch Roll Tesco 22	376.1	1584.3	9.4	2.6	59.8	-	9.4	1.1	905.5	-	-	-	-	-	-
Hoisin Duck Roll Tesco 22	323.6	1368.3	3.4	0.7	53.3	-	10.6	1.1	664.2	-	-	-	-	-	-
Inari Nigiri Tesco 22	298.9	1257.5	10.3	2.0	43.3	-	6.3	0.2	593.0	-	-	-	-	-	-
Inari Snack Pack Tesco 22	219.4	925.0	5.3	1.1	37.1	-	3.7	0.6	474.9	-	-	-	-	-	-
Kaiso Salad Tesco 22	162.1	510.9	7.9	0.0	10.7	-	1.4	0.0	641.0	-	-	-	-	-	-
Korean Beef Rice Bowl Tesco 22	433.2	1831.9	5.8	1.0	80.5	-	10.9	2.4	17.9	-	-	-	-	-	-
Korean Chicken Bao Tesco 22	267.9	1120.5	8.9	4.4	39.0	-	7.8	0.8	432.0	-	-	-	-	-	-
Korean Chicken Bites Mini Pack Tesco	365.9	1538.4	13.3	2.1	47.6	-	15.6	0.0	760.0	-	-	-	-	-	-



**Nutritional Information Recipe List (Values per serving)**

<b>Recipe Name</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>Saturates (g)</b>	<b>Carbs (g)</b>	<b>NMES (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Sodium (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>	<b>Zinc (mg)</b>	<b>Vit. A (µg)</b>	<b>Folic Acid (folate) (µg)</b>	<b>Vit. C (mg)</b>
22															
Korean Chicken Bites Tesco 22	731.8	3076.8	26.5	4.2	95.1	-	31.1	0.0	1520.0	-	-	-	-	-	-
Korean Chicken Noodles Tesco 22	755.4	3188.6	17.7	2.6	128.6	-	24.8	2.3	1475.6	-	-	-	-	-	-
Korean Chicken Rice Bowl Tesco 22	601.5	2543.4	9.9	1.6	114.2	-	12.6	1.5	687.3	-	-	-	-	-	-
Kyoto Garden Platter Tesco 22	1530.8	6440.7	40.7	7.5	251.9	-	16.6	7.7	3495.7	-	-	-	-	-	-
Mango Cheesecake Mochi Tesco 22	206.7	869.8	8.3	5.1	35.2	-	2.3	0.0	9.6	-	-	-	-	-	-
O-Mega Salmon Tesco 22	597.5	2510.5	21.0	3.2	75.1	-	15.7	1.9	892.6	-	-	-	-	-	-
Plant Power Tesco 22	583.6	2453.7	18.3	4.3	92.4	-	6.3	2.2	1395.9	-	-	-	-	-	-
Pumpkin Katsu Bao Tesco 22	232.5	972.0	5.8	2.9	40.5	-	4.7	0.2	406.7	-	-	-	-	-	-
Raspberry White Chocolate Mochi Tesco 22	206.7	869.8	8.3	5.1	35.2	-	2.3	0.0	9.6	-	-	-	-	-	-
Salmon & Avocado Crunch Roll Tesco 22	438.5	1837.4	19.4	4.1	54.3	-	7.8	1.7	795.2	-	-	-	-	-	-
Salmon and Prawn Nigiri Tesco 22	311.9	1313.2	5.9	0.8	41.1	-	8.5	0.3	559.6	-	-	-	-	-	-
Salmon Avo Roll Tesco 22	386.0	1621.4	13.5	2.2	47.9	-	9.0	1.7	553.9	-	-	-	-	-	-
Salmon Dragon Roll Tesco 22	536.0	2242.6	26.0	2.9	57.1	-	14.9	1.7	781.8	-	-	-	-	-	-
Salmon Maki Tesco 22	193.2	813.9	4.8	0.7	30.4	-	4.8	0.7	366.2	-	-	-	-	-	-
Salmon Nigiri Tesco 22	317.3	1333.5	11.3	1.5	40.9	-	9.9	0.3	508.0	-	-	-	-	-	-
Salmon Snack Pack Tesco 22	202.4	851.5	6.2	0.8	28.8	-	5.7	0.5	352.4	-	-	-	-	-	-
Salmon Summer Roll YO!	236.8	989.6	11.8	2.9	24.9	-	7.5	1.7	630.0	-	-	-	-	-	-
Satay Yakitori NPD Tesco 22	212.8	888.2	10.6	6.3	10.3	-	19.3	2.0	568.4	-	-	-	-	-	-
Shibuya Party Platter Tesco 22	1669.6	7017.6	53.7	10.9	245.5	-	33.4	6.3	3331.6	-	-	-	-	-	-
Shrimply the Best Tesco 22	1016.6	4281.1	21.2	5.0	171.1	-	16.8	2.9	2499.9	-	-	-	-	-	-
Spicy Chicken Katsu Crunch Roll Mini Pack Tesco 22	229.9	964.9	8.9	2.7	30.7	-	4.8	1.3	432.5	-	-	-	-	-	-
Spicy Chicken Katsu Roll Tesco 22	397.4	1670.7	13.2	3.5	56.8	-	9.0	2.6	824.4	-	-	-	-	-	-
Spicy katsu chicken Rice Bowl NPD Tesco 22	623.5	2663.1	14.1	4.8	104.7	-	15.5	5.2	2037.2	-	-	-	-	-	-
Spicy Prawn Katsu Roll Tesco 22	352.9	1486.0	7.6	1.3	60.9	-	6.6	1.0	890.8	-	-	-	-	-	-
Spicy Salmon & Avocado Crunch Roll Mini pack Tesco 22	217.6	911.9	9.3	1.9	27.6	-	4.2	0.9	364.4	-	-	-	-	-	-
Spicy Salmon & Avocado Crunch Roll Tesco 22	430.8	1805.7	18.4	3.8	54.5	-	8.3	1.7	728.2	-	-	-	-	-	-

**Nutritional Information Recipe List (Values per serving)**

<b>Recipe Name</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>Saturates (g)</b>	<b>Carbs (g)</b>	<b>NMES (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Sodium (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>	<b>Zinc (mg)</b>	<b>Vit. A (µg)</b>	<b>Folic Acid (folate) (µg)</b>	<b>Vit. C (mg)</b>
Spicy Salmon Avo Roll Tesco 22	372.8	1564.7	14.0	1.8	50.5	-	7.7	1.7	688.2	-	-	-	-	-	-
Spicy Tuna Roll Tesco 22	315.7	1330.9	6.2	0.4	52.0	-	9.4	1.0	826.1	-	-	-	-	-	-
Spicy Vegan Crunch Roll Mini Pack Tesco 22	181.8	763.2	6.1	1.5	28.3	-	1.6	0.9	396.3	-	-	-	-	-	-
Spicy Veggie Crunch Roll Tesco 22	359.2	1508.3	12.0	3.0	56.0	-	3.1	1.9	792.0	-	-	-	-	-	-
Spicy Yakitori NPD Tesco 22	185.2	778.4	4.1	1.4	18.2	-	18.5	1.6	1429.6	-	-	-	-	-	-
Strawberry Cheesecake Mochi Tesco 22	185.0	773.9	5.4	3.1	32.4	-	0.0	0.0	69.1	-	-	-	-	-	-
Sushi Sharer Tesco 22	1107.2	4641.9	46.4	8.6	142.7	-	20.5	3.7	1926.9	-	-	-	-	-	-
Sweet Chilli Noodles Tesco 22	495.4	2100.9	4.4	0.5	107.5	-	9.3	2.3	853.4	-	-	-	-	-	-
Teriyaki Chicken Bites Mini Pack Tesco 22	376.9	1582.7	14.6	2.3	40.7	-	17.9	0.1	1439.6	-	-	-	-	-	-
Teriyaki Chicken Bites Tesco 22	753.8	3165.4	29.1	4.6	81.4	-	35.8	0.1	2879.2	-	-	-	-	-	-
Teriyaki Mayo Chicken Bites Mini Pack Tesco 22	381.3	1589.7	23.4	2.8	27.7	-	15.9	0.0	967.8	-	-	-	-	-	-
Tuna Crunch Roll Tesco 22	381.4	1603.6	11.7	2.7	55.8	-	9.5	1.0	933.1	-	-	-	-	-	-
Vegan Gyoza Mini Pack Tesco 22	94.4	395.9	2.8	0.2	13.6	-	3.5	0.9	186.4	-	-	-	-	-	-
Vegan Gyoza Tesco 22	232.5	979.8	4.6	0.4	40.5	-	6.2	1.6	726.7	-	-	-	-	-	-
Vegan Katsu Curry Tesco 22	511.9	2192.0	6.5	1.3	101.0	-	7.0	1.4	1354.3	-	-	-	-	-	-
Veggie Crunch Roll Tesco 22	366.9	1540.0	13.0	3.3	55.8	-	2.7	1.9	859.0	-	-	-	-	-	-
YO! Faves Pick 'n' Mix Tesco 22	770.4	3238.3	22.1	4.7	115.4	-	12.8	2.0	1575.3	-	-	-	-	-	-
Yuzu Cheesecake Pot Tesco 22	193.0	805.7	11.7	7.3	18.9	-	2.4	1.2	60.5	-	-	-	-	-	-

**Nutritional Information Recipe List (values per typical serving)**

<b>Recipe Name</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>saturates (g)</b>	<b>mono (g)</b>	<b>poly (g)</b>	<b>Carb (g)</b>	<b>Starch (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Sodium (mg)</b>
Korean BBQ Wings Sept 23 T	483.0	2029.6	19.6	4.7	0.0	0.0	38.8	4.8	-	34.3	1.8	1039.4
Spicy Korean BBQ Wings Sept 23 T	492.9	2070.9	19.8	4.7	0.0	0.0	41.8	4.8	-	34.7	1.8	1042.2
Sweet & Sour Namabn Chicken Sept 23 T	618.1	2611.8	11.0	1.7	0.0	0.0	113.7	-	39.8	14.1	-	919.1
Sweet and Sour Namban Bites Sept 23 T	712.3	2992.8	26.4	4.2	0.0	0.0	89.9	-	46.0	31.5	-	1727.0
YO! Yellow Chicken Curry Sept 23 T	819.5	1836.2	9.5	6.3	-	-	80.7	-	5.2	22.7	3.3	594.5

**Nutritional Information Recipe List (values per typical serving)**

<b>Recipe Name</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>saturates (g)</b>	<b>mono (g)</b>	<b>poly (g)</b>	<b>Carb (g)</b>	<b>Starch (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Sodium (mg)</b>
Cali Dragon Roll PK	498.2	2085.4	23.7	2.9	2.4	0.4	53.7	0.1	8.3	14.3	1.8	687.7
Chicken Katsu Roll	545.0	2293.7	16.7	5.4	3.7	0.7	80.5	0.0	9.9	12.5	4.1	1185.6
Classic Salmon & Green Dragon Bento	668.4	2809.2	22.0	3.3	4.0	0.7	95.1	0.1	13.5	16.0	3.3	1216.0
Green Dragon Roll	318.4	1339.5	8.5	1.4	2.4	0.4	47.9	0.1	7.6	9.2	2.2	747.5
Kaiso Top California Roll TSK	443.7	1795.2	16.1	1.6	2.4	0.4	61.6	0.0	10.1	5.7	2.0	1147.3
Kochi dragon sushi bento	651.7	2745.8	15.3	2.6	3.7	0.9	102.2	0.2	15.3	19.2	3.4	1359.1
Rainbow Roll YOF	455.0	1906.7	19.7	2.9	4.9	1.0	53.2	0.0	7.7	13.4	2.7	635.7
Spicy Salmon Teriyaki Dragon Roll	480.6	2016.3	19.3	2.6	2.4	0.4	57.9	0.4	10.7	15.4	1.9	826.2
Spicy Surimi Top Salmon Roll	375.4	1576.4	13.6	2.0	2.4	0.4	51.1	0.0	8.1	8.7	1.9	714.1
Tokyo Dragon Sushi Bento	659.5	2774.5	19.8	3.1	4.0	0.7	97.2	0.2	14.7	16.6	3.3	1285.2
Tuna Caterpillar Roll	352.9	1484.2	10.8	2.1	4.9	1.1	50.9	0.4	8.4	9.8	2.9	671.6
Volcano Roll	335.9	1412.3	10.3	1.7	2.4	0.4	50.1	0.0	9.1	7.1	2.1	813.2