



YD!

allergen & nutritional information

dine-in menu
september 2024

Menu FIR Intolerance Report

Version 4

16 Sep 2024

LC Restaurant Menu FULL MENU

| Dish Name | Cereals containing Gluten : | | | | | | | | | | Tree Nuts : | | | | | | | | | | | | | | |
|-----------|-----------------------------|---------------|---------------|-----|--------|------|------|-------------|----------|------|-------------|------|---------|----------|--------|------------|-----------|------------|---------------|---------------------------------|---------|--------|---------|--------|---------------------------|
| | Wheat | Spelt (Wheat) | Kamut (Wheat) | Rye | Barley | Oats | Fish | Crustaceans | Molluscs | Eggs | Soybeans | Milk | Almonds | Hazelnut | Walnut | Cashew nut | Pecan nut | Brazil nut | Pistachio nut | Macadamia nut or Queensland nut | Peanuts | Celery | Mustard | Sesame | Sulphur dioxide/sulphites |

Maki

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--|--|--|--|--|--|---|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|---|--|--|
| Avocado Maki | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cucumber Maki | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | |
| Mixed Maki Plate | | | | | | | ✓ | ✓ | | | | | | | | | | | | | | | | | | | |
| Salmon Maki | | | | | | | ✓ | ✓ | | | | | | | | | | | | | | | | | | | |

Rolls

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------------|---|---|---|--|--|---|---|---|---|---|---|---|--|--|--|--|--|--|--|--|--|--|--|---|---|---|---|
| Caterpillar Roll | ✓ | ✓ | | | | | ✓ | | | ✓ | ✓ | | | | | | | | | | | | | | | | ✓ |
| Chicken Katsu Sushi Sando | ✓ | ✓ | ✓ | | | M | M | M | ✓ | ✓ | ✓ | M | | | | | | | | | | | | M | M | | |
| Crunchy California Roll 4pc | ✓ | ✓ | ✓ | | | | ✓ | ✓ | | ✓ | ✓ | | | | | | | | | | | | | ✓ | ✓ | | |
| Dynamite Roll 4pc | ✓ | ✓ | ✓ | | | | ✓ | | | ✓ | | | | | | | | | | | | | | ✓ | ✓ | | |
| Hoisin Duck Roll 4pc | ✓ | ✓ | ✓ | | | | | | | | ✓ | | | | | | | | | | | | | | | | |
| Hoisin Mock 'Duck' Roll 4pc | ✓ | ✓ | ✓ | | | ✓ | | | | | ✓ | | | | | | | | | | | | | | | | |
| Katsu Shrimp Roll | ✓ | ✓ | ✓ | | | M | ✓ | ✓ | M | ✓ | ✓ | M | | | | | | | | | | | | M | M | | |
| Monster Maki | ✓ | ✓ | ✓ | | | M | ✓ | ✓ | M | ✓ | ✓ | M | | | | | | | | | | | | M | ✓ | | |
| Rainbow Roll | ✓ | ✓ | ✓ | | | | ✓ | ✓ | | ✓ | ✓ | | | | | | | | | | | | | | | | |
| Salmon Dragon Roll 4pc | ✓ | ✓ | ✓ | | | | ✓ | ✓ | | ✓ | ✓ | | | | | | | | | | | | | | ✓ | ✓ | |
| Spicy Chicken Katsu Roll 4pc | ✓ | ✓ | ✓ | | | M | M | M | M | ✓ | ✓ | M | | | | | | | | | | | | M | ✓ | ✓ | |
| Spicy Tuna Roll 4pc | | | | | | | ✓ | | | | | | | | | | | | | | | | | ✓ | ✓ | | |
| Veggie Volcano Roll 4pc | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | ✓ | ✓ | | |

LC Restaurant Menu FULL MENU

| Dish Name | Cereals containing Gluten : | | | | | | | | | | Tree Nuts : | | | | | | | | | | | | | | |
|-----------|------------------------------------|---------------|---------------|-----|--------|------|------|-------------|----------|------|--------------------|------|---------|----------|--------|------------|-----------|------------|---------------|---------------------------------|---------|--------|---------|--------|---------------------------|
| | Wheat | Spelt (Wheat) | Kamut (Wheat) | Rye | Barley | Oats | Fish | Crustaceans | Molluscs | Eggs | Soybeans | Milk | Almonds | Hazelnut | Walnut | Cashew nut | Pecan nut | Brazil nut | Pistachio nut | Macadamia nut or Queensland nut | Peanuts | Celery | Mustard | Sesame | Sulphur dioxide/sulphites |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------------|---|---|--|--|--|--|--|--|---|---|---|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Chocolate Mochi | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cotton Candy Cheesecake | ✓ | ✓ | | | | | | | ✓ | ✓ | ✓ | | | | | | | | | | | | | | | | |
| Custard Dorayaki Pancake | ✓ | ✓ | | | | | | | ✓ | | ✓ | | | | | | | | | | | | | | | | |
| Strawberry Mochi | | | | | | | | | | ✓ | ✓ | ✓ | | | | | | | | | | | | | | | |
| Yuzu & Lemon Doughnut | ✓ | ✓ | | | | | | | ✓ | | ✓ | | | | | | | | | | | | | | | | |

Hot Food

| | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------------|---|---|--|--|---|---|---|---|---|---|---|--|--|--|--|--|--|--|--|--|--|--|---|---|---|--|
| Beef Teriyaki | ✓ | ✓ | | | M | M | M | M | ✓ | ✓ | M | | | | | | | | | | | | M | ✓ | | |
| Chicken Katsu Curry | ✓ | ✓ | | | M | M | M | M | M | ✓ | M | | | | | | | | | | | | M | M | | |
| Chicken Katsu | ✓ | ✓ | | | M | M | M | M | M | ✓ | M | | | | | | | | | | | | M | M | | |
| Chicken Teriyaki | ✓ | ✓ | | | | | | | | ✓ | | | | | | | | | | | | | | ✓ | | |
| 'Duck' Teriyaki | ✓ | ✓ | | | ✓ | M | M | M | M | ✓ | M | | | | | | | | | | | | M | ✓ | | |
| Japanese Fried Chicken | ✓ | ✓ | | | M | M | M | M | ✓ | ✓ | M | | | | | | | | | | | | M | M | | |
| Korean Fried Chicken | ✓ | ✓ | | | M | M | M | M | M | ✓ | M | | | | | | | | | | | | M | M | | |
| Mighty Duck Fries | ✓ | ✓ | | | M | M | M | M | ✓ | ✓ | M | | | | | | | | | | | | ✓ | ✓ | ✓ | |
| Mighty Mock 'Duck' Fries | ✓ | ✓ | | | ✓ | M | M | M | M | ✓ | M | | | | | | | | | | | | ✓ | ✓ | ✓ | |
| Prawn Katsu Curry | ✓ | ✓ | | | M | M | ✓ | M | M | ✓ | M | | | | | | | | | | | | M | M | | |
| Prawn Katsu | ✓ | ✓ | | | M | M | ✓ | M | M | ✓ | M | | | | | | | | | | | | M | M | | |
| Pumpkin Katsu Curry | ✓ | ✓ | | | M | M | M | M | M | ✓ | M | | | | | | | | | | | | M | M | | |
| Pumpkin Katsu | ✓ | ✓ | | | M | M | M | M | M | ✓ | M | | | | | | | | | | | | M | M | | |
| Sweet Cod Nanbanzuke | ✓ | ✓ | | | M | ✓ | M | M | M | ✓ | M | | | | | | | | | | | | M | ✓ | ✓ | |
| YO! Fries | M | M | | | M | M | M | M | M | M | M | | | | | | | | | | | | M | ✓ | | |

LC Restaurant Menu FULL MENU

| Dish Name | Cereals containing Gluten : | | | | | | | | | | Tree Nuts : | | | | | | | | | | | | | | |
|-----------|-----------------------------|---------------|---------------|-----|--------|------|------|-------------|----------|------|-------------|------|---------|----------|--------|------------|-----------|------------|---------------|---------------------------------|---------|--------|---------|--------|---------------------------|
| | Wheat | Spelt (Wheat) | Kamut (Wheat) | Rye | Barley | Oats | Fish | Crustaceans | Molluscs | Eggs | Soybeans | Milk | Almonds | Hazelnut | Walnut | Cashew nut | Pecan nut | Brazil nut | Pistachio nut | Macadamia nut or Queensland nut | Peanuts | Celery | Mustard | Sesame | Sulphur dioxide/sulphites |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|---|---|--|--|---|--|---|---|---|---|---|--|--|--|--|--|--|--|--|--|--|--|--|---|---|--|--|
| YO! Fries Plain | M | M | | | M | | M | M | M | M | M | | | | | | | | | | | | | M | M | | |
|-----------------|---|---|--|--|---|--|---|---|---|---|---|--|--|--|--|--|--|--|--|--|--|--|--|---|---|--|--|

Ramen

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|---|---|--|--|---|--|---|---|---|---|---|---|--|--|--|--|--|--|--|--|--|--|---|---|--|--|--|
| Soy Egg | ✓ | ✓ | | | | | | | ✓ | ✓ | | | | | | | | | | | | | | | | | |
| Spicy Seafood Ramen | ✓ | ✓ | | | M | | ✓ | ✓ | ✓ | ✓ | ✓ | M | | | | | | | | | | | M | ✓ | | | |
| Teriyaki Chicken Ramen | ✓ | ✓ | | | M | | M | M | M | ✓ | ✓ | M | | | | | | | | | | | M | ✓ | | | |
| Veggie Dumpling Ramen | ✓ | ✓ | | | M | | M | M | M | M | ✓ | M | | | | | | | | | | | M | ✓ | | | |

Temaki

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------|---|---|--|--|--|--|---|---|--|---|---|--|--|--|--|--|--|--|--|--|--|--|--|---|---|--|--|
| California Temaki | ✓ | ✓ | | | | | ✓ | ✓ | | ✓ | ✓ | | | | | | | | | | | | | ✓ | ✓ | | |
| Salmon & Avocado Temaki | | | | | | | ✓ | | | ✓ | | | | | | | | | | | | | | ✓ | ✓ | | |
| Yasai Temaki | ✓ | ✓ | | | | | | | | | ✓ | | | | | | | | | | | | | ✓ | ✓ | | |

Chirashi

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|---|---|--|--|---|--|---|---|---|---|---|---|--|--|--|--|--|--|--|--|--|--|---|---|---|--|--|
| Nanbanzuke Chilled Cod | ✓ | ✓ | | | M | | ✓ | M | M | M | ✓ | M | | | | | | | | | | | M | ✓ | ✓ | | |
| Salmon Mango Salsa | ✓ | ✓ | | | | | ✓ | | | | ✓ | | | | | | | | | | | | | ✓ | ✓ | | |
| Tuna Mango Salsa | ✓ | ✓ | | | | | ✓ | | | | ✓ | | | | | | | | | | | | | ✓ | ✓ | | |

Yakisoba & Fried Rice

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------------------|---|---|--|--|--|---|---|--|--|--|---|--|--|--|--|--|--|--|--|--|--|--|--|---|---|--|--|
| Chicken Firecracker Rice | ✓ | ✓ | | | | | | | | | ✓ | | | | | | | | | | | | | ✓ | ✓ | | |
| Chicken Yakisoba | ✓ | ✓ | | | | | | | | | ✓ | | | | | | | | | | | | | ✓ | ✓ | | |
| Hoisin 'Duck' Firecracker Rice | ✓ | ✓ | | | | ✓ | | | | | ✓ | | | | | | | | | | | | | ✓ | ✓ | | |
| Hoisin Mock 'Duck' Yakisoba | ✓ | ✓ | | | | ✓ | | | | | ✓ | | | | | | | | | | | | | ✓ | ✓ | | |
| Salmon Firecracker Rice | ✓ | ✓ | | | | | ✓ | | | | ✓ | | | | | | | | | | | | | ✓ | ✓ | | |

LC Restaurant Menu FULL MENU

| Dish Name | Cereals containing Gluten : | | | | | | | | | | Tree Nuts : | | | | | | | | | | | | | | |
|-----------|-----------------------------|---------------|---------------|-----|--------|------|------|-------------|----------|------|-------------|------|---------|----------|--------|------------|-----------|------------|---------------|---------------------------------|---------|--------|---------|--------|---------------------------|
| | Wheat | Spelt (Wheat) | Kamut (Wheat) | Rye | Barley | Oats | Fish | Crustaceans | Molluscs | Eggs | Soybeans | Milk | Almonds | Hazelnut | Walnut | Cashew nut | Pecan nut | Brazil nut | Pistachio nut | Macadamia nut or Queensland nut | Peanuts | Celery | Mustard | Sesame | Sulphur dioxide/sulphites |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------------|---|---|--|--|--|---|---|---|---|---|---|---|--|--|--|--|--|--|--|--|--|--|--|---|---|--|--|
| Mega Teriyaki Gyoza Vegetable | ✓ | ✓ | | | | M | M | M | M | M | ✓ | M | | | | | | | | | | | | M | ✓ | | |
| Vegetable Gyoza 5pc | ✓ | ✓ | | | | M | M | M | M | M | ✓ | M | | | | | | | | | | | | M | ✓ | | |
| Vegetable Gyoza | ✓ | ✓ | | | | M | M | M | M | M | ✓ | M | | | | | | | | | | | | M | ✓ | | |

Selection Plates

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------------|---|---|--|--|--|---|---|---|---|---|---|---|--|--|--|--|--|--|--|--|--|--|--|---|---|---|--|
| Green Vibes Only | ✓ | ✓ | | | | | | | | | ✓ | | | | | | | | | | | | | ✓ | ✓ | | |
| Meat YO! Match | ✓ | ✓ | | | | M | M | M | M | M | ✓ | M | | | | | | | | | | | | M | ✓ | ✓ | |
| Nigiri 'n' Maki Mix | | | | | | | ✓ | | | | | | | | | | | | | | | | | ✓ | ✓ | | |
| Salmon Top Hits | ✓ | ✓ | | | | | ✓ | | | ✓ | ✓ | | | | | | | | | | | | | | | | |
| Tuna Non-Stop | | | | | | | ✓ | | | ✓ | ✓ | | | | | | | | | | | | | | ✓ | | |

Sides

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------------|---|---|--|--|--|--|--|--|--|--|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Curry Sauce Large Dip | ✓ | ✓ | | | | | | | | | ✓ | | | | | | | | | | | | | | | | |
| Miso Soup | ✓ | ✓ | | | | | | | | | ✓ | | | | | | | | | | | | | | | | |
| Pr*wn Crackers | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Steamed Rice | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Platters

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------------|---|---|--|--|--|--|---|--|--|---|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| All Salmon Love Set | ✓ | ✓ | | | | | ✓ | | | ✓ | ✓ | | | | | | | | | | | | | | | | |
|---------------------|---|---|--|--|--|--|---|--|--|---|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

Sticks

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|---|---|--|--|--|---|---|---|---|---|---|---|--|--|--|--|--|--|--|--|--|--|--|---|---|--|--|
| Chicken Tsukune | ✓ | ✓ | | | | M | M | M | M | ✓ | ✓ | M | | | | | | | | | | | | ✓ | ✓ | | |
| Chicken Yakitori | ✓ | ✓ | | | | M | M | M | M | M | ✓ | M | | | | | | | | | | | | M | ✓ | | |

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) |
|-----------------------------|--------------------------|------------------------|--------------------|--------------------------|---------------------|---------------------|---------------------|-----------------------|-----------------------|------------------------|----------------------|------------------------|
| All Salmon Love | 549.7 | 2290.6 | 24.7 | 3.0 | 0.6 | 0.2 | 57.6 | 0.0 | 7.7 | 24.3 | 1.3 | 764.6 |
| Apple Pie Gyoza | 162.1 | 686.6 | 1.8 | 0.4 | 0.6 | 0.3 | 33.2 | 1.1 | 14.9 | 2.8 | 1.5 | 29.3 |
| Avocado Maki | 198.2 | 825.9 | 6.3 | 1.1 | 3.0 | 0.6 | 32.5 | 0.0 | 3.9 | 2.9 | 1.8 | 328.0 |
| Banoffee Chocolate Harumaki | 241.5 | 1022.8 | 3.0 | 0.7 | 0.7 | 0.3 | 56.9 | 1.4 | 38.0 | 4.8 | 2.3 | 110.6 |
| Beef Teriyaki | 324.2 | 1348.7 | 21.7 | 4.1 | 7.6 | 8.7 | 19.4 | 10.0 | 7.3 | 13.5 | 1.3 | 374.0 |
| California Temaki | 215.0 | 893.6 | 13.5 | 1.5 | 1.8 | 0.3 | 19.5 | 0.0 | 2.7 | 4.6 | 1.3 | 407.8 |
| Caterpillar Roll | 266.9 | 1111.4 | 12.9 | 2.2 | 4.8 | 0.9 | 32.6 | 0.7 | 9.8 | 5.4 | 2.9 | 705.3 |
| Cherry Dough.chi | 209.0 | 873.7 | 10.3 | 518.0 | 0.0 | 0.0 | 26.9 | 0.0 | 16.5 | 2.5 | 1.3 | 73.0 |
| Chicken Firecracker Rice | 437.6 | 1825.4 | 14.0 | 2.1 | 2.3 | 5.8 | 60.2 | 0.0 | 3.9 | 18.3 | 2.8 | 756.5 |
| Chicken Gyoza 5pc | 206.2 | 835.8 | 8.8 | 1.2 | 3.0 | 1.5 | 21.0 | 0.0 | 1.6 | 8.1 | 2.3 | 1117.1 |
| Chicken Gyoza | 139.5 | 568.9 | 7.2 | 0.8 | 3.0 | 1.5 | 12.5 | 0.0 | 1.0 | 4.8 | 1.4 | 606.5 |
| Chicken Katsu Curry | 537.3 | 2246.2 | 20.1 | 7.8 | 3.0 | 1.5 | 72.2 | 0.0 | 3.0 | 16.6 | 2.8 | 789.5 |
| Chicken Katsu Curry Large | 886.1 | 3703.2 | 36.4 | 13.3 | 5.9 | 2.9 | 108.2 | 0.0 | 4.0 | 30.4 | 4.8 | 1182.8 |
| Chicken Katsu | 248.4 | 1037.0 | 15.1 | 4.7 | 3.0 | 1.5 | 15.0 | 0.0 | 3.5 | 12.3 | 1.8 | 558.0 |
| Chicken Katsu Sushi Sando | 549.3 | 2289.2 | 26.9 | 6.0 | 0.6 | 0.3 | 60.6 | 0.0 | 6.7 | 16.1 | 2.8 | 936.2 |
| Chicken Teriyaki | 190.5 | 798.3 | 7.2 | 1.9 | 0.0 | 0.1 | 12.7 | 1.3 | 7.4 | 19.8 | 0.5 | 799.5 |
| Chicken Tsukune | 401.2 | 1669.1 | 27.4 | 8.1 | 0.6 | 0.3 | 8.1 | 0.6 | 6.4 | 2.6 | 29.2 | 289.8 |
| Chicken Yakisoba | 290.7 | 1218.9 | 10.7 | 1.6 | 2.1 | 5.5 | 34.0 | 16.5 | 15.7 | 14.6 | 2.2 | 1461.3 |
| Chicken Yakitori | 227.2 | 942.0 | 12.3 | 1.9 | 2.3 | 1.1 | 10.6 | 0.6 | 9.1 | 18.7 | 0.8 | 797.7 |
| Chocolate Dough.chi | 214.6 | 902.0 | 7.9 | 4.0 | 0.0 | 0.0 | 33.3 | 0.2 | 19.2 | 1.5 | 2.0 | 80.4 |
| Chocolate Mochi | 256.1 | 1072.8 | 9.8 | 6.1 | 0.1 | 0.0 | 37.2 | 0.2 | 23.2 | 3.0 | 0.1 | 205.2 |
| Chukaman Pork Bun | 222.3 | 934.8 | 6.5 | 1.4 | 2.7 | 1.3 | 32.2 | 28.8 | 3.2 | 7.9 | 1.6 | 343.0 |
| Classic Edamame | 116.5 | 487.0 | 3.3 | 0.5 | 0.0 | 0.0 | 12.1 | 0.0 | 1.0 | 11.8 | 4.6 | 393.9 |
| Cotton Candy Cheesecake | 318.6 | 1331.5 | 19.5 | 11.9 | 0.1 | 0.1 | 27.3 | 0.0 | 20.8 | 7.5 | 0.2 | 1.9 |
| Crunchy California Roll 4pc | 297.8 | 1238.0 | 17.6 | 2.5 | 1.1 | 0.2 | 31.2 | 0.7 | 6.8 | 4.2 | 1.3 | 590.5 |
| Cucumber Maki | 144.6 | 604.4 | 0.5 | 0.1 | 0.0 | 0.0 | 32.4 | 0.0 | 4.1 | 2.7 | 0.9 | 316.4 |
| Curry Sauce Large Dip | 88.2 | 368.8 | 6.0 | 3.8 | 0.0 | 0.0 | 7.8 | 0.0 | 3.0 | 0.9 | 0.6 | 606.7 |
| Custard Dorayaki Pancake | 174.1 | 733.8 | 1.8 | 0.8 | 0.0 | 0.0 | 36.7 | 0.0 | 19.2 | 2.3 | 0.0 | 1.3 |
| 'Duck' Teriyaki | 197.8 | 874.5 | 5.5 | 0.7 | 0.6 | 0.4 | 15.6 | 1.3 | 7.8 | 21.8 | 1.4 | 585.1 |
| Dynamite Roll 4pc | 389.3 | 1647.7 | 15.9 | 2.7 | 1.3 | 0.3 | 52.9 | 0.0 | 12.3 | 6.4 | 2.0 | 837.2 |
| Green Vibes Only | 243.8 | 1009.5 | 5.9 | 1.1 | 1.5 | 0.4 | 41.8 | 0.0 | 10.1 | 5.2 | 1.9 | 601.8 |

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) |
|--------------------------------------|--------------------------|------------------------|--------------------|--------------------------|---------------------|---------------------|---------------------|-----------------------|-----------------------|------------------------|----------------------|------------------------|
| Hoisin 'Duck' Firecracker Rice | 455.3 | 1914.7 | 15.0 | 2.2 | 2.3 | 5.8 | 65.7 | 0.6 | 7.1 | 14.6 | 2.9 | 864.7 |
| Hoisin Duck Roll 4pc | 137.7 | 577.9 | 1.2 | 0.5 | 0.0 | 0.0 | 26.8 | 0.2 | 7.5 | 5.0 | 0.6 | 334.2 |
| Hoisin Mock 'Duck' Roll 4pc | 172.3 | 730.2 | 2.0 | 0.6 | 0.0 | 0.0 | 32.5 | 0.3 | 9.1 | 6.0 | 0.9 | 387.7 |
| Hoisin Mock 'Duck' Yakisoba | 374.9 | 1586.8 | 14.2 | 2.0 | 2.6 | 6.8 | 47.3 | 20.8 | 22.6 | 14.3 | 2.9 | 1903.6 |
| Inari Taco | 144.4 | 591.3 | 4.7 | 0.7 | 0.5 | 0.1 | 20.6 | 0.0 | 7.8 | 4.2 | 0.5 | 274.5 |
| Japanese Fried Chicken | 344.4 | 1435.2 | 21.3 | 5.9 | 3.0 | 1.5 | 18.3 | 0.0 | 0.6 | 19.8 | 2.4 | 711.0 |
| Kaiso Seaweed | 106.6 | 424.4 | 3.0 | 0.4 | 0.0 | 0.1 | 14.7 | 0.1 | 12.1 | 3.4 | 1.9 | 685.4 |
| Katsu Shrimp Roll | 291.7 | 1213.9 | 12.8 | 2.5 | 6.6 | 1.5 | 37.4 | 0.0 | 3.8 | 6.9 | 3.6 | 1113.2 |
| Kimchi Chicken | 185.4 | 775.7 | 6.8 | 1.7 | 0.2 | 0.5 | 13.3 | 0.1 | 8.9 | 17.6 | 1.4 | 1215.1 |
| Konbini Tuna Onigiri | 216.1 | 900.4 | 6.8 | 0.7 | 0.0 | 0.0 | 30.4 | 0.0 | 5.0 | 8.5 | 0.6 | 1036.2 |
| Korean Fried Chicken | 380.5 | 1599.0 | 13.2 | 5.2 | 3.0 | 1.5 | 44.7 | 0.0 | 21.1 | 19.6 | 2.4 | 798.8 |
| Korean Fried Chicken Rice Bowl Large | 1050.7 | 4413.5 | 22.2 | 10.3 | 3.0 | 1.5 | 164.2 | 0.0 | 42.3 | 44.9 | 5.6 | 1469.2 |
| Meat YO! Match | 220.8 | 923.8 | 4.0 | 1.2 | 0.9 | 0.3 | 39.7 | 0.1 | 8.7 | 6.4 | 1.5 | 609.1 |
| Mega Korean Gyoza Chicken 5pc | 283.7 | 1184.0 | 16.5 | 1.9 | 3.1 | 1.5 | 24.9 | 0.0 | 5.0 | 7.9 | 2.5 | 630.5 |
| Mega Korean Gyoza Chicken | 228.1 | 949.6 | 15.4 | 1.6 | 3.1 | 1.5 | 16.9 | 0.0 | 4.4 | 5.0 | 1.6 | 438.5 |
| Mega Korean Gyoza Vegetable 5pc | 229.1 | 961.8 | 7.0 | 0.8 | 0.7 | 0.4 | 34.0 | 0.0 | 6.3 | 6.7 | 1.8 | 511.3 |
| Mega Korean Gyoza vegetable | 168.3 | 705.0 | 6.6 | 0.7 | 0.7 | 0.4 | 22.4 | 0.0 | 5.2 | 4.2 | 1.2 | 360.9 |
| Mega Teriyaki Gyoza Chicken 5pc | 278.6 | 1162.8 | 16.2 | 1.8 | 3.0 | 1.5 | 24.5 | 0.7 | 4.8 | 7.9 | 2.4 | 702.2 |
| Mega Teriyaki Gyoza Chicken | 223.0 | 928.4 | 15.1 | 1.5 | 3.0 | 1.5 | 16.5 | 0.7 | 4.2 | 5.0 | 1.5 | 510.2 |
| Mega Teriyaki Gyoza Vegetable 5pc | 224.1 | 940.6 | 6.6 | 0.8 | 0.6 | 0.3 | 33.6 | 0.7 | 6.1 | 6.7 | 1.7 | 583.0 |
| Mega Teriyaki Gyoza Vegetable | 163.3 | 683.8 | 6.3 | 0.7 | 0.6 | 0.3 | 22.0 | 0.7 | 5.0 | 4.2 | 1.1 | 432.6 |
| Mighty Duck Fries | 325.7 | 1361.6 | 17.3 | 1.6 | 2.5 | 1.3 | 32.7 | 0.5 | 6.2 | 9.3 | 0.2 | 762.4 |
| Mighty Mock 'Duck' Fries | 292.9 | 1240.8 | 12.2 | 1.2 | 0.6 | 0.3 | 35.2 | 0.5 | 6.8 | 9.5 | 0.5 | 757.1 |
| Miso Soup | 52.5 | 220.0 | 1.2 | 0.2 | 0.0 | 0.0 | 6.7 | 0.0 | 3.0 | 2.7 | 0.0 | 1094.1 |
| Mixed Maki Plate | 197.0 | 821.7 | 5.5 | 0.8 | 1.5 | 0.3 | 32.2 | 0.0 | 3.8 | 4.7 | 1.2 | 327.8 |
| Monster Maki | 164.6 | 686.3 | 5.5 | 0.7 | 0.9 | 0.2 | 24.4 | 0.0 | 3.3 | 4.5 | 1.2 | 366.9 |
| Nanbanzuke Chilled Cod | 303.3 | 1215.9 | 6.0 | 1.0 | 3.2 | 1.0 | 51.6 | - | 12.7 | 8.0 | - | 771.3 |

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) |
|------------------------------|--------------------------|------------------------|--------------------|--------------------------|---------------------|---------------------|---------------------|-----------------------|-----------------------|------------------------|----------------------|------------------------|
| Nigiri 'n' Maki Mix | 208.6 | 871.5 | 4.8 | 0.6 | 0.4 | 0.1 | 33.4 | 0.0 | 4.1 | 8.1 | 0.7 | 343.6 |
| Pizaman Pizza Bun | 248.0 | 1043.1 | 8.5 | 4.7 | 0.8 | 0.4 | 31.6 | 29.2 | 2.2 | 10.5 | 1.9 | 203.3 |
| Pr*wn Crackers | 118.4 | 499.5 | 3.2 | 0.2 | 0.0 | 0.0 | 21.9 | 0.0 | 9.3 | 0.2 | 0.1 | 151.0 |
| Prawn Katsu Curry Large | 663.6 | 2770.5 | 17.8 | 5.2 | 5.9 | 2.9 | 110.8 | 0.0 | 3.4 | 15.7 | 3.8 | 1388.8 |
| Prawn Katsu Curry | 441.0 | 1842.1 | 10.9 | 3.8 | 3.0 | 1.5 | 76.0 | 0.0 | 2.7 | 10.2 | 2.5 | 967.5 |
| Prawn Katsu | 152.1 | 632.9 | 6.0 | 0.8 | 3.0 | 1.5 | 18.8 | 0.0 | 3.2 | 5.9 | 1.6 | 736.0 |
| Pumpkin Katsu Curry Large | 544.9 | 2279.0 | 7.5 | 3.6 | 0.5 | 0.3 | 110.8 | 0.0 | 13.8 | 9.4 | 3.2 | 731.6 |
| Pumpkin Katsu Curry | 401.1 | 1677.4 | 6.5 | 3.2 | 0.6 | 0.3 | 79.5 | 0.0 | 8.7 | 6.6 | 2.1 | 602.8 |
| Pumpkin Katsu | 118.6 | 491.0 | 1.6 | 0.2 | 0.6 | 0.3 | 23.6 | 0.0 | 9.2 | 2.5 | 1.3 | 422.4 |
| Rainbow Roll | 237.1 | 987.5 | 11.3 | 1.5 | 2.3 | 0.5 | 25.1 | 0.0 | 3.2 | 9.2 | 1.3 | 361.4 |
| Salmon & Avocado Temaki | 180.9 | 751.6 | 11.2 | 1.4 | 1.8 | 0.3 | 15.2 | 0.0 | 1.8 | 5.1 | 1.3 | 180.5 |
| Salmon Dragon Roll 4pc | 232.5 | 968.1 | 11.4 | 1.3 | 1.2 | 0.2 | 25.6 | 0.0 | 3.4 | 7.1 | 0.9 | 362.1 |
| Salmon Firecracker Rice | 477.8 | 1988.4 | 20.8 | 2.8 | 2.3 | 5.8 | 60.0 | 0.0 | 3.7 | 13.0 | 2.6 | 678.2 |
| Salmon Maki | 195.8 | 817.5 | 4.8 | 0.6 | 0.0 | 0.0 | 31.9 | 0.0 | 3.8 | 6.4 | 0.6 | 327.5 |
| Salmon Mango Salsa | 331.6 | 1330.2 | 11.8 | 1.8 | 2.4 | 0.5 | 43.7 | 0.7 | 7.8 | 10.1 | 2.1 | 538.8 |
| Salmon Nigiri | 106.3 | 443.6 | 3.7 | 0.4 | 0.0 | 0.0 | 14.1 | 0.0 | 1.7 | 4.0 | 0.1 | 150.1 |
| Salmon Ponzu Salsa | 126.8 | 514.3 | 9.2 | 1.1 | 0.0 | 0.0 | 1.7 | 0.0 | 0.8 | 8.6 | 0.2 | 358.3 |
| 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 Top Hits | 279.2 | 1163.4 | 12.4 | 1.5 | 0.3 | 0.1 | 29.4 | 0.0 | 4.3 | 12.4 | 0.8 | 418.0 |
| Salmon Yakisoba | 323.2 | 1350.7 | 16.2 | 2.2 | 2.1 | 5.5 | 33.9 | 16.5 | 15.6 | 10.3 | 2.1 | 1397.5 |
| Smashed Cucumbers | 22.4 | 83.7 | 0.7 | 0.1 | 0.0 | 0.0 | 2.3 | 0.1 | 1.6 | 1.2 | 1.0 | 1489.4 |
| Soy Egg | 42.1 | 175.8 | 2.7 | 0.8 | 1.5 | 0.4 | 0.4 | 0.0 | 0.0 | 4.2 | 0.0 | 326.8 |
| Spicy Chicken Katsu Roll 4pc | 169.3 | 708.5 | 3.2 | 1.1 | 0.3 | 0.2 | 30.1 | 0.0 | 5.9 | 4.9 | 0.8 | 520.5 |
| Spicy Seafood Ramen | 415.3 | 2014.5 | 13.2 | 2.3 | 2.2 | 2.2 | 46.7 | 35.7 | 7.3 | 26.5 | 2.6 | 3413.3 |
| Spicy Tuna Roll 4pc | 319.6 | 1360.7 | 7.3 | 1.4 | 1.4 | 0.4 | 53.5 | 0.0 | 13.5 | 7.8 | 2.0 | 982.5 |
| Steamed Rice | 301.7 | 1262.6 | 0.3 | 0.0 | 0.0 | 0.0 | 69.9 | 0.0 | 0.3 | 4.9 | 0.8 | 0.0 |
| Strawberry Mochi | 193.7 | 816.3 | 5.1 | 3.1 | 0.0 | 0.0 | 35.1 | 0.0 | 22.7 | 1.6 | 0.0 | 75.0 |
| Sweet Cod Nanbanzuke | 261.5 | 1094.7 | 10.9 | 0.8 | 5.9 | 3.3 | 26.3 | - | 17.6 | 14.1 | - | 900.9 |
| Teriyaki Beef Large | 967.2 | 4031.0 | 43.4 | 8.1 | 15.2 | 17.2 | 112.2 | 20.0 | 14.0 | 32.0 | 3.0 | 602.5 |
| Teriyaki Chicken Large | 699.7 | 2930.2 | 14.4 | 3.7 | 0.0 | 0.0 | 99.0 | 2.5 | 14.3 | 44.6 | 1.4 | 1453.4 |

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) |
|-------------------------|--------------------------|------------------------|--------------------|--------------------------|---------------------|---------------------|---------------------|-----------------------|-----------------------|------------------------|----------------------|------------------------|
| Teriyaki Chicken Ramen | 498.9 | 2365.8 | 15.8 | 3.5 | 2.2 | 2.2 | 54.6 | 37.0 | 13.5 | 34.4 | 2.6 | 3515.0 |
| Teriyaki 'duck' Large | 705.5 | 3045.6 | 9.9 | 1.2 | 0.6 | 0.3 | 104.7 | 2.5 | 15.1 | 48.6 | 3.2 | 1024.6 |
| Tuna & Avocado Tartare | 140.4 | 576.6 | 8.6 | 2.4 | 3.7 | 0.9 | 3.2 | 0.0 | 0.8 | 11.9 | 1.8 | 260.8 |
| Tuna Mango Salsa | 284.4 | 1137.4 | 5.0 | 1.0 | 2.5 | 0.7 | 43.8 | 0.7 | 7.9 | 14.1 | 2.3 | 532.4 |
| Tuna Nigiri | 82.7 | 347.2 | 0.3 | 0.1 | 0.1 | 0.1 | 14.2 | 0.0 | 1.7 | 6.0 | 0.2 | 146.9 |
| Tuna Non-Stop | 244.0 | 1029.2 | 2.9 | 0.6 | 0.5 | 0.6 | 36.3 | 0.0 | 6.3 | 18.4 | 1.3 | 489.1 |
| Tuna Sashimi | 88.2 | 372.4 | 1.2 | 0.3 | 0.2 | 0.6 | 0.9 | 0.0 | 0.6 | 19.6 | 0.5 | 77.2 |
| Vegetable Gyoza 5pc | 183.3 | 744.0 | 2.9 | 0.4 | 0.6 | 0.3 | 30.0 | 0.0 | 2.8 | 7.1 | 1.6 | 1013.1 |
| Vegetable Gyoza | 111.3 | 454.7 | 2.0 | 0.3 | 0.6 | 0.3 | 17.9 | 0.0 | 1.7 | 4.2 | 1.0 | 544.1 |
| Vegetable Yakisoba | 246.1 | 1030.3 | 10.2 | 1.5 | 2.1 | 5.4 | 33.5 | 16.3 | 15.4 | 5.1 | 2.0 | 1365.8 |
| Veggie Dumpling Ramen | 393.0 | 1920.1 | 7.8 | 1.1 | 1.4 | 2.1 | 63.6 | 33.8 | 11.6 | 15.5 | 4.7 | 2463.8 |
| Veggie Firecracker Rice | 386.4 | 1608.6 | 13.5 | 1.9 | 2.3 | 5.8 | 60.0 | 0.0 | 3.7 | 6.7 | 2.6 | 658.9 |
| Veggie Volcano Roll 4pc | 223.6 | 930.9 | 10.3 | 2.7 | 4.8 | 0.9 | 29.7 | 0.0 | 5.9 | 3.0 | 2.7 | 291.9 |
| Yasai Roll 4pc | 338.0 | 1434.7 | 10.5 | 1.5 | 1.3 | 0.3 | 54.9 | 0.7 | 14.4 | 3.7 | 1.9 | 859.4 |
| Yasai Temaki | 137.0 | 567.1 | 6.5 | 1.0 | 1.8 | 0.3 | 16.8 | 0.0 | 3.3 | 2.7 | 1.4 | 191.9 |
| YO! Fries | 284.6 | 1188.2 | 15.2 | 1.4 | 0.6 | 0.3 | 32.8 | 0.0 | 2.1 | 3.1 | 0.0 | 718.1 |
| YO! Fries Plain | 214.2 | 898.6 | 8.2 | 0.9 | 0.6 | 0.3 | 31.2 | 0.0 | 1.0 | 3.0 | 0.0 | 463.2 |
| YO! Roll 4pc | 194.2 | 809.1 | 7.5 | 1.0 | 1.2 | 0.2 | 25.2 | 0.0 | 4.1 | 6.5 | 0.9 | 403.6 |
| Yuzu & Lemon Doughnut | 318.8 | 1333.1 | 12.6 | 6.6 | 3.4 | 2.0 | 47.0 | 20.2 | 24.1 | 3.7 | 1.1 | 252.9 |
| Yuzu Shu Cream Puff | 428.0 | 1783.2 | 29.3 | 19.8 | 4.5 | 1.0 | 32.8 | 2.3 | 21.7 | 8.3 | 0.8 | 177.3 |