

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

YD!

The background features a dark blue field with faint, stylized silhouettes of various food items like bread, pasta, and vegetables. A large, vibrant yellow sunburst graphic is positioned in the upper right, with white sesame seeds scattered around it.

allergen information & dietary guide

to go menu

last updated: 12th April 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 | 140.0 | 568.9 | 7.7 | 1.1 | 3.0 | 1.5 | 11.2 | 0.0 | 0.0 | 5.9 | 0.0 | 528.5 |
| 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 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 | 513.1 | 2180.8 | 12.7 | 2.2 | 5.7 | 3.3 | 66.6 | - | 10.6 | 28.4 | 1.7 | 1191.9 |
| Crunchy California Roll TOGO July 20 | 408.1 | 1707.4 | 20.2 | 2.9 | 2.0 | 0.4 | 47.6 | 0.3 | 8.0 | 4.9 | 1.5 | 655.2 |
| 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 |
| 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 | 539.3 | 2279.8 | 13.7 | 2.6 | 6.3 | 2.1 | 88.0 | 0.0 | 12.2 | 9.9 | 3.6 | 1305.2 |
| 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 |

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) |
|---|------------------|----------------|------------|------------------|-------------|-------------|-------------|---------------|---------------|----------------|--------------|----------------|
| Plant Power TOGO July 20 | 466.0 | 1966.4 | 14.3 | 2.4 | 2.2 | 0.4 | 73.8 | 0.4 | 21.4 | 6.5 | 2.3 | 1273.4 |
| 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 | 134.3 | 575.8 | 8.3 | 1.3 | 4.1 | 2.4 | 2.7 | 0.0 | 1.4 | 12.4 | 0.3 | 323.2 |
| 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 | 428.6 | 1824.6 | 10.2 | 1.8 | 4.8 | 2.8 | 64.2 | 0.0 | 9.0 | 15.3 | 1.2 | 1050.2 |
| 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 | 552.1 | 2351.9 | 18.3 | 3.1 | 8.6 | 4.8 | 66.8 | 0.0 | 10.6 | 25.5 | 1.7 | 1212.0 |
| Sushi Sharer TOGO July 20 | 1267.9 | 5349.9 | 39.2 | 5.8 | 10.9 | 5.1 | 177.1 | 0.4 | 27.2 | 38.9 | 4.1 | 3109.1 |
| 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 |
| 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 |