

# allergen & nutritional information

Dine-in menu

Christmas 2023



YO!  
hoho

# Menu FIR Intolerance Report

## Christmas Menu '23

Dish Name

<b>Cereals containing Gluten :</b>													<b>Tree Nuts :</b>														
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	Lupin		

### JFC Boxes

JF Karaage	✓	✓					✓	M	M	✓	✓	✓											✓	✓		
JF Meat Free Chick'n	✓	✓			✓					✓	✓												✓	✓		
The OG JFC	✓	✓					M	M	M	M	✓	M										✓	✓			

### Bao Buns

Naughty But Nice Bao	✓	✓					M	M	M	M	M	M										✓	M		
Naughty But Nice Plant-Based Bao	✓	✓			✓					✓													M		

### Rolls

JFC Karaage Plant-Based Sushi Roll 3pc	✓	✓			✓					✓													✓	✓		
JFC Karaage Plant-Based Sushi Roll 6pc	✓	✓			✓					✓													✓	✓		
JFC Karaage Sushi Roll 3pc	✓	✓					M	M	M	M	M	M										✓	✓			
JFC Karaage Sushi Roll 6pc	✓	✓					M	M	M	M	M	M										✓	✓			
Piggies In A Blanket 4pc	✓	✓								✓												✓	✓		✓	
Piggies In A Blanket 8pc	✓	✓								✓												✓	✓		✓	
Prawn Cocktail Sushi Roll 4pc							✓		✓	✓												✓	✓	✓		
Prawn Cocktail Sushi Roll 8pc							✓		✓	✓												✓	✓	✓		

## 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)
JF Karaage	954.9	3986.4	44.2	9.0	3.0	1.5	104.2	0.6	29.5	33.1	1.8	2385.6
JF Meat Free Chick'n	904.4	3775.0	40.4	10.2	3.0	1.5	93.8	0.6	28.9	34.5	10.1	2321.6
JFC Karaage Plant-Based Sushi Roll 3pc	245.8	1010.0	9.6	1.4	1.0	0.5	29.8	0.3	4.7	5.6	2.4	481.9
JFC Karaage Plant-Based Sushi Roll 6pc	491.5	2019.9	19.2	2.8	2.0	1.0	59.5	0.6	9.5	11.2	4.8	963.7
JFC Karaage Sushi Roll 3pc	206.7	848.5	6.4	0.7	1.0	0.5	29.2	0.3	6.0	4.1	1.0	391.7
JFC Karaage Sushi Roll 6pc	413.4	1696.9	12.8	1.5	2.0	1.0	58.3	0.6	11.9	8.2	2.0	783.4
Naughty But Nice Bao	342.8	1429.7	10.7	1.3	3.0	1.5	48.4	0.1	18.1	13.5	0.6	430.8
Naughty But Nice Plant-Based Bao	460.0	1914.2	20.2	3.2	3.0	1.5	50.2	0.1	14.4	18.1	4.8	701.3
Piggies In A Blanket 4pc	310.2	1321.0	7.5	1.3	1.3	0.3	54.9	0.6	14.4	3.6	1.8	778.6
Piggies In A Blanket 8pc	620.5	2642.1	15.0	2.5	2.7	0.6	109.9	1.2	28.7	7.2	3.7	1557.2
Prawn Cocktail Sushi Roll 4pc	406.4	1718.0	15.9	1.9	1.6	0.4	53.9	0.0	13.1	9.9	2.1	1027.3
Prawn Cocktail Sushi Roll 8pc	815.1	3445.5	31.7	3.9	3.3	0.8	108.1	0.1	26.6	19.8	4.2	2055.2
The OG JFC	943.0	3950.7	34.5	17.2	3.0	1.5	112.2	0.6	47.7	42.7	3.6	2580.3