







# Recipe FIR Intolerance Report

Dish Name	<u>Cereals containing Gluten :</u>										<u>Tree Nuts :</u>																
	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	
Smoked Salmon Cream Cheese Roll								✓			✓																
Soft Shell Crab Roll	✓	✓			✓		✓	✓			✓												✓				
Soft Shell Crab Tempura	✓	✓			✓		✓	✓			✓												✓				
Spicy Chicken Roll	✓	✓						✓			✓													✓			
Spicy Chicken Salad	✓	✓							✓		✓													✓			
Spicy Pepper Cauliflower	✓	✓									✓													✓			
Spicy Pepper Squid	✓	✓									✓													✓			✓
Spicy Seafood Udon	✓	✓					✓	✓			✓																✓
Spicy Tuna Roll	✓	✓			✓			✓	✓		✓												✓				
Spinach & Edamame Gyoza	✓	✓									✓													✓			
Strawberry Cheesecake Mochi	✓	✓				✓					✓																✓
Sumo Beef Teriyaki	✓	✓						✓			✓														✓		
Sumo Chicken Katsu Curry	✓	✓						✓			✓																
Sumo Chicken Teriyaki	✓	✓						✓			✓													✓			
Sumo Furikake Fries	✓	✓			✓			✓	✓		✓												✓		✓		
Sumo Pork Teriyaki	✓	✓						✓	✓		✓												✓		✓		
Sumo Prawn Katsu Curry	✓	✓					✓	✓			✓																
Sumo Pumpkin Curry	✓	✓									✓																
Sumo Salmon Teriyaki	✓	✓							✓		✓													✓		✓	
Sumo Spicy Seafood Bowl	✓	✓					✓	✓			✓																✓
Takoyaki	✓	✓			✓			✓	✓		✓												✓				✓
Tamago Nigiri								✓																			
Tofu Katsu Curry	✓	✓									✓													✓			
Tuna Maki								✓															✓				

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Tuna Nigiri									✓													✓				
Tuna Sashimi								✓																		
Vegetable Chahan	✓	✓									✓												✓			
Vegetable Tempura	✓	✓									✓												✓			
Vegetable Yakisoba	✓	✓									✓												✓			
Yasai Roll	✓	✓			✓			✓			✓											✓		✓		
Yasai Temaki	✓	✓			✓			✓			✓											✓	✓			
YO! Roll	✓	✓			✓			✓	✓		✓											✓				

## 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)
Albacore Tuna & Truffle Sashimi	71.9	289.1	1.5	0.2	0.0	0.0	4.0	0.0	1.1	9.1	0.1	609.2
Albacore Tuna Nigiri	95.3	398.4	0.7	0.2	0.0	0.0	15.9	0.0	2.1	4.7	0.2	419.3
Assorted Nigiri & Maki Selection	231.9	979.3	3.3	0.6	0.6	0.3	38.1	0.0	5.2	6.5	0.8	471.8
Avocado Maki	211.8	891.2	7.4	1.2	3.0	0.6	32.5	0.0	4.4	1.5	1.8	398.6
Beef Nigiri	107.1	451.7	2.1	0.6	0.0	0.0	14.6	0.0	1.9	6.4	0.2	251.8
Beef Tataki	96.9	404.8	3.7	1.1	0.7	0.4	3.2	0.0	3.2	12.7	0.1	364.8
Beef Teriyaki	252.7	1051.1	11.5	2.5	3.0	1.5	13.2	0.0	3.3	25.0	0.1	899.9
Blossom Roll	216.9	911.1	5.7	0.8	1.4	0.5	31.3	0.0	4.7	8.2	1.3	845.4
California ISO	153.9	647.9	6.2	0.5	0.9	0.2	20.5	0.0	2.9	2.2	0.7	262.4
California Temaki	228.4	957.8	13.9	1.0	2.4	0.4	20.2	0.0	3.0	4.2	1.5	284.5
Chicken Chahan	410.1	1729.5	7.7	1.9	0.0	0.1	61.1	0.0	10.5	19.7	1.3	1307.9
Chicken Gyoza	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 Kara Age	337.9	1412.9	17.3	2.4	0.0	0.0	17.2	0.2	2.5	27.3	0.6	687.9
Chicken Katsu	182.3	759.5	11.2	0.9	3.0	1.5	8.4	0.0	1.0	15.6	0.8	241.5
Chicken Katsu Curry	485.9	2043.3	17.3	1.1	3.0	1.5	63.0	0.0	12.4	14.2	0.6	871.3
Chicken Teriyaki	260.2	1081.6	13.8	2.7	3.0	1.5	5.8	0.0	5.2	27.8	0.6	1191.3
Chicken Wings	241.7	1007.8	16.9	1.9	3.0	1.5	8.4	0.0	1.1	14.0	4.0	481.9
Chicken Yakisoba	238.5	987.6	4.4	1.0	0.0	0.1	24.0	0.6	3.5	24.9	1.7	1725.4
Chocolate Mochi	236.1	987.7	7.1	4.3	0.0	0.0	38.0	0.0	9.3	2.5	0.0	281.9
Cod Nanban	175.3	678.4	0.6	0.1	0.1	0.2	25.7	0.0	19.1	14.0	0.3	252.6
Crispy Salmon Skin ISO	116.9	493.6	2.3	0.5	0.0	0.0	18.2	0.0	2.5	4.5	0.5	237.0
Crispy Salmon Skin Temaki	122.0	514.0	3.4	0.7	0.0	0.0	15.0	0.0	2.1	6.7	0.7	207.2
Cucumber Maki	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 Beef Ramen Soup	481.7	2012.3	11.8	1.2	0.0	0.0	60.8	0.1	13.8	23.4	0.5	598.4
Curry Dumpling Ramen Soup	466.7	1955.4	9.5	0.6	0.0	0.0	69.8	0.0	11.2	16.2	1.0	1153.3
Curry Pork Ramen Soup	477.7	1975.2	14.0	2.7	2.5	1.0	59.8	0.0	11.3	19.2	0.4	512.0
Custard Dorayaki	138.1	577.8	1.8	0.7	0.0	0.0	27.6	0.0	16.2	2.3	0.0	2.7
Duck Gyoza	117.7	492.4	1.9	0.5	0.0	0.0	20.5	0.0	8.4	5.0	0.0	113.4
Dynamite Roll	197.3	829.8	9.8	2.1	0.9	0.2	21.5	0.0	3.7	4.4	0.9	411.2
Ebi Nigiri	104.8	441.8	0.2	0.1	0.0	0.0	14.5	0.0	2.1	2.4	0.1	210.6
Ebi Roll	135.0	567.7	3.3	0.4	0.9	0.2	22.0	0.0	2.2	3.0	1.0	299.4
Edamame	134.5	562.7	6.1	0.8	0.0	0.0	9.0	0.0	0.1	11.5	0.0	395.1
Espresso Mochi Ice Cream	145.7	611.7	4.5	2.8	0.0	0.0	24.1	0.0	17.7	1.7	0.0	0.3
Fresh Fruit	45.5	192.9	0.2	0.0	0.0	0.0	10.7	0.0	10.7	0.8	2.0	8.0

## 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)
Furikake Fries	526.7	2194.4	31.7	8.9	0.0	0.0	57.7	0.0	6.2	6.3	0.3	918.0
Ginza Roll	203.6	853.0	8.9	5.3	1.8	0.2	25.4	0.0	4.6	3.6	0.3	616.0
Ginza Strawberry Cake	217.0	907.9	13.8	7.7	0.0	0.0	32.2	0.0	12.8	4.6	0.0	28.0
Harusame Aubergine Salad	63.1	236.0	1.3	0.2	0.0	0.2	10.3	0.4	9.3	1.5	2.2	506.1
Hoisin Duck Bao	324.8	1329.9	10.3	3.2	0.0	0.0	36.1	0.0	14.6	10.1	1.4	544.4
Hoisin Duck Roll	144.4	608.4	3.9	1.2	0.0	0.0	19.6	0.0	3.7	5.0	0.5	311.9
Inari Nigiri Pocket	153.0	643.4	5.2	1.0	0.0	0.0	22.3	0.0	9.9	3.3	0.2	304.0
Japanese Souffle Cake	139.9	585.2	127.5	56.4	0.0	0.0	139.9	0.0	78.1	16.3	0.1	0.8
Kaiso Gunkan Nigiri	129.1	490.9	2.5	0.1	0.0	0.0	20.9	0.0	5.3	1.4	0.6	540.0
Kaiso Salad	175.1	621.7	5.2	0.3	0.0	0.1	21.7	0.1	14.8	4.2	1.4	1108.6
Katsu Selection	235.2	984.1	8.7	1.0	0.0	0.0	22.0	0.0	0.0	21.2	0.4	427.6
Kimchi Ika Squid	69.6	291.0	0.8	0.2	0.0	0.1	5.9	0.0	3.3	8.7	0.9	1961.9
Malted Chocolate Pot	209.7	877.3	16.7	10.3	0.0	0.0	12.6	0.0	10.5	1.9	0.8	62.6
Mango Mochi Ice Cream	130.6	551.0	3.3	2.0	0.0	0.0	23.7	0.0	17.4	1.4	0.0	0.0
Miso Beef Ramen Soup	413.6	1711.1	5.6	1.3	0.0	0.0	62.3	0.0	6.4	23.0	0.4	1538.1
Miso Dumpling Ramen	436.7	1810.4	4.2	0.7	0.0	0.1	73.4	0.0	8.2	16.6	1.1	1584.0
Miso Pork Ramen Soup	438.5	1813.1	9.9	2.8	2.5	1.0	62.3	0.0	6.4	19.5	0.4	1443.6
Miso Soup	150.3	629.0	3.4	0.4	0.0	0.0	21.2	0.0	9.5	6.5	0.1	3152.6
Okonomiyaki	160.2	668.7	5.7	0.1	0.0	0.0	0.3	0.0	20.0	5.4	0.1	182.4
Plain Rice Chahan	250.3	1060.7	0.7	0.3	0.0	0.0	55.4	0.0	7.4	0.8	0.4	647.6
Plain Yakisoba	78.3	327.8	0.2	0.0	0.0	0.0	18.8	0.0	0.0	0.6	0.1	0.0
Popcorn Shrimp Tempura	317.3	1329.6	14.5	0.2	0.0	0.0	23.7	0.0	13.1	15.2	0.4	1034.9
Pork Belly Bao	278.3	1121.2	7.5	2.7	2.1	0.8	32.1	0.0	10.7	7.4	1.3	997.5
Pork Teriyaki	242.7	1005.8	16.1	5.6	6.5	2.4	6.7	0.0	4.3	17.7	0.1	1838.4
Prawn Katsu	169.3	705.1	6.6	0.4	3.0	1.5	17.0	0.0	0.0	9.6	0.5	512.9
Prawn Katsu Curry	395.8	1669.5	7.3	0.2	0.0	0.0	66.9	0.0	12.4	6.2	0.8	1053.1
Pumpkin Katsu	102.8	430.1	1.8	0.6	0.0	0.0	15.5	0.0	0.0	5.8	0.0	433.2
Pumpkin Katsu Curry	410.5	1731.4	31.5	16.3	0.0	0.0	70.8	0.0	12.4	4.7	0.5	841.3
Roll Selection	242.2	1017.3	9.6	2.3	1.1	0.2	30.3	0.0	7.3	6.0	0.7	774.5
Salmon & Avocado Temaki	162.5	682.2	8.3	0.9	1.2	0.2	15.1	0.0	2.0	5.3	1.0	218.0
Salmon & Yuzu Salsa Sashimi	103.7	421.3	5.6	1.0	0.0	0.0	1.9	0.0	1.0	10.7	0.2	348.2
Salmon Chahan	355.6	1501.6	6.1	1.1	0.0	0.1	59.9	0.0	10.5	11.1	1.3	1299.6
Salmon Dragon Roll	192.2	808.1	8.4	0.8	0.9	0.2	20.8	0.0	2.9	6.3	0.7	270.7
Salmon Maki	126.0	532.4	2.1	0.4	0.0	0.0	21.6	0.0	2.8	4.0	0.5	255.7

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Salmon Nigiri	98.8	416.8	2.4	0.4	0.0	0.0	14.8	0.0	1.9	4.4	0.1	174.8
Salmon Sashimi	139.6	584.5	8.3	1.4	0.0	0.0	0.8	0.0	0.8	15.4	0.0	36.1
Salmon Selection	218.9	922.2	6.8	1.2	0.0	0.0	26.2	0.0	3.9	12.6	0.4	318.0
Salmon Teriyaki	219.1	907.7	16.7	1.8	5.9	2.9	3.2	0.0	2.8	13.4	0.0	790.7
Smoked Salmon Cream Cheese Roll	232.1	968.4	13.1	7.7	3.4	0.4	20.1	0.0	2.8	7.1	0.5	731.2
Soft Shell Crab Roll	153.4	646.2	5.5	0.3	0.0	0.0	20.4	0.0	4.1	3.6	0.4	382.3
Soft Shell Crab Tempura	192.6	805.9	6.8	0.8	0.0	0.0	18.0	0.0	2.8	8.1	0.0	367.0
Spicy Chicken Roll	134.9	568.8	2.3	0.3	0.0	0.0	20.8	0.0	2.4	7.5	0.5	452.7
Spicy Chicken Salad	205.6	850.8	8.6	2.1	0.0	0.1	7.9	0.2	4.6	23.8	0.8	566.1
Spicy Pepper Cauliflower	190.0	787.6	12.6	1.0	6.1	3.6	14.5	0.5	4.6	5.5	3.1	899.1
Spicy Pepper Squid	126.5	526.0	6.6	0.7	2.6	1.3	2.6	0.0	1.6	13.3	0.1	940.1
Spicy Seafood Udon	319.9	1335.1	3.2	0.6	0.0	0.0	52.8	0.1	7.8	19.2	0.3	1229.6
Spicy Tuna Roll	106.0	447.7	2.4	0.3	0.1	0.2	16.7	0.0	2.5	3.4	0.4	246.1
Spinach & Edamame Gyoza	132.2	540.2	5.6	0.5	3.0	1.5	16.1	0.0	2.4	3.3	0.7	558.5
Strawberry Cheesecake Mochi	189.0	790.8	5.4	3.1	0.0	0.0	33.3	0.0	22.0	0.1	0.2	70.0
Sumo Beef Teriyaki	1145.6	4821.8	9.3	3.6	0.0	0.1	210.2	0.0	43.8	42.7	2.5	7006.3
Sumo Chicken Katsu Curry	1150.9	4864.2	24.5	1.4	0.0	0.0	187.4	0.0	10.4	29.3	1.7	224.2
Sumo Chicken Teriyaki	1152.4	4857.8	14.7	4.1	0.0	0.0	188.7	0.0	15.0	49.7	1.7	3898.1
Sumo Furikake Fries	1650.1	6876.4	106.9	26.4	0.0	0.0	164.3	0.0	12.2	17.9	0.3	2280.6
Sumo Pork Teriyaki	1151.7	4847.6	22.7	7.8	8.9	3.2	192.0	0.0	14.7	31.1	1.5	5887.3
Sumo Prawn Katsu Curry	1086.0	4587.8	15.0	0.7	0.0	0.0	200.5	0.0	33.8	13.1	2.1	2669.4
Sumo Pumpkin Curry	1093.1	4622.9	15.8	1.4	0.0	0.0	203.7	0.0	10.6	10.5	1.5	388.0
Sumo Salmon Teriyaki	1048.3	4422.4	12.0	2.1	0.0	0.1	190.7	0.1	16.9	29.1	2.4	3879.3
Sumo Spicy Seafood Bowl	904.3	3812.8	5.4	1.4	0.0	0.0	181.0	0.1	40.1	21.9	1.8	3268.3
Takoyaki	191.2	792.0	13.3	0.3	3.0	1.5	2.8	0.0	0.0	15.0	0.3	609.0
Tamago Nigiri	261.9	1099.5	2.4	0.3	0.0	0.0	18.5	0.0	4.4	2.9	0.2	280.3
Tofu Katsu Curry	484.4	2039.7	9.8	1.6	0.0	0.0	80.5	0.0	14.0	9.1	0.5	719.1
Tuna Maki	118.7	502.4	1.0	0.3	0.2	0.3	21.6	0.0	2.8	4.6	0.5	256.8
Tuna Nigiri	89.9	380.6	1.1	0.3	0.2	0.3	14.4	0.0	1.9	4.9	0.1	176.0
Tuna Sashimi	106.3	447.8	3.5	0.9	0.9	1.2	0.8	0.0	0.7	18.1	0.0	44.0
Vegetable Chahan	317.1	1337.2	6.2	0.6	3.0	1.5	59.3	0.0	10.5	1.9	1.3	1283.5
Vegetable Tempura	155.2	634.9	8.7	1.1	4.8	1.9	13.7	0.1	6.8	2.2	2.2	188.9
Vegetable Yakisoba	166.5	686.4	1.0	0.0	0.0	0.1	24.0	0.6	3.5	14.7	1.7	1709.4
Yasai Roll	185.8	780.6	6.5	0.6	0.6	0.1	21.8	0.0	5.8	2.4	0.8	498.6



## 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>
Yasai Temaki	229.9	965.4	6.5	0.4	0.0	0.0	19.1	0.0	5.3	3.2	0.7	300.4
YO! Roll	144.0	606.2	4.6	0.8	0.9	0.2	18.2	0.0	2.5	5.1	0.7	251.1