

Recipe FIR Intolerance Report

Dish Name	Cereals containing Gluten :										Tree Nuts :																
	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	
Albacore Tuna & Truffle Sashimi	✓	✓						✓		✓													✓				
Albacore Tuna Nigiri	✓	✓						✓		✓													✓	✓			
Assorted Nigiri & Maki Selection	✓	✓					✓	✓	✓	✓												✓	✓				
Avocado Maki	✓	✓						✓		✓													✓	✓			
Beef Nigiri	✓	✓						✓		✓													✓	✓			
Beef Tataki																											
Beef Teriyaki	✓	✓						✓		✓													✓	✓	✓		
Blossom Roll UK	✓	✓					✓	✓	✓	✓													✓	✓	✓	✓	
California ISO	✓	✓						✓	✓	✓													✓	✓	✓		
California Temaki	✓	✓						✓	✓	✓													✓	✓	✓		
Chicken Chahan	✓	✓								✓													✓	✓	✓		
Chicken Gyoza	✓	✓								✓													✓	✓			
Chicken Kara Age	✓	✓						✓		✓												✓					
Chicken Katsu	✓	✓						✓		✓													✓				
Chicken Katsu Curry	✓	✓						✓		✓																	
Chicken Teriyaki	✓	✓								✓														✓	✓		
Chicken Wings	✓	✓						✓		✓		✓												✓			
Chicken Yakisoba	✓	✓								✓														✓			
Chocolate Mochi												✓															
Cod Nanban	✓	✓							✓	✓														✓	✓		
Crispy Salmon Skin ISO									✓	✓														✓	✓	✓	
Crispy Salmon Skin Temaki									✓	✓														✓	✓	✓	
Cucumber Maki	✓	✓								✓														✓	✓		
Curry Beef Ramen Soup	✓	✓						✓	✓	✓														✓	✓		

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Curry Dumpling Ramen Soup	✓	✓						✓	✓		✓												✓			
Curry Pork Ramen Soup	✓	✓						✓	✓		✓												✓			
Custard Dorayaki	✓	✓						✓			✓	✓												✓		
Duck Gyoza	✓	✓									✓	✓												✓		
Dynamite Roll	✓	✓						✓	✓		✓	✓										✓	✓			
Ebi Nigiri	✓	✓					✓				✓	✓										✓				
Ebi Roll	✓	✓					✓	✓			✓	✓										✓				
Edamame											✓	✓														
Espresso Mochi Ice Cream	✓										✓	✓														
Fresh Fruit																										
Furikake Fries	✓	✓						✓	✓			✓										✓	✓			✓
Ginza Roll	✓	✓						✓	✓		✓	✓										✓	✓	✓		✓
Ginza Strawberry Cake	✓	✓						✓			✓	✓	✓										✓			
Harusame Aubergine Salad	✓	✓									✓	✓											✓			
Hoisin Duck Bao	✓	✓									✓	✓	✓										✓			
Hoisin Duck Roll	✓	✓									✓	✓	✓										✓			
Inari Nigiri Pocket	✓	✓									✓	✓														
Japanese Souffle Cake								✓				✓												✓		
Kaiso Gunkan Nigiri	✓	✓									✓	✓										✓	✓			
Kaiso Salad	✓	✓									✓	✓	✓		✓							✓	✓			
Katsu Selection	✓	✓					✓	✓			✓	✓														
Kimchi Ika Squid								✓				✓											✓			✓
Malted Chocolate Pot	✓	✓									✓	✓														
Mango Mochi Ice Cream											✓	✓											✓			

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Smoked Salmon Cream Cheese Roll 4 pcs	✓	✓						✓		✓	✓															
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 4pcs	✓	✓						✓	✓		✓											✓				
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	-	609.2
Albacore Tuna Nigiri	95.3	398.4	6.8	4.1	0.0	0.0	15.9	0.0	2.1	4.7	-	419.3
Assorted Nigiri & Maki Selection	218.4	922.7	19.1	11.0	0.6	0.3	38.0	0.0	5.1	5.8	0.8	457.8
Avocado Maki	211.8	891.2	20.9	10.0	3.0	0.6	32.5	0.0	4.4	1.5	1.8	398.6
Beef Nigiri	107.1	451.7	8.2	4.5	0.0	0.0	14.6	0.0	1.9	6.4	0.2	251.8
Beef Tataki	96.9	404.8	11.1	6.0	0.7	0.4	3.2	0.0	3.2	12.7	-	364.8
Beef Teriyaki	207.8	866.3	6.5	2.2	0.0	0.0	13.2	0.0	3.3	25.0	-	899.9
Blossom Roll UK	216.9	911.1	14.7	6.7	1.4	0.5	31.3	0.0	4.7	8.2	1.3	845.4
California ISO	153.9	647.9	13.7	5.4	0.9	0.2	20.5	0.0	2.9	2.2	0.7	262.4
California Temaki	228.4	957.8	20.0	5.0	2.4	0.4	20.2	0.0	3.0	4.2	1.5	284.5
Chicken Chahan	396.7	1673.5	30.7	17.3	0.0	0.1	60.2	0.0	10.5	18.5	1.3	1307.7
Chicken Gyoza	95.1	384.1	2.7	0.7	0.0	0.0	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	-	687.9
Chicken Katsu	137.4	574.7	6.2	0.6	0.0	0.0	8.4	0.0	1.0	15.6	0.8	241.5
Chicken Katsu Curry	440.9	1858.5	35.9	16.3	-	-	63.0	-	12.4	14.2	-	871.2
Chicken Teriyaki	215.2	896.8	8.8	2.4	0.0	0.0	5.8	0.0	5.2	27.8	0.6	1191.3
Chicken Wings	802.4	217.3	11.9	1.6	0.0	0.0	8.4	0.0	1.1	14.0	-	481.9
Chicken Yakisoba	238.5	987.6	4.4	1.0	-	-	24.0	-	-	24.9	-	1725.4
Chocolate Mochi	-	-	-	-	-	-	-	-	-	-	-	-
Cod Nanban	-	-	-	-	-	-	-	-	-	-	-	-
Crispy Salmon Skin ISO	116.9	493.6	9.9	5.5	0.0	0.0	18.2	0.0	2.5	4.5	0.5	237.0
Crispy Salmon Skin Temaki	122.0	514.0	9.5	4.7	0.0	0.0	15.0	0.0	2.1	6.7	0.7	207.2
Cucumber Maki	149.1	631.4	14.0	9.0	0.0	0.0	32.4	0.0	4.5	1.1	0.9	374.0
Curry Beef Ramen Soup	481.7	2012.3	11.8	1.2	-	-	60.8	-	13.8	23.4	-	598.4
Curry Dumpling Ramen Soup	482.4	2018.0	10.4	0.6	-	-	71.2	-	15.3	16.2	-	643.2
Curry Pork Ramen Soup	477.7	1975.2	14.0	2.7	-	-	59.8	-	11.3	19.2	-	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	18.2	7.6	0.9	0.2	21.5	0.0	3.7	4.4	0.9	411.2
Ebi Nigiri	78.0	329.9	6.2	4.0	0.0	0.0	14.4	0.0	2.0	1.0	0.1	182.6
Ebi Roll	135.0	567.7	10.0	4.8	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	2.4	10.2	0.1	0.0	0.0	0.0	0.4	0.0	0.3	0.0	0.0	0.0
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

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Furikake Fries	519.1	2159.5	31.1	8.8	-	-	56.8	-	-	6.4	0.8	1092.7
Ginza Roll	228.2	956.1	21.4	13.4	2.1	0.2	28.4	0.0	5.0	4.0	0.3	660.8
Ginza Strawberry Cake	6.5	27.0	0.4	0.2	0.0	0.0	1.0	0.0	0.4	0.1	0.0	0.8
Harusame Aubergine Salad	63.1	236.0	1.3	0.2	0.0	0.2	10.3	0.4	9.3	1.5	-	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	11.4	6.1	0.0	0.0	19.6	0.0	3.7	5.0	0.5	311.9
Inari Nigiri Pocket	153.0	643.4	11.3	5.0	0.0	0.0	22.3	0.0	9.9	3.3	0.2	304.0
Japanese Souffle Cake	8.3	34.6	6.4	2.8	0.0	0.0	7.3	0.0	4.2	0.9	0.1	0.3
Kaiso Gunkan Nigiri	129.0	490.5	8.5	4.1	0.0	0.0	20.9	0.0	5.3	1.4	0.6	539.9
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	-	-	5.9	-	-	8.7	-	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	2.2	9.2	0.1	0.0	0.0	0.0	0.4	0.0	0.3	0.0	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	585.9	2434.6	5.5	0.9	0.0	0.0	100.4	0.0	11.3	22.7	1.1	2652.4
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	-	-	0.3	-	-	5.4	0.1	182.4
Plain Rice Chahan	250.3	1060.7	24.3	15.7	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	-	-	18.8	-	-	0.6	0.1	0.0
Popcorn Shrimp Tempura	-	-	-	-	-	-	-	-	-	-	-	-
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	124.4	520.3	1.6	0.0	0.0	0.0	17.0	0.0	0.0	9.6	0.5	512.9
Prawn Katsu Curry	395.8	1669.5	30.8	15.7	-	-	66.9	-	12.4	6.2	-	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	14.6	61.4	1.1	0.6	-	-	2.5	-	0.4	0.2	-	29.8
Roll Selection	250.4	1051.7	21.3	10.0	1.1	0.2	31.3	0.0	7.4	6.1	0.7	789.4
Salmon & Avocado Temaki	162.5	682.2	14.4	4.9	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	29.7	16.6	0.0	0.1	59.9	0.0	10.5	11.1	1.3	1299.6
Salmon Dragon Roll	192.2	808.1	16.0	5.8	0.9	0.2	20.8	0.0	2.9	6.3	0.7	270.7
Salmon Maki	126.0	532.4	11.1	6.3	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	8.5	4.4	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	-	36.1
Salmon Selection	218.9	922.2	17.4	8.2	0.0	0.0	26.2	0.0	3.9	12.6	-	318.0
Salmon Teriyaki	129.2	538.1	6.7	1.2	0.0	0.0	3.2	0.0	2.8	13.4	-	790.7
Smoked Salmon Cream Cheese Roll 4 pcs	232.1	968.4	21.5	13.2	3.4	0.4	20.1	0.0	2.8	7.1	0.5	731.2
Soft Shell Crab Roll	153.4	646.2	13.1	5.2	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	9.9	5.3	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	-	566.1
Spicy Pepper Cauliflower	100.1	418.0	2.6	0.4	0.1	0.6	14.5	0.5	4.7	5.5	-	899.2
Spicy Pepper Squid	86.5	361.7	2.1	0.4	-	-	2.6	-	-	13.3	-	940.1
Spicy Seafood Udon	-	-	-	-	-	-	-	-	-	-	-	-
Spicy Tuna Roll 4pcs	106.0	447.7	9.1	4.7	0.1	0.2	16.7	0.0	2.5	3.4	0.4	246.1
Spinach & Edamame Gyoza	87.3	355.4	0.6	0.1	0.0	0.0	16.1	0.0	2.4	3.3	0.7	558.5
Strawberry Cheesecake Mochi	3.1	12.9	0.1	0.1	0.0	0.0	0.5	0.0	0.4	0.0	0.0	1.2
Sumo Beef Teriyaki	1145.6	4821.8	85.1	53.4	0.0	0.1	210.2	0.0	43.8	42.7	2.5	7006.3
Sumo Chicken Katsu Curry	-	-	-	-	-	-	-	-	-	-	-	-
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	-	-	164.3	-	-	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	90.9	50.5	-	-	200.5	-	33.8	13.1	-	2669.4
Sumo Pumpkin Curry	1093.1	4622.9	15.8	1.4	-	-	203.7	-	10.6	10.5	-	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	72.8	45.6	-	-	181.0	-	-	21.9	-	3268.3
Takoyaki	146.2	607.2	8.3	0.0	-	-	2.8	-	-	15.0	0.3	609.0
Tamago Nigiri	261.9	1099.5	8.4	4.2	0.0	0.0	18.5	0.0	4.4	2.9	0.2	280.3
Tofu Katsu Curry	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Maki	118.7	502.4	10.0	6.2	0.2	0.3	21.6	0.0	2.8	4.6	0.5	256.8
Tuna Nigiri	89.9	380.6	7.1	4.3	0.2	0.3	14.4	0.0	1.9	4.9	0.1	176.0
Tuna Sashimi	105.6	444.8	3.5	0.9	0.9	1.2	0.6	0.0	0.6	18.0	-	40.8
Vegetable Chahan	272.2	1152.4	24.8	15.8	0.0	0.1	59.3	0.0	10.5	1.9	1.3	1283.5
Vegetable Tempura	-	-	-	-	-	-	-	-	-	-	-	-
Vegetable Yakisoba	166.5	686.4	1.0	0.0	-	-	24.0	-	-	14.7	-	1709.4

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)
Yasai Roll	185.8	780.6	14.1	5.5	0.6	0.1	21.8	0.0	5.8	2.4	0.8	498.6
Yasai Temaki	229.9	965.4	12.6	4.4	0.0	0.0	19.1	0.0	5.3	3.2	0.7	300.4
YO! Roll	144.0	606.2	12.2	5.7	0.9	0.2	18.2	0.0	2.5	5.1	0.7	251.1