

The logo consists of the letters 'YD!' in a bold, white, sans-serif font, set against a solid orange square background. The background of the entire page is a vibrant orange with a halftone dot pattern and abstract, organic shapes in shades of red and yellow, resembling a close-up of a textured surface like a piece of fabric or a food item.

**YD!**

# **allergens & intolerance report**

**York Designer Outlet**

**Last updated: 15<sup>th</sup> May 2023**



# Menu FIR Intolerance Report

## York Menu 2023

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

### Snacks

Classic Edamame											✓	✓															
Kaiso Seaweed	✓	✓									✓	✓											✓	✓			
Pr*wn Crackers																											
YO! Fries Large	M	M									M													✓	✓		
YO! Fries Regular	M	M									M													✓	✓		

### Poké

Dynamite Salmon Poké	✓	✓					✓				✓	✓												✓	✓		
Hoisin Mock 'Duck' Poké	✓	✓			✓						✓	✓												✓	✓		
Sriracha Chicken Poké	✓	✓									✓	✓												✓	✓		

### Maki

Avocado Maki																											
Cucumber Maki																								✓			
Salmon Maki							✓																				

### Sushi

Crunchy California Roll 8pc	✓	✓					✓	✓		✓	✓													✓			
Crunchy Prawn Roll 8pc	✓	✓					M	✓	M	✓	✓	M	M										M	M			
Dynamite Roll 8pc							✓			✓														✓			

# York Menu 2023

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

Hoisin Mock 'Duck' Roll 8pc	✓	✓			✓					✓																	
Inari Taco	✓	✓								✓																	
Salmon Dragon Roll 8pc	✓	✓					✓	✓		✓	✓														✓		
Spicy Chicken Katsu Roll 8pc	✓	✓					M	M	M	M	✓	M											M	✓			
Yasai Roll 8pc	✓	✓								✓	✓													✓			
YO! Roll 8pc	✓	✓					✓			✓	✓													✓			

## Platters

Chick 'n' Roll Platter	✓	✓			✓		✓	M	M	✓	✓	✓											M	✓			
Sushi Sharer	✓	✓					✓	✓	M	✓	✓	M											M	✓			
Veggie Bundle	✓	✓			✓					✓	✓													✓			

## Katsu Curry

Chicken Karaage Curry	✓	✓					✓	M	M	✓	✓	✓											M	M			
Chicken Katsu Curry	✓	✓					M	M	M	M	✓	M											M	✓			
Prawn Katsu Curry	✓	✓					M	✓	M	M	✓	M											M	M			
Pumpkin Katsu Curry	✓	✓								✓	✓													M			

## Donburi

Beef Teriyaki Donburi	✓	✓					M	M	M	✓	✓	M											M	✓			
Chicken Fried Rice	✓	✓								✓	✓													✓			
Chicken Teriyaki Donburi	✓	✓								✓	✓													✓			
Japanese Fried Chicken Donburi	✓	✓					✓	M	M	M	✓	M											M	M			





**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>
Avocado Maki	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 Donburi	582.1	2432.6	22.5	4.1	7.6	8.6	76.5	10.2	8.9	14.7	2.1	669.6
Chick 'n' Roll Platter	738.6	3115.8	22.0	4.7	1.8	0.4	106.9	0.3	23.9	24.8	2.5	1756.1
Chicken Fried Rice	421.0	1771.8	12.6	2.0	2.3	5.8	59.1	0.0	3.6	13.5	1.8	718.1
Chicken Gyoza 5 Piece	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 Karaage Bites	304.9	1272.6	18.3	2.4	3.0	1.5	21.1	0.0	0.9	15.6	0.0	622.2
Chicken Karaage Curry	631.8	2645.3	23.4	5.4	3.0	1.5	86.3	0.1	4.8	17.8	1.8	1443.7
Chicken Katsu Curry	557.4	2335.1	20.1	7.7	3.0	1.5	76.4	0.1	4.2	14.2	3.4	1093.5
Chicken Teriyaki Donburi	444.4	1865.7	7.9	1.9	0.0	0.0	69.2	1.4	8.5	20.9	1.3	1050.5
Chocolate Mochi	204.2	854.2	6.1	3.7	0.0	0.0	32.9	0.0	8.0	2.2	0.0	243.8
Classic 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
Crunchy California Roll 8pc	608.4	2540.4	34.8	4.9	2.3	0.4	63.1	1.4	14.1	5.9	1.7	1083.6
Crunchy Prawn Roll 8pc	349.8	1471.2	7.9	1.1	2.4	0.6	59.8	0.0	6.4	6.1	2.0	775.8
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 Sauce	44.0	184.2	3.0	1.8	0.0	0.0	3.9	0.0	1.5	0.4	0.3	293.3
Custard Dorayaki	162.0	677.8	2.3	0.8	0.0	0.0	32.1	0.0	20.3	2.9	0.0	0.1
Dynamite Roll 8pc	777.4	3290.3	31.8	5.2	2.7	0.6	105.9	0.1	24.5	12.7	3.7	1669.6
Dynamite Salmon Poké	617.3	2508.2	18.5	2.0	0.0	0.0	89.3	0.9	3.8	13.4	2.4	380.0
Hoisin Mock 'Duck' Poké	578.7	2371.7	9.4	1.0	0.0	0.0	96.3	1.5	8.0	16.5	2.8	616.5
Hoisin Mock 'Duck' Roll 8pc	352.3	1504.3	4.3	1.4	0.0	0.0	65.0	0.6	18.8	9.6	1.5	858.1
Inari Taco	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 Donburi	533.2	2234.6	15.6	2.3	1.2	0.6	79.9	0.1	2.3	17.0	1.2	907.2
Kaiso Seaweed	141.5	494.6	5.1	0.2	0.0	0.1	14.8	0.1	8.1	3.4	1.1	710.8
Korean Fried Chicken Donburi	641.7	2696.1	15.7	2.3	1.2	0.6	106.6	0.1	24.6	17.2	1.2	1051.2
Korean Ketchup	87.5	371.0	1.0	0.1	0.5	0.3	18.4	0.2	15.9	0.7	0.7	460.0
Mayonnaise	357.5	1471.0	39.6	2.9	0.0	0.0	0.9	0.0	0.0	0.4	0.0	260.0
Mega Korean Gyoza Chicken	232.4	964.9	16.3	1.9	3.1	1.5	15.7	0.0	3.3	5.9	0.2	359.1
Mega Korean Gyoza vegetable	193.0	805.8	10.6	1.0	3.1	1.5	20.7	0.0	5.7	3.3	0.9	373.9
Mega Teriyaki Gyoza Chicken	228.1	947.3	16.0	1.8	3.0	1.5	15.2	0.7	3.2	6.0	0.1	431.3

**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>
Mega Teriyaki Gyoza Vegetable	188.7	788.2	10.3	1.0	3.0	1.5	20.2	0.7	5.7	3.4	0.8	446.1
Miso Soup	159.3	668.9	2.7	0.4	0.0	0.0	25.2	0.0	8.4	6.5	0.5	2578.6
Pr*wn Crackers	117.2	494.3	3.2	0.2	0.0	0.0	21.7	0.0	9.9	0.2	0.1	149.4
Prawn Katsu Curry	484.6	2029.3	11.7	3.3	3.0	1.5	82.2	0.1	3.9	9.1	2.3	1094.4
Prawn Katsu	232.9	971.0	7.7	0.4	3.0	1.5	28.3	0.0	0.0	11.4	0.9	454.8
Pumpkin Katsu Curry	382.9	1603.6	9.9	3.2	2.5	1.2	66.8	0.1	3.2	4.4	1.5	839.1
Raspberry White Chocolate Mochi	206.7	869.8	8.3	5.1	0.0	0.0	35.2	0.0	28.2	2.3	0.0	9.6
Salmon Dragon Roll 8pc	456.0	1909.5	21.3	2.5	2.3	0.4	52.1	0.0	7.2	10.5	1.7	629.5
Salmon Maki	201.0	847.0	4.9	0.7	0.0	0.0	32.0	0.0	4.2	4.8	0.7	385.4
Spicy Chicken Katsu Roll 8pc	344.3	1452.1	6.7	2.5	0.6	0.3	60.0	0.0	11.5	7.4	1.8	1195.1
Sriracha Chicken Poké	547.4	2220.9	8.4	1.1	0.0	0.0	90.4	0.9	4.9	17.5	2.3	617.1
Sriracha Mayonnaise	167.5	688.3	17.2	1.2	0.0	0.0	2.9	0.0	2.1	0.1	0.0	409.2
Sriracha	39.5	165.3	0.4	0.0	0.0	0.0	8.9	0.0	8.7	0.7	0.0	1310.0
Sushi Sharer	1129.9	4745.6	38.4	5.2	4.8	1.7	154.5	0.7	23.9	30.6	3.0	2299.7
Teriyaki Chicken Ramen	422.8	1783.0	12.4	2.6	0.5	1.4	47.8	31.7	13.2	28.7	2.2	3167.8
Teriyaki Mock 'Duck' Donburi	442.8	1904.9	5.2	0.6	0.0	0.0	72.1	1.4	8.9	22.9	2.2	845.7
Teriyaki Mock 'Duck' Ramen	340.2	1455.1	7.0	1.0	0.5	1.4	48.9	31.1	10.6	18.7	3.0	2740.6
Vegetable Fried Rice	374.2	1573.8	11.8	1.7	2.3	5.8	59.0	0.0	3.5	3.5	1.8	638.1
Vegetable Gyoza 5 Piece	192.9	783.0	6.0	0.5	3.0	1.5	27.0	0.0	4.0	5.7	1.2	1037.0
Veggie Bundle	731.1	3102.1	17.4	3.3	1.8	0.4	124.5	0.7	35.0	12.4	3.5	1698.8
Yasai Roll 8pc	677.9	2878.1	20.9	3.0	2.7	0.6	109.6	1.4	28.7	7.3	3.7	1718.6
YO! Fries Large	320.2	1334.6	19.1	1.7	3.0	1.5	32.8	0.0	2.1	3.2	0.1	677.0
YO! Fries Regular	235.1	978.6	15.0	1.3	3.0	1.5	22.1	0.0	1.5	2.2	0.1	481.7
YO! Roll 8pc	395.0	1658.2	15.1	2.2	2.4	0.4	50.3	0.0	8.6	10.7	1.7	889.3