

allergen information & dietary guide: summer 2022

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
Dynamite Salmon Poké	✓	✓							✓	✓													✓			
Extra Avocado									✓														✓			
Extra Dynamite Salmon									✓														✓			
Extra Hoisin Mock 'duck'	✓	✓			✓					✓													✓			
Extra Shichimi Mixed Seeds																							✓			
Extra Spicy Tuna									✓														✓			
Extra Sriracha Chicken																							✓			
Extra Tenderstem Broccoli																							✓			
Hoisin Mock 'Duck' Poké	✓	✓			✓						✓												✓			
Korean Ketchup											✓											✓		✓		
Poke Dressing											✓												✓			
Poké Half & Half Base																										
Poké Rice Base																										
Poké Spinach Base																										
Spicy Tuna Poké	✓	✓							✓		✓												✓			
Sriracha																										
Sriracha Chicken Poké	✓	✓									✓												✓			
Sriracha Mayonnaise																										
Sweet Chilli																										
Zingy Lemon & Chilli									✓		✓												✓			

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Dynamite Salmon Taco June 22	✓	✓						✓	✓	M	M												✓			
Dynamite Salmon Tostada June 22	✓	✓						✓	✓	M	M												✓			
Hoisin Mock 'Duck' Taco June 22	✓	✓			✓					M	✓												M			
Hoisin Mock 'Duck' Tostada June 22	✓	✓			✓					M	✓												M			
Red Pepper & Sweetcorn Tostada June 22	✓	✓								M	M												✓			
Spicy Tuna Taco June 22	✓	✓						✓	✓	M	M												✓			
Spicy Tuna Tostada June 22	✓	✓						✓	✓	M	M												✓			
Sriracha Chicken Taco June 22	✓	✓								M	✓											✓	✓	✓		
Sriracha Chicken Tostada June 22	✓	✓								M	✓											✓	✓	✓		
Yuzu & Mango Cheesecake	✓	✓			✓			✓				✓	✓						✓							

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)
Spicy Tuna Poké	360.3	1394.7	20.9	2.8	4.4	1.1	19.8	-	6.3	19.6	4.5	846.2
Hoisin Mock 'duck' Poké	332.4	1314.2	17.8	2.4	3.6	0.7	23.0	1.6	8.6	16.4	4.1	828.8
Sriracha Chicken Poké	301.1	1163.4	16.8	2.4	3.6	0.7	17.1	0.9	5.6	17.4	3.6	829.5
Dynamite Salmon Poké	359.9	1417.0	24.9	3.4	6.5	2.4	16.2	0.9	4.4	14.8	3.9	606.0

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)
Half & Half Base	174.8	741.9	0.4	0.1	0.0	0.1	38.7	0.0	0.5	1.2	1.0	35.0
Rice Base	337.1	1432.4	0.4	0.1	0.0	0.0	76.6	0.0	0.2	1.0	0.6	0.0
Spinach Base	12.5	51.5	0.4	0.1	0.1	0.3	0.8	0.1	0.8	1.4	1.4	70.0

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)
Extra Avocado	57.0	235.2	5.9	1.2	3.6	0.7	0.6	0.0	0.2	0.6	1.4	1.8
Extra Hoisin Mock 'duck'	87.1	386.7	1.9	0.3	0.0	0.0	7.1	0.6	4.3	9.9	0.5	257.1
Extra Shichimi Mixed Seeds	156.4	652.3	9.3	1.3	0.0	0.0	6.2	0.0	0.2	5.0	3.6	2.5
Extra Sriracha Chicken	56.0	236.8	0.9	0.3	0.0	0.0	1.3	0.0	1.3	11.0	0.0	257.8
Extra Dynamite Salmon	114.9	490.4	9.0	1.3	2.9	1.7	0.3	0.0	0.1	8.3	0.3	34.3
Extra Spicy Tuna	64.1	270.2	2.1	0.3	0.1	0.3	1.1	-	1.1	10.3	0.3	154.5
Extra Tenderstem Broccoli	16.5	69.0	0.5	0.1	0.1	0.3	0.9	0.1	0.8	2.2	1.7	4.0

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Zingy Lemon & Chilli	70.5	298.0	0.1	0.0	0.0	0.0	15.8	0.0	15.4	0.9	0.1	550.5
KFC Sweet Chilli	108.5	461.5	0.1	0.0	0.0	0.0	26.7	0.0	22.3	0.2	0.0	144.0
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
Citrus Ponzu	71.2	297.9	0.7	0.2	0.0	0.0	11.1	0.0	11.0	3.4	0.1	824.4
Sriracha Mayo	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

Nutritional Information Recipe List (values per typical serving)

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Hoisin Mock 'Duck' Taco	160.4	691.4	2.7	0.3	0.6	0.3	24.4	0.5	9.1	8.4	0.5	381.0
DynamiteSalmon Taco	204.3	861.6	12.4	1.4	2.9	1.7	15.4	0.0	2.6	7.3	0.3	323.4
Spicy Tuna Taco	163.7	685.4	6.9	0.7	0.7	0.5	16.1	-	3.4	8.9	0.3	419.4
Sriracha Chicken Taco	137.8	580.9	2.2	0.4	0.7	0.3	18.9	0.0	5.8	9.5	0.2	437.3

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Hoisin Mock 'Duck' Tostada	138.6	562.7	4.6	0.7	1.8	0.5	13.6	0.9	8.0	8.7	1.0	246.2
Red Pepper & Sweetcorn Tostada	83.8	347.6	4.1	0.6	1.8	0.5	9.5	0.0	5.7	1.3	1.6	42.2
Ö } æ æ Salmon Tostada	174.1	730.9	14.3	1.8	4.1	1.9	4.3	0.0	1.5	7.5	0.8	188.6
Spicy Tuna Tostada	133.5	554.8	8.8	1.0	1.9	0.7	4.9	-	2.2	9.1	0.8	284.6
Sriracha Chicken Tostada	116.0	452.3	4.1	0.8	1.9	0.6	8.2	0.4	4.6	9.8	0.8	302.5

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Yuzu & Mango Cheesecake	218.8	911.8	13.8	0.3	0.0	0.0	19.5	0.0	13.4	2.9	1.5	84.9