to go allergen & nutritional report

Last updated February 2023

Menu FIR Intolerance Report

Core Restaurant TOGO Menu '23

Dish Name	Cereals containing Gluten :	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin
Maki																												
Avocado Maki																												
Cucumber Maki																										✓		
Mixed Maki Plate								✓																				
Salmon Maki								✓																				
Rolls																												
Crunchy California Roll 6pc	✓	✓						✓	✓		✓	✓														✓		
Crunchy Prawn Roll 8pc	✓	✓						M	✓	M	✓	M	M												M	M		
Dynamite Roll 8pc	✓	✓						✓			✓	✓														✓		
Hoisin Duck Roll 6pc	✓	✓										✓																
Hoisin Mock 'Duck' Roll 6pc	✓	✓				✓						✓																
Salmon Dragon Roll 8pc	✓	✓						✓	✓		✓	✓														✓		
Spicy Chicken Katsu Roll 6pc	✓	✓						M	M	M	M	M	M												M	✓		
Spicy Tuna Roll 8pc	✓	✓						✓				✓														✓		
Veggie Volcano Roll 8pc	✓	✓										✓														✓		
Yasai Roll 6pc	✓	✓										✓														✓		
YO! Roll 8pc	✓	✓						✓			✓	✓																
Sashimi & Salad																												
Classic Edamame												✓																
Inari Taco	✓	✓										✓																

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Kaiso Seaweed	✓	✓										✓													✓	✓		
Salmon & Tuna Sashimi								✓																				
Salmon Sashimi								✓				✓																
Dessert																												
Cherry Dough.chi												✓	✓															
Chocolate Dough.chi												✓																
Chocolate Mochi												✓	✓															
Dorayaki Pancake	✓	✓									✓		✓															
Strawberry Mochi	✓	✓					✓					✓	✓															
Hot Food																												
Beef Teriyaki	✓	✓						M	M	M	✓	✓	M												M	✓		
Chicken Katsu Curry	✓	✓						M	M	M	M	✓	M												M	✓		
Japanese Fried Chicken	✓	✓						✓	M	M	✓	✓	✓												M	M		
Korean Fried Chicken	✓	✓						✓	M	M	✓	✓	✓												M	M		
Mighty Duck Fries	✓	✓									✓	✓													✓	✓	✓	
Mighty Mock 'Duck' Fries	✓	✓				✓						✓													✓	✓	✓	
Plant Based 'Beef' Teriyaki	✓	✓				✓		M	M	M	M	✓	M												M	✓		
Popcorn Shrimp	✓	✓						M	✓	M	✓	✓	M												M	M		
Prawn Katsu Curry	✓	✓						M	✓	M	M	✓	M												M	M		
Prawn Katsu	✓	✓						M	✓	M	M	✓	M												M	M		
Pumpkin Katsu Curry	✓	✓										✓														M		
Pumpkin Katsu	✓	✓										✓														M		

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Spicy Pepper Squid	M	M						✓	M	✓	M	✓	M												M	✓		
YO! Fries	M	M										M														✓		
Yakisoba & Fried Rice																												
Chicken Fried Rice	✓	✓										✓														✓		
Salmon Fried Rice	✓	✓						✓				✓														✓		
Vegetable Fried Rice	✓	✓										✓														✓		
Large Bowl																												
Chicken Katsu Curry Large	✓	✓						M	M	M	M	✓	M												M	✓		
Korean Fried Chicken Rice Bowl Large	✓	✓						✓	M	M	✓	✓	✓												M	✓		
Plant Based 'Beef' Teriyaki Large	✓	✓				✓						✓														✓		
Prawn Katsu Curry Large	✓	✓						M	✓	M	M	✓	M												M	M		
Pumpkin Katsu Curry Large	✓	✓										✓														M		
Teriyaki Beef Large	✓	✓						M	M	M	✓	✓	M												M	✓		
Teriyaki Chicken Large	✓	✓										✓														✓		
Gyoza																												
Chicken Gyoza 5 Piece	✓	✓						M	M	M	M	✓	M												M	✓		
Prawn Gyoza 5 Piece	✓	✓						M	✓	M	✓	✓	M												M	✓		
Vegetable Gyoza 5 Piece	✓	✓										✓														✓		
Sides																												
Miso Soup												✓																

Recipe FIR Intolerance Report

Dish Name **Poké**	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Tree Nuts :**	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 Spicy Tuna										✔															✔			
Extra Sriracha Chicken																												
Hoisin Mock 'Duck' Poké	✔	✔				✔						✔													✔			
Korean Ketchup												✔												✔		✔		
Citrus Ponzu												✔													✔			
Poké Half & Half Base																												
Poké Rice Base																												
Poké Spinach Base																												
Spicy Tuna Poké	✔	✔								✔		✔													✔			
Sriracha																												
Sriracha Chicken Poké	✔	✔										✔													✔			
Sriracha Mayonnaise																												
KFC Sweet Chilli																												
Zingy Lemon & Chilli										✔		✔													✔			

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TOGO Box																												
Classic Catch	✓	✓						✓			✓	✓																
Maki Mix								✓																				
O-mega Salmon	✓	✓						✓			✓	✓																
Plant Power	✓	✓				✓						✓														✓		
Simply Salmon								✓																				
Super Salmon	✓	✓						✓			✓	✓																
Sushi Sharer	✓	✓						✓	✓	M	✓	✓	M												M	✓		
TOkYO! Mix	✓	✓						✓	✓	M	✓	✓	M												✓	✓		
YO! Top Hits	✓	✓						✓	✓		✓	✓														✓		

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)
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	330.9	1376.6	22.2	4.0	7.6	8.7	19.2	10.0	7.4	13.4	1.2	423.5
Cherry Dough.chi	209.3	875.0	9.7	5.4	0.0	0.0	27.0	0.0	14.8	2.5	1.3	74.7
Chicken Fried Rice	417.4	1757.1	12.5	2.0	2.3	5.7	58.7	0.0	3.2	13.2	1.3	716.0
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 Katsu Curry	517.3	2177.7	17.2	6.6	3.0	1.5	73.4	0.0	2.7	13.5	1.0	725.3
Chicken Katsu Curry Large	845.8	3556.3	30.6	10.9	5.9	2.9	111.4	0.0	3.4	26.0	1.3	1031.4
Chocolate Dough.chi	215.2	904.8	7.8	3.9	0.0	0.0	33.6	0.0	19.4	1.6	2.1	80.4
Chocolate Mochi	233.1	976.9	6.2	3.8	0.0	0.0	39.8	0.0	12.9	2.3	0.2	244.2
Classic Catch	487.3	2071.2	12.1	2.1	5.5	3.2	63.2	-	9.1	26.8	1.8	922.0
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 6pc	570.7	2381.4	34.3	4.8	2.0	0.4	55.5	1.4	13.1	5.7	1.5	1000.3
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
Dorayaki Pancake	130.0	543.9	1.7	0.6	0.0	0.0	26.0	0.0	15.2	2.1	0.0	2.6
Dynamite Roll 8pc	467.3	1958.3	22.3	3.7	4.8	1.8	54.2	0.0	9.2	8.8	2.2	967.0
Hoisin Duck Roll 6pc	295.4	1250.2	2.9	1.3	0.0	0.0	55.0	0.5	17.1	9.3	1.0	780.8
Hoisin Mock 'Duck' Roll 6pc	316.1	1351.6	4.2	1.4	0.0	0.0	57.0	0.5	17.6	9.5	1.4	770.2
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	384.4	1600.1	26.4	3.0	3.0	1.5	23.5	0.0	1.5	15.9	0.3	748.0
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	414.6	1738.9	18.2	2.4	2.9	1.5	49.2	0.0	23.3	15.7	0.3	826.5
Korean Fried Chicken Rice Bowl Large	1126.4	4746.2	32.4	4.7	3.0	1.5	172.7	0.0	47.0	32.8	1.0	1535.1
Maki Mix	398.0	1682.7	10.2	1.9	4.7	1.6	64.7	0.0	8.7	7.1	2.7	779.3
Mighty Duck Fries	326.0	1363.1	17.2	1.6	2.5	1.3	32.7	0.5	6.1	9.2	0.2	728.1
Mighty Mock 'Duck' Frie	316.9	1338.9	15.2	1.4	2.5	1.3	34.4	0.5	6.6	9.3	0.5	706.5
Miso Soup	53.2	222.6	1.3	0.2	0.0	0.0	7.4	0.0	3.2	2.3	0.1	1052.7
Mixed Maki Plate	199.0	841.3	5.1	1.0	2.4	0.8	32.4	0.0	4.3	3.6	1.3	389.6
O-mega Salmon	485.2	2056.4	14.8	2.7	6.9	2.9	69.2	0.0	10.0	13.7	2.3	961.8
Plant Based 'Beef' Teriyaki	248.5	1038.2	9.7	0.9	3.0	1.5	17.9	1.3	7.3	22.0	0.6	795.3
Plant Based 'Beef' Teriyaki Large	727.9	3070.5	9.5	1.2	0.0	0.0	108.2	2.5	13.9	44.5	1.4	1445.2
Plant Power	695.2	2943.9	16.5	3.2	2.2	0.4	118.1	0.6	30.9	11.4	3.2	1690.8

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)
Popcorn Shrimp	354.0	1472.0	20.4	1.6	3.0	1.5	23.8	0.0	12.6	-	0.6	977.7
Prawn Gyoza 5 Piece	219.9	894.0	9.9	0.8	3.0	1.5	23.0	0.0	3.0	7.0	1.5	925.0
Prawn Katsu Curry Large	704.2	2961.8	19.1	4.4	5.9	2.9	112.8	0.0	3.3	13.3	2.2	1108.6
Prawn Katsu Curry	465.3	1959.1	11.7	3.3	3.0	1.5	77.0	0.0	2.6	8.3	1.5	809.4
Prawn Katsu	174.6	727.0	6.8	0.4	3.0	1.5	20.6	0.0	2.7	7.2	0.8	592.9
Pumpkin Katsu Curry	430.0	1811.1	11.5	3.8	2.9	1.4	73.2	0.0	2.5	4.4	0.9	707.1
Pumpkin Katsu Curry Large	602.5	2534.3	17.2	4.8	5.1	2.5	99.7	0.0	2.8	7.0	1.1	897.1
Pumpkin Katsu	153.0	636.9	6.9	0.9	3.0	1.5	19.2	0.0	2.7	3.4	0.3	513.2
Salmon & Tuna Sashimi	128.4	548.8	6.4	1.1	3.1	1.9	1.0	0.0	0.8	16.9	0.3	54.6
Salmon Dragon Roll 8pc	446.1	1879.4	19.5	2.5	4.9	1.9	52.3	0.0	7.2	11.8	1.8	641.7
Salmon Fried Rice	459.5	1941.6	17.8	2.7	5.4	7.5	58.4	0.0	3.1	11.9	1.5	671.8
Salmon Maki	194.5	827.3	3.7	0.7	1.7	1.0	32.1	0.0	4.2	5.7	0.8	393.4
Salmon Sashimi	125.2	537.3	8.3	1.3	4.1	2.5	0.8	0.0	0.3	11.8	0.4	100.5
Simply Salmon	419.9	1788.3	10.2	1.8	4.8	2.8	62.5	0.0	8.3	14.9	1.2	784.1
Spicy Chicken Katsu Roll 6pc	294.3	1240.9	4.6	1.8	0.3	0.2	53.1	0.0	10.2	7.3	0.9	1065.9
Spicy Pepper Squid	192.7	805.8	6.3	0.8	3.0	1.5	15.1	0.0	6.5	-	0.5	828.3
Spicy Tuna Roll 8pc	316.5	1329.2	3.1	0.5	0.1	0.3	58.0	-	11.8	10.2	1.5	1281.2
Strawberry Mochi	193.5	809.4	5.4	3.1	0.0	0.0	34.3	0.0	21.1	0.0	0.0	71.7
Super Salmon	526.3	2242.4	17.6	3.0	8.4	4.7	63.3	0.0	9.1	23.9	1.8	942.1
Sushi Sharer	546.9	2307.9	16.3	2.3	4.7	2.2	77.7	0.2	11.4	16.6	1.7	1125.2
Teriyaki Beef Large	982.6	4116.9	44.4	8.1	15.2	17.2	110.8	20.0	14.2	27.4	2.7	701.5
Teriyaki Chicken Large	715.1	3016.1	15.4	3.8	0.0	0.0	97.5	2.5	14.5	40.0	1.1	1533.2
TOkYO! Mix	649.1	2671.4	20.5	3.5	1.8	0.4	96.4	0.4	15.7	9.6	2.6	1582.9
Vegetable Fried Rice	391.2	1645.5	12.3	1.8	2.3	5.8	61.2	0.1	4.8	4.5	2.0	640.3
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 Volcano Roll	456.8	1904.9	21.0	5.5	9.7	1.8	59.5	0.0	12.3	3.7	5.0	666.0
Yasai Roll 6pc	339.4	1440.9	10.5	1.5	1.4	0.3	54.8	0.7	14.4	3.7	1.9	859.7
YO! Fries	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! Roll 8pc	382.0	1618.7	12.8	2.2	5.8	2.4	50.5	0.0	8.6	12.5	1.9	905.3
YO! Top Hits	707.6	2982.0	25.4	4.4	6.6	2.3	94.9	0.3	15.0	17.6	3.1	1344.0

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)
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
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
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 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
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