

The logo for YDI, consisting of the letters 'YDI' 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, overlapping shapes in shades of red and brown, suggesting a food theme.

YDI!

allergens & intolerance report

To go

Last updated: 5th July 2024

Core Takeaway Restaurant Menu

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	Lupin	
Mighty Duck Fries	✓	✓							✓	✓													✓	✓	✓		
Mighty Mock 'Duck' Fries	✓	✓			✓					✓	✓												✓	✓	✓		
Popcorn Shrimp	✓	✓					M	✓	M	✓	✓	M											M	M			
Prawn Katsu Curry	✓	✓					M	✓	M	✓	✓	M											M	M			
Prawn Katsu	✓	✓					M	✓	M	✓	✓	M											M	M			
Pumpkin Katsu Curry	✓	✓								✓	✓																
Pumpkin Katsu	✓	✓								✓	✓																
Spicy Pepper Squid	M	M					✓	M	✓	✓	✓	M											✓	✓			
YO! Fries																								✓	✓		
YO! Fries Plain																								✓	✓		
Yakisoba & Fried Rice																											
Chicken Firecracker Rice Large	✓	✓								✓	✓													✓	✓		
Chicken Firecracker Rice	✓	✓								✓	✓													✓	✓		
Chicken Yakisoba Large	✓	✓								✓	✓													✓	✓		
Chicken Yakisoba	✓	✓								✓	✓													✓	✓		
Hoisin 'Duck' Firecracker Rice Large	✓	✓			✓					✓	✓													✓	✓		
Hoisin 'Duck' Firecracker Rice	✓	✓			✓					✓	✓													✓	✓		
Hoisin Mock 'Duck' Yakisoba Large	✓	✓			✓					✓	✓													✓	✓		
Hoisin Mock 'Duck' Yakisoba	✓	✓			✓					✓	✓													✓	✓		
Salmon Firecracker Rice Large	✓	✓					✓	✓		✓	✓													✓	✓		
Salmon Firecracker Rice	✓	✓					✓	✓		✓	✓													✓	✓		

Core Takeaway Restaurant Menu

Dish Name	Cereals containing Gluten :						Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :																
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats							Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin			
Salmon Yakisoba Large	✓	✓					✓				✓															✓	✓		
Salmon Yakisoba	✓	✓					✓				✓															✓	✓		
Vegetable Yakisoba Large	✓	✓									✓															✓	✓		
Vegetable Yakisoba	✓	✓									✓															✓	✓		
Veggie Firecracker Rice Large	✓	✓									✓															✓	✓		
Veggie Firecracker Rice	✓	✓									✓															✓	✓		
Large Bowl																													
Chicken Katsu Curry Large	✓	✓					M	M	M		✓	M														M	M		
Korean Fried Chicken Rice Bowl Large	✓	✓					M	M	M		✓	M														M	✓		
Meatless Farm Chick'n Katsu Curry Large	✓	✓									✓																		
Prawn Katsu Curry Large	✓	✓					M	✓	M		✓	M														M	M		
Pumpkin Katsu Curry Large	✓	✓									✓																		
Teriyaki Beef Large	✓	✓					M	M	M	✓	✓	M														M	✓		
Teriyaki Chicken Large	✓	✓									✓																✓		
Teriyaki 'duck' Large	✓	✓									✓																✓		
Gyoza																													
Chicken Gyoza 5pc	✓	✓					M	M	M		✓	M														M	✓		
Mega Korean Gyoza Chicken	✓	✓					M	M	M	✓	✓	M														✓	✓	✓	✓
Mega Korean Gyoza vegetable	✓	✓					M	M	M		✓	M														✓	✓	✓	✓
Mega Teriyaki Gyoza Chicken	✓	✓					M	M	M	✓	✓	M														M	✓		
Mega Teriyaki Gyoza Vegetable	✓	✓					M	M	M		✓	M														M	✓		

Core Takeaway Restaurant Menu

Dish Name	Cereals containing Gluten :							Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :														
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Almonds							Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin		
Vegetable Gyoza 5pc	✓	✓									✓																✓	
Sides																												
Miso Soup	✓	✓									✓																	
Steamed Rice																												
Sushi sets																												
Classic Catch	✓	✓					✓				✓	✓																
Maki Mix							✓																					
O-mega Salmon	✓	✓					✓				✓	✓																
Plant Power	✓	✓				✓						✓														✓	✓	
Simply Salmon							✓																					
Super Salmon	✓	✓					✓				✓	✓																
Sushi Sharer	✓	✓					✓	✓		M	✓	✓														M	✓	
TokYO! Mix	✓	✓					✓	✓		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	198.2	825.9	6.3	1.1	3.0	0.6	32.5	0.0	3.9	2.9	1.8	328.0
Beef Teriyaki	324.2	1348.7	21.7	4.1	7.6	8.7	19.4	10.0	7.3	13.5	1.3	374.0
Chicken Firecracker Rice Large	875.2	3650.8	28.1	4.3	4.6	11.5	120.3	0.1	7.7	36.6	5.6	1513.0
Chicken Firecracker Rice	437.6	1825.4	14.0	2.1	2.3	5.8	60.2	0.0	3.9	18.3	2.8	756.5
Chicken Gyoza 5pc	206.2	835.8	8.8	1.2	3.0	1.5	21.0	0.0	1.6	8.1	2.3	1117.1
Chicken Katsu Curry	537.3	2246.2	20.1	7.8	3.0	1.5	72.2	0.0	3.0	16.6	2.8	789.5
Chicken Katsu Curry Large	886.1	3703.2	36.4	13.3	5.9	2.9	108.2	0.0	4.0	30.4	4.8	1182.8
Chicken Katsu Sushi Sando	549.3	2289.2	26.9	6.0	0.6	0.3	60.6	0.0	6.7	16.1	2.8	936.2
Chicken Teriyaki	190.5	798.3	7.2	1.9	0.0	0.1	12.7	1.3	7.4	19.8	0.5	799.5
Chicken Tsukune	401.7	1671.1	27.4	8.1	0.6	0.3	8.2	0.6	6.5	2.6	29.2	289.9
Chicken Yakisoba Large	708.0	2968.7	26.4	4.0	5.2	13.5	82.1	40.6	36.1	35.8	5.6	3805.8
Chicken Yakisoba	288.1	1208.1	10.7	1.6	2.1	5.5	33.4	16.5	14.7	14.6	2.3	1548.8
Chicken Yakitori	227.7	943.9	12.3	1.9	2.3	1.1	10.7	0.6	9.2	18.7	0.8	797.9
Chocolate Mochi	256.1	1072.8	9.8	6.1	0.1	0.0	37.2	0.2	23.2	3.0	0.1	205.2
Classic Catch	466.2	1946.8	14.9	1.9	0.7	0.4	57.5	0.0	7.6	26.0	1.4	733.8
Classic Edamame	116.5	487.0	3.3	0.5	0.0	0.0	12.1	0.0	1.0	11.8	4.6	393.9
Crunchy California Roll 8pc	595.6	2476.0	35.2	5.0	2.3	0.4	62.3	1.4	13.6	8.4	2.6	1181.1
Cucumber Maki	144.6	604.4	0.5	0.1	0.0	0.0	32.4	0.0	4.1	2.7	0.9	316.4
Custard Dorayaki Pancake	174.1	733.8	1.8	0.8	0.0	0.0	36.7	0.0	19.2	2.3	0.0	1.3
'Duck' Teriyaki	197.8	874.5	5.5	0.7	0.6	0.4	15.6	1.3	7.8	21.8	1.4	585.1
Dynamite Roll 8pc	778.0	3292.7	31.8	5.2	2.7	0.6	105.9	0.1	24.6	12.8	4.0	1674.4
Hoisin 'Duck' Firecracker Rice Large	910.6	3829.4	30.1	4.3	4.6	11.5	131.4	1.1	14.3	29.3	5.9	1729.4
Hoisin 'Duck' Firecracker Rice	455.3	1914.7	15.0	2.2	2.3	5.8	65.7	0.6	7.1	14.6	2.9	864.7
Hoisin Duck Roll 8pc	323.8	1359.1	2.8	1.2	0.0	0.0	63.0	0.6	17.7	11.8	1.4	786.0
Hoisin Mock 'Duck' Roll 8pc	344.6	1460.4	4.0	1.3	0.0	0.0	64.9	0.6	18.2	12.0	1.7	775.4
Hoisin Mock 'Duck' Yakisoba Large	743.4	3147.3	28.4	4.1	5.2	13.5	93.2	41.6	42.7	28.5	5.9	4022.2
Hoisin Mock 'Duck' Yakisoba	371.7	1573.6	14.2	2.0	2.6	6.8	46.6	20.8	21.3	14.3	2.9	2011.1
Inari Taco	144.4	591.3	4.7	0.7	0.5	0.1	20.6	0.0	7.8	4.2	0.5	274.5
Japanese Fried Chicken	344.4	1435.2	21.3	5.9	3.0	1.5	18.3	0.0	0.6	19.8	2.4	711.0

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)
Kaiso Seaweed	106.6	424.4	3.0	0.4	0.0	0.1	14.7	0.1	12.1	3.4	1.9	685.4
Korean Fried Chicken	380.5	1599.0	13.2	5.2	3.0	1.5	44.7	0.0	21.1	19.6	2.4	798.8
Korean Fried Chicken Rice Bowl Large	1050.7	4413.5	22.2	10.3	3.0	1.5	164.2	0.0	42.3	44.9	5.6	1469.2
Maki Mix	295.5	1232.5	8.3	1.3	2.3	0.4	48.3	0.0	5.7	7.0	1.8	491.7
Meatless Farm Chick'n Katsu Curry Large	975.7	4072.2	41.2	6.8	5.9	2.9	118.6	0.0	4.8	29.9	1.6	1474.0
Meatless Farm Chick'n Katsu Curry	582.1	2430.7	22.5	4.6	3.0	1.5	77.3	0.0	3.4	16.4	1.2	935.1
Meatless Farm Chick'n Katsu	292.0	1212.4	17.5	1.5	3.0	1.5	19.9	0.0	3.5	12.1	0.3	778.1
Mega Korean Gyoza Chicken	228.1	949.6	15.4	1.6	3.1	1.5	16.9	0.0	4.4	5.0	1.6	438.5
Mega Korean Gyoza vegetable	209.1	870.2	38.3	1.1	3.1	1.5	18.8	0.0	5.4	4.0	1.2	135.5
Mega Teriyaki Gyoza Chicken	223.0	928.4	15.1	1.5	3.0	1.5	16.5	0.7	4.2	5.0	1.5	510.2
Mega Teriyaki Gyoza Vegetable	204.0	849.0	37.9	1.1	3.0	1.5	18.4	0.7	5.1	4.0	1.1	207.2
Mighty Duck Fries	325.7	1361.6	17.3	1.6	2.5	1.3	32.7	0.5	6.2	9.3	0.2	762.4
Mighty Mock 'Duck' Fries	316.6	1337.3	15.3	1.4	2.5	1.3	34.4	0.5	6.7	9.3	0.4	740.8
Miso Soup	53.1	222.4	1.3	0.2	0.0	0.0	7.3	0.0	3.1	2.3	0.1	1094.9
Monster Maki	167.1	696.7	5.4	0.6	0.8	0.1	24.8	0.0	3.3	4.7	1.1	339.3
O-mega Salmon	457.4	1906.9	16.2	2.2	2.4	0.4	63.5	0.0	8.4	14.4	1.8	766.9
Plant Power	837.1	3513.5	20.4	3.3	2.6	0.6	142.5	1.0	38.3	17.1	4.5	2043.6
Popcorn Shrimp	351.0	1460.7	20.4	1.6	3.0	1.5	23.3	0.0	13.0	14.6	0.6	980.6
Prawn Katsu Curry Large	710.6	2967.0	19.2	4.5	5.9	2.9	115.3	0.0	3.4	18.3	2.5	1112.6
Prawn Katsu Curry	469.2	1960.0	11.8	3.4	3.0	1.5	78.7	0.0	2.7	11.7	1.7	801.7
Prawn Katsu	179.3	746.7	6.8	0.4	3.0	1.5	21.3	0.0	2.7	7.4	0.8	604.3
Pumpkin Katsu Curry	429.2	1793.0	11.5	3.9	2.9	1.4	74.1	0.0	2.6	7.4	1.1	688.7
Pumpkin Katsu Curry Large	601.3	2510.6	17.2	4.9	5.1	2.5	100.8	0.0	2.9	10.9	1.3	884.1
Pumpkin Katsu	152.8	631.9	6.8	0.9	3.0	1.5	19.0	0.0	2.8	3.5	0.3	553.7
Salmon Dragon Roll 8pc	465.0	1936.2	22.9	2.7	2.3	0.4	51.1	0.0	6.8	14.3	1.8	724.2

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)
Salmon Firecracker Rice Large	955.2	3974.8	41.7	5.7	4.6	11.5	119.9	0.1	7.3	26.0	5.2	1356.2
Salmon Firecracker Rice	477.8	1988.4	20.8	2.8	2.3	5.8	60.0	0.0	3.7	13.0	2.6	678.2
Salmon Sashimi	176.7	733.9	13.9	1.7	0.0	0.1	0.8	0.0	0.5	12.1	0.2	89.2
Salmon Yakisoba Large	788.0	3292.7	40.0	5.4	5.2	13.5	81.7	40.6	35.7	25.3	5.2	3649.0
Salmon Yakisoba	320.7	1340.0	16.3	2.2	2.1	5.5	33.3	16.5	14.5	10.3	2.1	1485.0
Simply Salmon	388.2	1619.9	12.3	1.5	0.0	0.0	55.3	0.0	6.6	14.1	0.8	579.9
Spicy Chicken Katsu Roll 8pc	336.7	1408.7	6.4	2.3	0.6	0.3	59.7	0.0	10.9	9.7	1.7	1108.9
Spicy Pepper Squid	192.6	805.4	6.4	0.8	3.0	1.5	15.1	0.0	6.8	16.8	0.7	825.3
Spicy Tuna Roll 8pc	638.8	2720.2	14.5	2.6	2.8	0.8	107.0	0.1	27.0	15.6	4.0	1965.0
Steamed Rice	301.7	1262.6	0.3	0.0	0.0	0.0	69.9	0.0	0.3	4.9	0.8	0.0
Strawberry Mochi	193.7	816.3	5.1	3.1	0.0	0.0	35.1	0.0	22.7	1.6	0.0	75.0
Super Salmon	514.2	2143.0	21.9	2.7	0.6	0.2	57.4	0.0	7.6	21.8	1.2	739.9
Sushi Sharer	1111.4	4635.7	38.5	4.9	4.8	1.9	154.4	0.7	22.1	37.5	3.6	2158.8
Teriyaki Beef Large	967.2	4031.0	43.4	8.1	15.2	17.2	112.2	20.0	14.0	32.0	3.0	602.5
Teriyaki Chicken Large	699.7	2930.2	14.4	3.7	0.0	0.0	99.0	2.5	14.3	44.6	1.4	1453.4
Teriyaki 'duck' Large	705.5	3045.6	9.9	1.2	0.6	0.3	104.7	2.5	15.1	48.6	3.2	1024.6
TokYO! Mix	686.0	2855.7	24.4	4.1	2.0	0.5	102.6	0.7	19.8	13.8	3.5	1802.9
Tuna Sashimi	88.2	372.4	1.2	0.3	0.2	0.6	0.9	0.0	0.6	19.6	0.5	77.2
Vegetable Gyoza 5pc	227.2	920.8	53.0	0.9	3.0	1.5	24.0	0.0	3.0	6.7	1.6	637.4
Vegetable Yakisoba Large	590.9	2473.7	24.7	3.5	5.1	13.2	79.8	39.6	34.8	12.3	5.0	3523.2
Vegetable Yakisoba	243.6	1019.7	10.2	1.5	2.1	5.4	32.9	16.3	14.4	5.1	2.1	1452.3
Veggie Firecracker Rice Large	772.8	3217.2	27.0	3.9	4.6	11.5	119.9	0.1	7.3	13.4	5.2	1317.8
Veggie Firecracker Rice	386.4	1608.6	13.5	1.9	2.3	5.8	60.0	0.0	3.7	6.7	2.6	658.9
Veggie Volcano Roll 8pc	447.3	1861.7	20.5	5.4	9.7	1.8	59.3	0.0	11.9	6.1	5.5	583.8
Yasai Roll 8pc	675.9	2869.3	20.9	3.0	2.7	0.6	109.7	1.4	28.8	7.3	3.7	1718.8
YO! Fries	320.6	1336.0	19.2	1.7	3.0	1.5	32.8	0.0	2.1	3.1	0.0	718.1
YO! Fries Plain	250.2	1046.4	12.2	1.2	3.0	1.5	31.2	0.0	1.0	3.0	0.0	463.2
YO! Roll 8pc	388.3	1618.1	14.9	2.1	2.4	0.4	50.5	0.0	8.1	13.1	1.7	807.2
YO! Top Hits	642.5	2678.5	24.6	3.9	3.3	0.7	86.4	0.3	12.8	19.5	2.9	1158.4