

The YO! logo is located in the top left corner, consisting of the letters 'YO!' in a white, bold, sans-serif font on an orange square background. The background of the entire page is a dark blue with a pattern of dark blue silhouettes of various vegetables and a large, stylized yellow sunburst or leaf shape on the right side, which is speckled with white sesame seeds.

YO!

allergen information & dietary guide

YO! Kitchen (Dundrum) menu

last updated: 28th July 2021

Recipe FIR Intolerance Report

last updated: 28th July 2021

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	
Mixed Sashimi DD																											
Prawn and Avocado Roll DD	✓	✓					✓																✓				
Roast Vegetable Curry Bento DD	✓	✓																					✓	✓			
Roll Selection Platter DD	✓	✓					✓	✓	✓														✓	✓	✓		
Salmon and Grilled Cheese Aburi Platter DD	✓	✓																							✓	✓	
Salmon and Tuna Philly Roll DD	✓	✓						✓	✓	✓														✓	✓		
Salmon Dragon Roll DD	✓	✓					✓	✓	✓														✓		✓		
Salmon Maki DD									✓	✓																	
Salmon Nigiri DD									✓	✓																	
Salmon Platter DD	✓	✓						✓	✓	✓																	
Salmon Poke - Rice DD	✓	✓							✓	✓														✓			
Salmon Poke - Salad DD	✓	✓							✓	✓														✓			
Salmon Ponzu Salsa Sashimi DD	✓	✓							✓	✓																	
Salmon Sashimi DD									✓	✓																	
Salmon Teriyaki Bento DD	✓	✓							✓	✓														✓	✓		
Seared Spicy Salmon Roll DD	✓	✓							✓	✓														✓	✓		
Sesame Seared Tuna Tataki DD									✓	✓														✓	✓		
Spicy Seafood Ramen DD	✓	✓					✓		✓															✓			✓
Spinach And Edamame Gyoza DD	✓	✓								✓														✓			
Steamed Rice July 20																											
Teriyaki Chicken Donburi DD	✓	✓								✓															✓		
Tuna Poke - Rice DD	✓	✓							✓															✓			
Tuna Poke - Salad DD	✓	✓							✓															✓			
Tuna Two Way Roll DD	✓	✓							✓															✓	✓		

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 DD	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 Curry Ramen DD	562.6	2366.2	24.0	9.8	0.6	2.0	59.7	40.5	8.6	26.8	0.5	2580.4
Beef Tataki DD	95.9	400.4	3.7	1.1	0.7	0.4	3.0	0.0	3.0	12.8	0.1	367.7
Bibimbap DD	304.1	1166.2	9.0	1.7	0.0	0.2	39.8	0.2	19.1	7.6	4.4	1563.0
Chicken Bibimbap DD	390.5	1528.6	11.4	2.1	0.5	0.5	39.8	0.2	19.1	23.8	4.4	1701.4
Chicken Gyoza DD	136.5	561.0	7.6	1.1	3.0	1.5	11.0	0.0	0.0	5.7	0.0	369.6
Chicken Katsu and Flamed Cheese Roll DD	207.2	871.8	5.8	2.9	1.0	0.2	31.1	0.0	6.3	6.0	0.4	676.9
Chicken Katsu Curry Bento DD	845.0	3544.4	25.7	8.8	2.4	0.8	116.0	0.0	6.4	32.3	1.8	1995.3
Chicken Katsu Curry Donburi DD	695.3	2913.9	18.4	8.9	0.0	0.1	106.0	0.1	4.3	20.8	1.3	946.8
Chicken Katsu DD	225.2	940.1	12.2	3.6	3.0	1.5	16.9	0.0	3.0	12.4	0.5	439.5
Chicken Miso Ramen DD	425.9	1795.2	8.1	1.1	1.0	2.3	60.3	40.5	10.6	25.5	0.9	3156.2
Crunchy California Roll DD	235.3	985.6	10.8	1.4	1.2	0.2	29.3	0.2	4.9	2.6	0.9	403.3
Cucumber Maki DD	149.6	633.4	0.5	0.1	0.0	0.0	32.5	0.0	4.6	1.2	0.9	374.1
Dynamite Roll DD	231.0	971.9	11.4	1.9	2.7	1.0	26.3	0.0	4.4	4.4	1.1	460.7
Edamame DD	134.5	562.7	6.1	0.8	0.0	0.0	9.0	0.0	0.1	11.5	0.0	395.1
Inari Taco DD	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 DD	548.9	2278.5	43.2	4.4	1.3	0.7	24.8	0.0	1.9	17.8	0.5	859.1
JFC Donburi DD	721.4	3014.1	25.9	3.1	0.0	0.1	100.0	0.1	3.0	17.2	1.3	785.9
Kaiso Seaweed DD	141.9	496.3	5.1	0.2	0.0	0.1	14.9	0.1	8.1	3.4	1.1	719.7
KFC Donburi DD	723.1	3035.4	14.0	2.2	0.0	0.1	126.2	0.1	23.9	17.5	1.6	999.4
Korean Fried Chicken DD	385.6	1619.3	15.2	2.2	1.2	0.6	47.8	0.0	23.6	15.8	0.5	755.0
Miso Soup July 20 DD	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 Bento Box DD	925.3	3821.9	32.2	4.5	6.8	2.8	126.5	0.5	21.5	18.9	4.2	1951.9
Mixed Maki Plate DD	199.0	841.3	5.1	1.0	2.4	0.8	32.4	0.0	4.3	3.6	1.3	389.6
Mixed Sashimi DD	128.4	548.8	6.4	1.1	3.1	1.9	1.0	0.0	0.8	16.9	0.3	54.6
Prawn and Avocado Roll DD	216.1	907.0	7.5	1.6	2.4	0.4	30.0	0.0	4.6	3.6	1.3	425.6
Roast Vegetable Curry Bento DD	701.8	2945.9	17.4	5.0	3.2	0.5	114.2	1.9	13.0	16.6	4.3	2127.5
Roll Selection Platter DD	465.0	1956.7	19.6	5.0	6.4	2.0	54.1	0.1	8.2	13.3	2.4	747.8
Salmon and Grilled Cheese Aburi Platter DD	261.8	1101.1	7.9	2.6	2.7	1.4	34.4	0.7	8.9	10.8	0.3	637.4
Salmon and Tuna Philly Roll DD	266.6	1124.5	12.0	3.6	4.6	1.6	27.0	0.4	5.6	10.7	1.3	505.3
Salmon Dragon Roll DD	377.9	1590.6	16.2	2.1	3.7	1.4	45.1	0.0	6.3	8.9	1.6	559.9
Salmon Maki July DD	194.5	827.3	3.7	0.7	1.7	1.0	32.1	0.0	4.2	5.7	0.8	393.4

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Salmon Nigiri DD	103.1	439.6	2.8	0.5	1.4	0.8	14.3	0.0	1.9	4.0	0.2	182.5
Salmon Platter DD	383.3	1630.8	13.7	2.2	6.3	3.5	43.5	0.0	10.8	20.4	1.1	668.7
Salmon Poke - Rice DD	645.0	2685.3	21.6	5.3	4.5	2.3	90.5	1.3	14.0	14.9	-	1202.4
Salmon Poke - Salad DD	271.6	1084.8	15.7	3.9	4.5	2.3	15.6	1.4	8.7	14.6	-	496.7
Salmon Ponzu Salsa Sashimi DD	115.2	480.6	6.9	1.1	3.4	2.0	2.3	0.0	1.0	10.4	0.4	372.6
Salmon Sashimi DD	125.7	539.5	8.2	1.3	4.1	2.4	1.0	0.0	0.7	12.0	0.3	57.0
Salmon Teriyaki Bento DD	726.1	3036.9	22.5	3.7	6.2	4.0	86.6	3.5	23.1	38.2	1.0	2602.4
Seared Spicy Salmon Roll DD	249.1	1035.3	10.7	2.4	3.1	1.4	27.5	0.0	4.4	8.5	1.1	438.5
Sesame Seared Tuna Tataki DD	74.7	314.2	1.8	0.2	0.6	0.4	0.8	0.0	0.1	12.7	0.3	17.4
Spicy Seafood Ramen DD	326.0	1378.8	9.3	1.3	2.4	2.6	33.9	27.1	5.4	25.8	1.1	2220.6
Spinach And Edamame Gyoza DD	96.5	393.2	1.6	0.2	0.6	0.3	16.1	0.0	2.4	3.4	0.7	558.8
Steamed Rice July 20	303.4	1289.1	0.3	0.1	0.0	0.0	68.9	0.0	0.2	0.9	0.5	0.0
Teriyaki Chicken Donburi DD	579.0	2436.0	2.6	0.1	0.0	0.1	101.1	3.6	18.4	29.8	1.4	1222.8
Tuna Poke - Rice DD	603.0	2514.3	15.4	4.3	2.0	0.6	90.6	1.3	14.0	18.3	-	1194.6
Tuna Poke - Salad DD	229.6	913.8	9.5	2.8	2.0	0.7	15.7	1.4	8.8	18.0	-	488.9
Tuna Two Way Roll DD	194.6	819.8	4.6	0.8	2.2	0.7	26.0	-	4.7	8.6	1.2	398.0
Vegetable Dumpling Miso Ramen DD	450.4	1897.8	8.9	1.0	0.6	2.0	73.6	40.5	12.1	16.1	1.4	3237.4
Veggie Volcano Roll DD	227.0	946.1	10.5	2.7	4.8	0.9	29.4	0.0	6.0	1.9	2.5	374.0
Yasai Bento Box DD	663.2	2684.9	20.9	3.0	3.2	0.7	98.0	0.5	29.1	9.7	3.9	1789.5
Yasai Roll DD	169.8	702.3	4.8	0.8	1.2	0.2	27.4	0.2	6.0	1.7	1.0	398.3
YO! Bento Box DD	619.1	2623.2	19.1	3.3	8.3	4.6	79.5	0.0	12.1	26.6	2.1	1150.1
YO! Roll DD	184.5	780.7	6.1	1.0	2.6	1.0	25.2	0.0	4.3	5.3	1.0	453.8
Zingy Yuzu Leaves DD	90.3	332.1	4.4	0.9	2.5	0.6	8.9	1.4	6.9	1.5	1.9	272.0