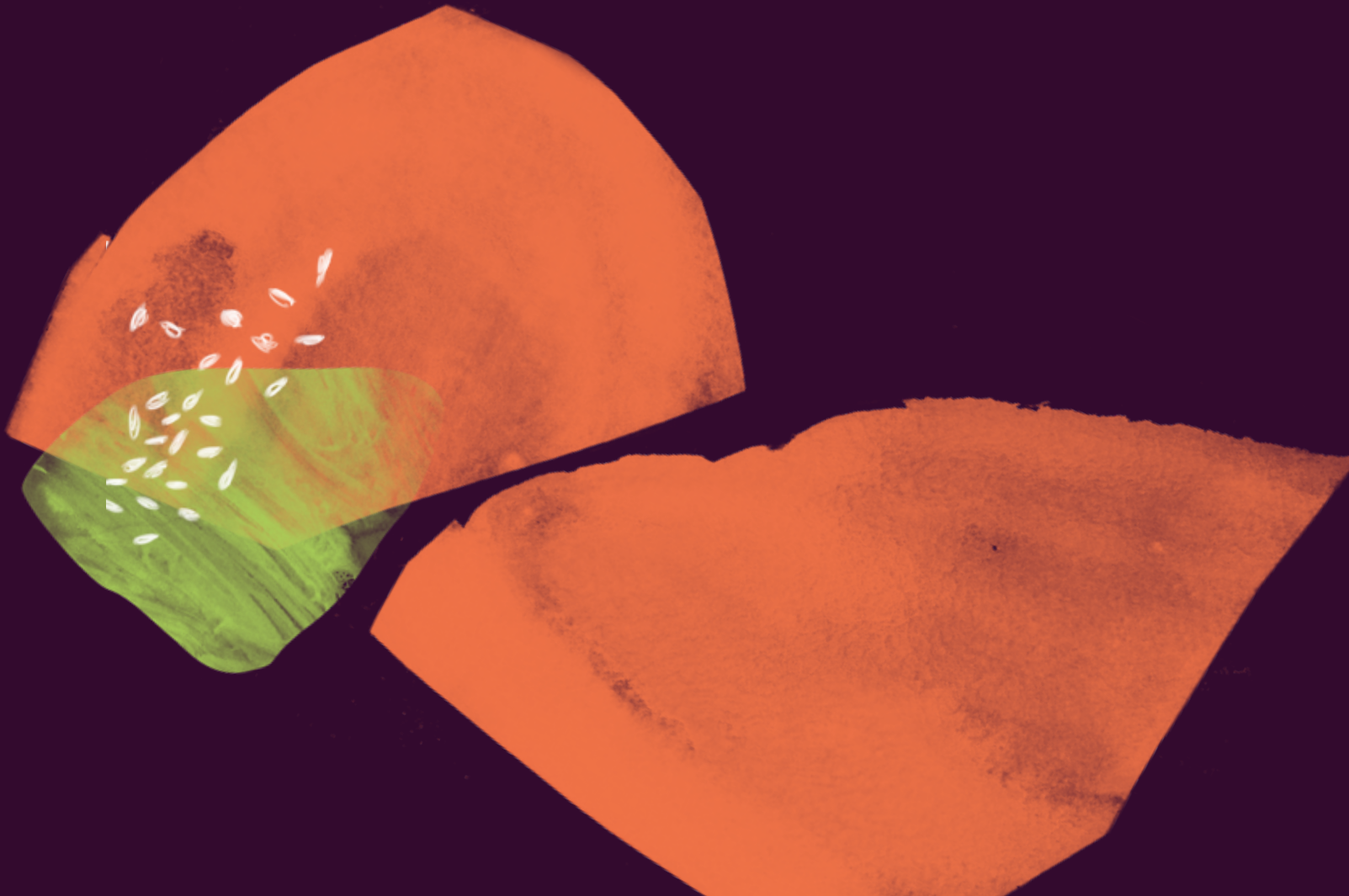


YD!

allergen information & dietary guide



Tesco kiosk

last updated: March 2020

Menu FIR Intolerance Report

last updated: March 2020

Tesco March 2020

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

Front Of Store

Crunchy Cali Roll (TFOS)	✓	✓					✓	✓		✓	✓															✓	✓
Crunchy Yasai Roll (TFOS)	✓	✓									✓																✓
Cucumber Maki (TFOS)	✓	✓									✓													✓			
Kickin Salmon Roll (TFOS)	✓	✓					✓																	✓			
Mixed Box (TFOS)	✓	✓					✓	✓		✓	✓													✓	✓		
Spicy Chicken Katsu Roll (TFOS)	✓	✓																							✓	✓	

Small Packs

Avocado Maki (T)																											
Cucumber Maki (T)	✓	✓									✓																
Inari Nigiri (T)	✓	✓									✓																
Prawn Nigiri (T)								✓																✓			
Salmon Maki (T)							✓																				
Salmon Nigiri (T)							✓																				

Rolls

Aromatic Duck Roll (T)	✓	✓									✓															✓	
Blossom Roll (T)	✓	✓					✓	✓			✓																✓
Cali Roll (T)	✓	✓					✓	✓		✓	✓														✓	✓	
Crunchy Cali Roll (T)	✓	✓					✓	✓		✓	✓														✓	✓	
Crunchy Chicken Katsu Roll (T)	✓	✓								✓														✓	✓	✓	

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																	
Crunchy Salmon Roll (T)	✓	✓					✓			✓	✓																												✓	✓			
Crunchy Yasai Roll (T)	✓	✓									✓	✓																											✓	✓			
Green & Beets Roll (T)	✓	✓									✓	✓																															
Kickin Salmon Roll (T)	✓	✓					✓					✓																															
Prawn & Garlic Mayo Roll (T)	✓	✓						✓			✓																												✓				
Salmon & Avocado Roll (T)							✓	✓																																			
Salmon Dragon Roll (T)	✓	✓					✓	✓			✓	✓																												✓			
Spicy Chicken Katsu Roll (T)	✓	✓																																						✓			
Spicy Salmon Roll (T)	✓	✓					✓					✓																												✓			
Yasai Roll (T)	✓	✓										✓																												✓			
Boxes																																											
Futari Platter (T)	✓	✓					✓	✓			✓	✓																												✓	✓		
Mixed Box (T)	✓	✓					✓	✓			✓	✓																												✓	✓		
Plant Power (T)	✓	✓										✓																													✓		
Salmon & Avocado Box (T)							✓	✓																																			
Salmon & Tuna Box (T)							✓	✓																																			
Salmon Box (T)							✓	✓																																			
Salmon Sashimi (T)							✓	✓																																			
Roll Combo Boxes																																											
Chicken Combo Box (T)	✓	✓									✓																													✓	✓		
Vegan Box (T)	✓	✓										✓																														✓	
YO! Box (T)	✓	✓					✓	✓			✓	✓																													✓		

Nutritional Information Recipe List (values per typical serving)

last updated: March 2020

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)
Aromatic Duck Roll (T)	336.6	1421.7	3.7	1.2	0.0	0.0	55.9	0.0	14.7	10.0	1.0	645.5
Avocado Maki (T)	205.4	863.2	6.7	1.3	3.1	0.6	32.6	0.0	4.4	1.4	1.9	386.0
Beef Gyudon Donburi (T)	608.1	2571.1	8.0	0.2	0.0	0.1	111.4	0.9	14.0	13.8	2.0	605.5
Blossom Roll (T)	405.6	1708.8	9.5	2.4	2.7	0.9	62.3	0.7	12.3	14.3	2.6	1141.3
Cali Roll (T)	436.7	1829.5	19.6	2.5	3.5	0.6	53.4	0.0	7.5	5.8	2.1	637.0
Chicken Combo Box (T)	328.8	1385.5	6.6	2.6	0.0	0.1	56.2	0.0	8.3	8.0	1.2	803.5
Chicken Gyoza (T)	224.2	946.0	4.6	1.0	0.0	0.0	35.9	0.0	17.9	7.8	2.3	747.0
Chicken Katsu Bites (T)	257.6	1082.1	9.3	4.3	0.0	0.0	28.1	0.0	9.0	15.8	0.0	303.0
Chicken Katsu Curry (T)	678.9	2901.4	11.1	3.7	0.0	0.0	122.7	0.0	4.5	14.7	1.7	1276.0
Chicken Teriyaki Donburi (T)	771.1	3257.1	12.2	3.7	0.0	0.1	135.8	0.0	28.9	19.8	2.4	1937.5
Chicken Yakitori (T)	125.2	525.5	4.7	1.5	0.0	0.0	10.6	0.7	7.9	10.1	0.4	584.8
Chocolate Mochi (T)	204.2	854.2	6.1	3.7	0.0	0.0	32.9	0.0	8.0	2.2	0.0	243.8
Crunchy Cali Roll (T)	541.8	2267.7	26.2	5.5	3.5	0.6	63.3	0.7	11.8	7.1	2.2	861.9
Crunchy Cali Roll (TFOS)	541.8	2267.7	26.2	5.5	3.5	0.6	63.3	0.7	11.8	7.1	2.2	861.9
Crunchy Chicken Katsu Roll (T)	433.3	1820.2	14.1	5.3	0.0	0.1	60.7	0.0	8.2	9.8	1.2	760.5
Crunchy Salmon Roll (T)	445.6	1868.5	19.0	5.0	2.3	0.4	55.0	0.4	10.1	10.4	1.9	847.2
Crunchy Yasai Roll (T)	411.4	1741.6	15.2	4.4	1.4	0.3	61.3	0.4	14.5	4.6	2.0	851.2
Crunchy Yasai Roll (TFOS)	411.4	1741.6	15.2	4.4	1.4	0.3	61.3	0.4	14.5	4.6	2.0	851.2
Cucumber Maki (T)	275.4	1164.0	3.5	1.1	0.0	0.0	49.3	0.0	13.6	8.6	1.0	576.6
Cucumber Maki (TFOS)	284.0	1200.3	3.5	1.1	0.0	0.0	51.0	0.0	14.3	9.0	1.0	842.8
Custard Dorayaki (T)	162.0	677.8	2.3	0.8	0.0	0.0	32.1	0.0	20.3	2.9	0.0	0.1
Edamame Salad (T)	201.2	842.0	9.2	1.2	0.0	0.0	13.4	0.0	0.0	17.3	0.0	789.0
Futari Platter (T)	975.7	4110.1	21.7	3.7	3.4	1.2	135.6	0.0	18.8	31.0	2.6	1714.1
Green & Beets Roll (T)	337.3	1432.3	10.8	1.5	1.4	0.3	53.9	0.1	12.1	3.6	2.1	730.6
Inari Nigiri (T)	228.0	959.4	7.8	1.5	0.0	0.0	33.3	0.0	14.9	4.7	0.2	455.0
Kaiso Salad (T)	300.7	527.8	6.8	0.3	0.0	0.1	18.1	0.1	8.8	4.3	1.2	708.1
Kickin Salmon Roll (T)	378.6	1590.5	13.7	2.7	2.3	0.4	49.6	0.0	8.1	9.6	1.8	719.5
Kickin Salmon Roll (TFOS)	378.6	1590.5	13.7	2.7	2.3	0.4	49.6	0.0	8.1	9.6	1.8	719.5
Korean Fried Chicken Bites (T)	303.4	1272.4	13.4	2.1	0.0	0.0	31.8	0.0	9.8	15.6	0.0	679.8
Korean Fried Chicken Donburi (T)	869.6	3675.3	14.7	2.3	0.0	0.0	160.4	0.0	41.3	17.1	1.2	973.4
Mixed Box (T)	420.7	1773.2	5.9	0.9	0.9	0.2	67.5	0.0	9.6	6.3	1.6	849.2
Mixed Box (TFOS)	429.3	1809.5	5.9	0.9	0.9	0.2	69.2	0.0	10.3	6.7	1.6	1115.3
Plant Power (T)	463.4	1956.9	10.7	2.0	0.4	0.1	80.0	0.2	23.1	6.9	1.6	1042.3
Prawn & Garlic Mayo Roll (T)	379.2	1593.9	11.8	3.1	2.3	0.4	58.6	0.0	9.1	6.2	1.7	828.9

Nutritional Information Recipe List (values per typical serving)

last updated: March 2020

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)
Prawn Katsu Curry (T)	658.0	2813.3	9.8	2.1	0.0	0.0	125.0	0.0	7.8	9.6	1.7	1417.2
Prawn Katsu Torpedos (T)	283.1	1188.3	9.8	2.8	0.0	0.0	36.9	0.0	14.5	11.7	0.0	607.6
Prawn Nigiri (T)	157.1	662.7	0.2	0.1	0.0	0.0	21.5	0.0	3.1	3.6	0.2	315.8
Pumpkin Katsu Curry (T)	609.9	2611.7	5.8	1.1	0.0	0.0	125.6	0.0	4.4	5.9	1.7	1290.0
Salmon & Avocado Box (T)	435.2	1832.4	12.3	2.4	3.6	0.7	65.6	0.0	8.9	10.2	2.5	784.5
Salmon & Avocado Roll (T)	340.9	1435.0	9.7	1.9	2.3	0.4	46.9	0.0	6.4	10.2	1.8	547.5
Salmon & Tuna Box (T)	413.8	1747.9	7.3	1.5	0.9	0.6	65.2	0.0	8.7	16.0	1.3	784.1
Salmon Box (T)	321.7	1355.6	8.5	1.6	1.1	0.2	44.8	0.0	6.1	11.5	1.1	535.5
Salmon Dragon Roll (T)	500.0	2094.3	23.9	3.2	3.5	0.6	53.3	0.0	7.5	15.1	2.1	657.6
Salmon Maki (T)	189.0	798.5	3.1	0.6	0.0	0.0	32.0	0.0	4.2	5.9	0.7	383.4
Salmon Nigiri (T)	148.1	624.9	3.5	0.7	0.0	0.0	21.3	0.0	2.9	6.3	0.2	261.8
Salmon Sashimi (T)	180.0	753.1	11.0	1.9	0.0	0.0	0.0	0.0	0.0	20.2	0.0	40.0
Spicy Chicken Katsu Roll (T)	329.0	1387.6	5.1	2.0	0.0	0.1	59.2	0.0	9.0	8.5	1.2	884.7
Spicy Chicken Katsu Roll (TFOS)	329.0	1387.6	5.1	2.0	0.0	0.1	59.2	0.0	9.0	8.5	1.2	884.7
Spicy Salmon Roll (T)	378.8	1608.8	10.7	1.8	1.4	0.3	57.3	0.0	12.6	10.8	2.0	831.3
Vegan Box (T)	345.2	1465.9	10.8	1.5	1.4	0.3	55.6	0.4	13.5	3.7	2.0	811.3
Vegan Platter (T)	1824.7	7691.8	54.1	10.0	14.7	2.7	295.8	0.3	66.7	20.2	11.2	3727.7
Yasai Roll (T)	324.4	1380.1	8.6	1.4	1.4	0.3	55.3	0.4	13.3	3.7	2.0	791.2
YO! Box (T)	388.8	1632.2	14.7	2.2	2.9	0.5	50.1	0.0	6.9	8.0	2.0	592.2
YO! Favourites Platter (T)	1811.1	7619.3	60.8	10.9	6.9	1.7	232.8	0.3	46.8	54.5	5.7	3161.8
YO! Lover Platter (T)	1709.2	7211.4	31.5	7.0	4.8	1.7	277.9	0.0	49.0	46.2	6.4	3539.7