



allergen information & dietary guide



kids menu

last updated: 8th November 2021

introduction

Here at YO! we understand how important it is to know what's in your food, especially if you have a special diet or an allergy. So we take this stuff really seriously.

We make our sushi, salads and hot dishes fresh every day in our kitchens. That means we often handle lots of the allergens below:

- **celery**
- **cereals containing gluten**
(namely barley, oats, rye, wheat)
- **crustaceans** (such as prawns, crabs and lobsters)
- **eggs**
- **fish**
- **lupin**
- **milk**
- **molluscs** (such as mussels and oysters)
- **mustard**
- **sesame seeds**
- **soybeans**
- **sulphites**
- **peanuts**
- **tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios & macadamia nuts)

If you have a question, please ask a member of the YO! team.

And if you have any thoughts or feedback about allergens (or anything else YO!-related), email hello@yosushi.com

key



A tick means this dish contains the allergen shown.



The letter M means the dish is fried in oil which might also be used to fry dishes containing that allergen.

please note

Although we don't use peanuts in the dishes we make, we can't guarantee that our suppliers work in nut-free environments.

And while we do everything we can to prevent cross contamination, we can't be sure any dish is 100% allergen-free.

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Dish Name

<u>Cereals containing Gluten :</u>
Wheat
Spelt (<i>Wheat</i>)
Kamut (<i>Wheat</i>)
Rye
Barley
Oats
Fish
Crustaceans
Molluscs
Eggs
Soybeans
Milk
<u>Tree Nuts :</u>
Almonds
Hazelnut
Walnut
Cashew nut
Pecan nut
Brazil nut
Pistachio nut
Macadamia nut or Queensland nut
Peanuts
Celery
Mustard
Sesame
Sulphur dioxide/sulphites
Lupin

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Nutritional Information Recipe List (values per typical serving)

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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)
Kids Avocado Maki July 20	199.3	838.1	6.4	1.2	3.0	0.6	32.2	0.0	4.4	0.9	1.4	382.9
Kids Chicken Katsu Curry July 20	462.6	1951.1	12.0	5.6	0.6	0.3	71.7	0.0	2.0	13.3	0.8	540.8
Kids Crunchy California Roll July 20	285.4	1190.7	17.1	2.4	1.0	0.2	27.8	0.7	6.5	2.9	0.8	500.1
Kids Cucumber Maki July 20	145.5	616.1	0.4	0.1	0.0	0.0	32.1	0.0	4.6	0.7	0.5	371.1
Kids 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
Kids Fresh Fruit July 20	61.1	259.4	0.3	0.1	0.1	0.1	14.4	0.0	14.4	0.9	1.4	3.8
Kids Japanese Fried Chicken July 20	381.9	1589.4	26.3	3.0	3.0	1.5	22.2	0.0	1.7	16.0	0.5	675.4
Kids Mixed Maki July 20	195.9	828.5	5.1	1.0	2.4	0.8	32.1	0.0	4.3	3.1	0.9	388.8
Kids Pumpkin Katsu Curry July 20	389.0	1642.3	6.6	2.9	0.6	0.3	73.8	0.0	1.9	4.3	0.8	545.2
Kids Salmon Maki July 20	192.5	818.9	3.7	0.7	1.7	1.0	32.0	0.0	4.3	5.3	0.4	394.7
Kids Yasai Roll July 20	169.7	720.4	5.2	0.7	0.7	0.2	27.4	0.4	7.2	1.8	0.9	429.8
Kids YO! Roll July 20	138.4	585.5	4.6	0.8	1.9	0.8	18.9	0.0	3.2	4.0	0.7	340.3