

The logo consists of the letters 'JD!' in a white, bold, sans-serif font, set against a solid orange square background.

**JD!**

The background features a dark blue field with faint, stylized silhouettes of various food items like bread, pasta, and vegetables. A large, vibrant yellow brushstroke graphic, resembling a slice of pizza or a piece of flatbread, is positioned on the right side, with white sesame seeds scattered across it and the background.

# **allergen information & dietary guide**

**to go menu**

last updated: 4th June 2021

# Recipe FIR Intolerance Report

last updated: 4th June 2021

Dish Name	Cereals containing Gluten :						Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :											Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs				
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats							Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut													
Avocado Maki TOGO July 20																																	
Beef Teriyaki July 20	✓	✓					M	✓	M		✓	M															M	✓	✓				M
Beef Teriyaki Rice Bowl July 20	✓	✓					M	✓	M		✓	M															M	✓	✓	✓			M
Chicken Gyoza 5 Piece TOGO July 20	✓	✓					M	M	M		✓	M														M	✓	✓				M	
Chicken Gyoza TOGO July 20	✓	✓					M	M	M		✓	M														M	✓	✓				M	
Chicken Katsu Burger June 21	✓	✓					M	✓	M		M	M														M	✓	✓				M	
Chicken Katsu Curry Large TOGO July 20	✓	✓					M	M	M		✓	M														M	✓	✓				M	
Chicken Katsu Curry TOGO July 20	✓	✓					M	M	M		✓	M														M	✓	✓				M	
Chicken Katsu TOGO July 20	✓	✓					M	M	M		M	M														M	✓	✓				M	
Chilli Peanuts Retail Pack 50gr TOGO July 20	✓	✓								✓																							
Chocolate Brownie TOGO July 20								✓			✓	✓																					
Chocolate Mochi TOGO July 20											✓	✓																					
Classic Catch TOGO July 20	✓	✓						✓	✓		✓	✓															✓						
Crunchy California Roll TOGO July 20	✓	✓					✓	✓	✓		✓	✓																✓	✓				
Crunchy Prawn Roll 8pc TOGO July 20	✓	✓					✓	✓	M		M	M														M	M	M				M	
Cucumber Maki TOGO July 20																												✓					
Curry Chicken Ramen July 20	✓	✓					M	✓	✓		✓	✓															M	✓				M	
Dorayaki Pancake TOGO July 20	✓	✓						✓	✓		✓	✓																					
Dragon Roll TOGO July 20	✓	✓					✓	✓	✓		✓	✓																✓					
Dynamite Roll 8pc TOGO July 20	✓	✓						✓	✓																			✓					
Edamame TOGO July 20											✓																						
Fresh Fruit Plate TOGO July 20																																	
Inari Taco July 20	✓	✓									✓																						
Japanese Fried Chicken TOGO July 20	✓	✓					M	✓	✓		✓	✓															M	M				M	





**Nutritional Information Recipe List (values per typical serving)**

<b>Recipe Name</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>saturates (g)</b>	<b>mono (g)</b>	<b>poly (g)</b>	<b>Carb (g)</b>	<b>Starch (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Sodium (mg)</b>
Avocado Maki TOGO July 20	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 July 20	332.2	1382.4	22.2	4.1	7.6	8.6	18.6	10.1	8.3	13.5	1.3	385.8
Beef Teriyaki Rice Bowl July 20	562.8	2362.4	22.4	4.1	7.6	8.6	71.3	10.1	7.6	13.9	1.3	384.6
Chicken Gyoza 5 Piece TOGO July 20	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 Gyoza TOGO July 20	140.0	568.9	7.7	1.1	3.0	1.5	11.2	0.0	0.0	5.9	0.0	528.5
Chicken Katsu Burger June 21	485.4	2022.1	30.4	4.8	3.0	1.5	38.2	0.0	0.4	16.4	0.3	470.0
Chicken Katsu Curry Large TOGO July 20	918.9	3866.2	31.8	11.2	5.9	2.9	126.1	0.0	2.6	26.6	0.7	978.1
Chicken Katsu Curry TOGO July 20	681.8	2878.2	16.6	7.4	1.2	0.6	112.6	0.0	2.4	14.4	0.7	789.2
Chicken Katsu TOGO July 20	225.2	940.1	12.2	3.6	3.0	1.5	16.9	0.0	3.0	12.4	0.5	439.5
Chocolate Brownie TOGO July 20	362.9	1516.0	23.0	13.6	0.0	0.0	34.7	0.0	33.6	4.0	0.2	137.6
Chocolate Mochi TOGO July 20	206.9	865.5	6.2	3.7	0.0	0.0	33.5	0.0	8.6	2.3	0.1	244.4
Classic Catch TOGO July 20	514.3	2185.7	12.7	2.2	5.7	3.3	66.8	-	10.6	28.5	1.7	1284.3
Crunchy California Roll TOGO July 20	408.1	1707.4	20.2	2.9	2.0	0.4	47.6	0.3	8.0	4.9	1.5	655.2
Crunchy Prawn Roll 8pc TOGO July 20	314.9	1323.5	7.8	1.0	2.4	0.6	51.9	0.0	5.4	6.0	2.0	683.3
Cucumber Maki TOGO July 20	149.6	633.4	0.5	0.1	0.0	0.0	32.5	0.0	4.6	1.2	0.9	374.1
Curry Chicken Ramen July 20	416.5	1731.0	17.3	4.4	1.0	1.6	49.1	27.0	6.0	16.3	0.4	1642.3
Dorayaki Pancake TOGO July 20	162.0	677.8	2.3	0.8	0.0	0.0	32.1	0.0	20.3	2.9	0.0	0.1
Dragon Roll TOGO July 20	411.5	1733.0	19.1	2.4	4.6	1.9	44.8	0.0	6.1	11.8	1.7	558.4
Dynamite Roll 8pc TOGO July 20	408.1	1717.6	20.7	3.4	4.1	1.7	44.4	0.0	7.7	8.5	1.7	828.4
Edamame TOGO July 20	201.5	843.0	9.2	1.2	0.0	0.0	13.4	0.0	0.1	17.3	0.0	396.1
Fresh Fruit Plate TOGO 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
Inari Taco July 20	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 TOGO 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
Kaiso Seaweed TOGO July 20	202.2	712.5	7.1	0.4	0.0	0.1	21.6	0.1	12.2	5.0	1.7	1031.7
Korean Fried Chicken TOGO July 20	385.6	1619.3	15.2	2.2	1.2	0.6	47.8	0.0	23.6	15.8	0.5	755.0
Maki Mix TOGO July 20	540.4	2284.7	13.7	2.6	6.3	2.1	88.2	0.0	12.2	10.0	3.6	1397.6
Miso Soup TOGO July 20	118.5	496.0	2.6	0.3	0.0	0.0	16.8	0.0	7.5	5.0	0.0	2620.1
Plant Power TOGO July 20	467.1	1971.3	14.3	2.4	2.2	0.4	74.0	0.4	21.4	6.7	2.3	1365.8
Prawn Gyoza 5 Piece TOGO July 20	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 Gyoza TOGO July 20	212.4	876.4	9.9	0.8	3.0	1.5	22.5	0.0	2.9	6.6	1.5	606.5
Prawn Katsu Curry Large TOGO July	658.8	2781.8	10.7	4.1	0.6	0.3	121.8	0.0	2.4	11.6	1.5	964.3

**Nutritional Information Recipe List (values per typical serving)**

<b>Recipe Name</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>saturates (g)</b>	<b>mono (g)</b>	<b>poly (g)</b>	<b>Carb (g)</b>	<b>Starch (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Sodium (mg)</b>
20												
Prawn Katsu Curry TOGO July 20	620.7	2622.6	10.2	4.1	0.6	0.3	116.1	0.0	2.4	9.2	1.2	873.2
Prawn Katsu TOGO July 20	173.2	721.4	6.7	0.4	3.0	1.5	20.5	0.0	3.0	7.2	1.0	523.6
Pumpkin Katsu Burger June 21	348.6	1452.5	17.8	1.6	3.0	1.5	40.6	0.0	0.5	7.3	0.3	444.0
Pumpkin Katsu Curry Large TOGO July 20	726.8	3063.8	16.1	5.5	3.0	1.5	130.3	0.0	2.4	8.6	0.7	986.9
Pumpkin Katsu Curry TOGO July 20	599.2	2532.4	10.3	4.7	0.6	0.3	114.7	0.0	2.4	5.5	0.7	793.6
Pumpkin Katsu TOGO July 20	151.6	631.3	6.9	0.9	3.0	1.5	19.0	0.0	3.0	3.4	0.5	443.9
Salmon & Tuna Sashimi TOGO July 20	138.2	590.0	6.4	1.1	3.1	1.9	2.8	0.0	1.5	17.4	0.4	413.2
Salmon Sashimi TOGO July 20	135.5	580.7	8.3	1.3	4.1	2.4	2.9	0.0	1.4	12.5	0.3	415.6
Shiitake Mushroom Ramen July 20	225.2	931.8	4.3	0.5	0.4	1.3	37.5	27.4	6.4	7.5	0.5	1397.7
Simply Salmon TOGO July 20	429.7	1829.5	10.2	1.8	4.8	2.8	64.3	0.0	9.0	15.4	1.2	1142.6
Spicy Chicken Katsu Roll TOGO July 20	282.9	1193.3	4.7	1.8	0.3	0.2	50.3	0.0	7.8	7.3	0.9	815.8
Spicy Pepper Squid TOGO July 20	166.3	692.5	7.2	0.8	3.0	1.5	11.8	0.0	1.6	13.2	0.1	944.4
Spicy Seafood Ramen July 20	273.8	1138.9	7.0	1.0	1.8	2.1	33.0	27.0	4.8	17.9	0.5	1579.6
Spicy Tuna Roll 8pc TOGO July 20	263.0	1110.0	5.2	1.0	1.9	0.5	41.7	-	6.3	9.7	1.7	590.8
Steamed Rice TOGO 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
Strawberry Cheesecake Mochi TOGO July 20	189.0	790.8	5.4	3.1	0.0	0.0	33.3	0.0	22.0	0.1	0.2	70.0
Super Salmon TOGO July 20	553.3	2356.8	18.3	3.1	8.6	4.8	66.9	0.0	10.6	25.7	1.7	1304.4
Sushi Sharer TOGO July 20	1270.2	5359.7	39.2	5.8	10.9	5.1	177.4	0.4	27.2	39.1	4.1	3293.9
Takoyaki TOGO July 20	275.0	1138.4	18.7	0.9	3.0	1.5	21.9	0.0	2.4	5.0	2.0	775.7
Vegetable Gyoza 5 Piece TOGO July 20	192.9	783.0	6.0	0.5	3.0	1.5	27.0	0.0	4.0	5.7	1.2	1037.0
Vegetable Gyoza TOGO July 20	185.4	765.4	6.0	0.5	3.0	1.5	26.5	0.0	3.9	5.3	1.2	718.5
Yasai Roll TOGO July 20	310.2	1319.8	8.3	1.3	1.3	0.3	52.8	0.4	12.7	3.5	1.8	758.6
YO! Fries TOGO July 20	402.8	1672.2	21.6	2.0	3.0	1.5	45.4	0.0	4.5	5.0	0.9	1248.0
YO! Roll TOGO July 20	336.5	1426.9	11.6	1.9	4.9	2.3	42.5	0.0	7.5	12.3	1.5	820.0