

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

JD!

allergen information & dietary guide

A large, stylized illustration of a yellow food item, possibly a slice of pizza or a piece of bread, with white sesame seeds scattered on it. The illustration is set against a dark blue background with faint, dark blue silhouettes of various food items like bread, pasta, and vegetables.

dine-in menu

last updated: 3rd November 2021

Recipe FIR Intolerance Report

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	
Avocado Maki July 20																											
Beef Teriyaki July 20	✓	✓					M	✓	M		✓	M										M	✓	✓			M
Beef Teriyaki Rice Bowl July 20	✓	✓					M	✓	M		✓	M										M	✓	✓			M
Beef Teriyaki Rice Bowl Large July 20	✓	✓					M	✓	M		✓	M										M	✓	✓			M
California Temaki July 20	✓	✓					✓	✓	✓		✓												✓	✓			
Chicken Gyoza 5 Piece July 20	✓	✓					M	M	M		✓	M										M	✓				M
Chicken Gyoza July 20	✓	✓					M	M	M		✓	M										M	✓				M
Chicken Katsu Burger June 21	✓	✓					M	✓	M		M	M										M	✓				M
Chicken Katsu Curry July 20	✓	✓					M	M	M		✓	M										M	✓				M
Chicken Katsu Curry Large July 20	✓	✓					M	M	M		✓	M										M	✓				M
Chicken Katsu July 20	✓	✓					M	M	M		M	M										M	✓				M
Chocolate Brownie July 20								✓			✓	✓															
Chocolate Mochi July 20											✓	✓															
Crunchy California Roll 6pc July 20	✓	✓					✓	✓	✓		✓												✓	✓			
Crunchy California Roll July 20	✓	✓					✓	✓	✓		✓												✓	✓			
Crunchy Prawn Roll 8pc July 20	✓	✓					✓	✓	M		M	M										M	M				M
Crunchy Prawn Roll July 20	✓	✓					✓	✓	M		M	M										M	M				M
Cucumber Maki July 20																							✓				
Curry Chicken Ramen July 20	✓	✓					M	✓	✓		✓	✓										M	✓				M
Curry Dipping Sauce July 20	✓	✓									✓																
Dorayaki Pancake July 20	✓	✓						✓				✓															
Dragon Roll 6pc July 20	✓	✓					✓	✓	✓		✓												✓				
Dragon Roll July 20	✓	✓					✓	✓	✓		✓												✓				
Dynamite Roll 8pc July 20	✓	✓						✓	✓														✓				

Menu FIR Intolerance Report

Yakisoba & Fried Rice

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

Yakisoba & Fried Rice

Chicken Fried Rice Oct '21	✓	✓										✓														✓		
Chicken Yakisoba Oct '21	✓	✓										✓														✓	✓	
Salmon Fried Rice Oct '21	✓	✓						✓				✓														✓	✓	
Vegetable Fried Rice Oct '21	✓	✓										✓														✓	✓	
Vegetable Yakisoba Oct '21	✓	✓										✓														✓	✓	

Veggie Volcano

Veggie Volcano Roll 4pc	✓	✓										✓														✓		
Veggie Volcano Roll 8pc	✓	✓										✓														✓		

Nutritional Information Recipe List (values per typical serving)

last updated: 3rd November 2021

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 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
Beef Teriyaki Rice Bowl Large July 20	885.8	3705.8	44.4	8.1	15.2	17.2	88.9	20.2	14.9	26.9	2.1	769.0
California Temaki July 20	223.3	931.1	13.5	1.5	1.8	0.3	20.2	0.0	3.0	3.9	1.3	253.4
Chicken Gyoza 5 Piece 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 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 July 20	521.9	2196.5	18.1	6.8	3.0	1.5	72.9	0.0	2.0	13.8	0.5	682.6
Chicken Katsu Curry Large July 20	750.4	3150.0	31.6	11.2	5.9	2.9	87.8	0.0	2.5	26.1	0.5	978.1
Chicken Katsu 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 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 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
Crunchy California Roll 6pc July 20	570.7	2381.4	34.3	4.8	2.0	0.4	55.5	1.4	13.1	5.7	1.5	1000.3
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
Crunchy Prawn Roll 8pc 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
Crunchy Prawn Roll July 20	157.5	661.7	3.9	0.5	1.2	0.3	26.0	0.0	2.7	3.0	1.0	341.6
Cucumber Maki 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
Curry Dipping Sauce July 20	74.9	313.5	5.6	3.1	0.0	0.0	5.7	0.0	1.7	0.9	0.0	426.7
Dorayaki Pancake July 20	130.0	543.9	1.7	0.6	0.0	0.0	26.0	0.0	15.2	2.1	0.0	2.6
Dragon Roll 6pc 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
Dragon Roll July 20	205.7	866.5	9.6	1.2	2.3	0.9	22.4	0.0	3.1	5.9	0.8	279.2
Dynamite Roll 8pc 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
Dynamite Roll July 20	204.0	858.8	10.4	1.7	2.1	0.9	22.2	0.0	3.8	4.2	0.8	414.2
Edamame July 20	134.5	562.7	6.1	0.8	0.0	0.0	9.0	0.0	0.1	11.5	0.0	395.1
Fresh Fruit Plate 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 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 July 20	182.9	646.0	5.6	0.3	0.0	0.1	22.2	0.1	14.8	4.3	1.4	1140.7
Korean Fried Chicken 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
Miso Soup July 20	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 Maki Plate July 20	199.0	841.3	5.1	1.0	2.4	0.8	32.4	0.0	4.3	3.6	1.3	389.6
Popcorn Shrimp July 20	354.6	1473.5	20.3	1.6	3.0	1.5	24.9	0.0	12.5	14.1	0.4	979.7

Nutritional Information Recipe List (values per typical serving)

last updated: 3rd November 2021

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Prawn Gyoza 5 Piece 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 July 20	148.4	606.8	8.0	0.6	3.0	1.5	13.7	0.0	1.8	4.1	0.9	491.3
Prawn Katsu Curry July 20	432.3	1820.6	12.0	3.5	3.0	1.5	70.8	0.0	1.9	6.3	0.8	675.8
Prawn Katsu Curry Large July 20	571.1	2398.2	19.5	4.7	5.9	2.9	83.5	0.0	2.3	11.1	1.2	964.3
Prawn Katsu 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 July 20	434.4	1829.3	12.3	4.0	2.9	1.4	72.7	0.0	1.8	4.7	0.4	665.8
Pumpkin Katsu Curry Large July 20	603.2	2532.4	20.9	5.8	5.9	2.9	92.0	0.0	2.3	8.2	0.5	986.9
Pumpkin Katsu 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 & Avocado Temaki Hand Roll July 20	178.3	749.8	10.1	1.4	3.2	1.1	15.3	0.0	2.0	5.1	1.3	212.8
Salmon Maki July 20	194.5	827.3	3.7	0.7	1.7	1.0	32.1	0.0	4.2	5.7	0.8	393.4
Salmon Nigiri July 20	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 Ponzu Salsa Sashimi July 20	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 July 20	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 Selection Platter July 20	601.5	2561.6	20.7	3.4	9.6	5.4	70.1	0.0	14.5	30.8	1.7	1040.8
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
Spicy Chicken Katsu Roll 6pc July 20	294.5	1241.8	4.7	1.8	0.3	0.2	53.1	0.0	10.2	7.3	0.9	1065.8
Spicy Chicken Katsu Roll July 20	147.2	620.9	2.3	0.9	0.1	0.1	26.6	0.0	5.1	3.7	0.5	532.9
Spicy Pepper Squid 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 July 20	263.0	1110.0	5.2	1.0	1.9	0.5	41.7	-	6.3	9.7	1.7	590.8
Spicy Tuna Roll July 20	131.5	555.0	2.6	0.5	1.0	0.3	20.9	-	3.1	4.8	0.8	295.4
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
Strawberry Cheesecake Mochi July 20	187.7	785.2	5.4	3.1	0.0	0.0	33.0	0.0	21.7	0.1	0.1	69.7
Takoyaki 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
Tuna & Avocado Tartare July 20	145.4	597.7	8.9	2.4	3.7	0.9	3.5	-	0.9	12.5	1.5	361.6
Tuna Nigiri July 20	84.7	359.0	0.3	0.1	0.0	0.1	14.2	0.0	1.9	5.3	0.2	172.9
Tuna Sashimi July 20	70.5	297.7	0.5	0.1	0.1	0.2	0.8	0.0	0.8	15.9	0.3	28.2
Vegetable Gyoza 5 Piece 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 July 20	132.2	540.2	5.6	0.5	3.0	1.5	16.1	0.0	2.4	3.3	0.7	558.5
Yasai Roll 6pc July 20	339.4	1440.9	10.5	1.5	1.4	0.3	54.8	0.7	14.4	3.7	1.9	859.7
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
Yasai Temaki Hand Roll July 20	145.4	608.4	6.8	1.1	1.8	0.3	17.4	0.0	4.2	2.0	1.3	223.7

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last updated: 3rd November 2021

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YO! Fries 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! Fries Plain July 20	301.4	1261.8	14.0	1.4	3.0	1.5	39.0	0.0	1.2	3.7	0.0	579.0
YO! Fries Vegan July 20	399.2	1666.6	21.5	2.0	3.0	1.5	44.6	0.0	4.5	4.9	0.9	1244.0
YO! Roll 6pc 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
YO! Roll July 20	168.2	713.4	5.8	1.0	2.5	1.1	21.2	0.0	3.7	6.1	0.8	410.0
Chicken Fried Rice Oct '21	417.4	1757.1	12.5	1.2	5.9	3.0	58.7	0.0	3.2	13.2	1.3	716.0
Chicken Yakisoba Oct '21	318.9	1337.2	12.8	1.2	6.0	3.9	35.1	19.2	14.2	15.1	1.9	1436.8
Salmon Fried Rice Oct '21	459.5	1941.6	17.8	1.9	9.0	4.8	58.4	0.0	3.1	11.9	1.5	671.8
Vegetable Fried Rice Oct '21	391.2	1645.5	12.3	1.0	5.9	3.1	61.2	0.1	4.8	4.5	2.0	640.3
Vegetable Yakisoba Oct '21	278.6	1166.3	12.3	1.0	6.1	3.9	35.6	19.5	14.3	5.6	1.9	1382.6
Veggie Volcano Roll 4pc	227.2	947.2	10.5	2.7	4.8	0.9	29.7	0.0	6.2	1.6	2.3	333.7
Veggie Volcano Roll 8pc	454.3	1894.5	20.9	5.5	9.7	1.8	59.4	0.0	12.3	3.2	4.6	667.3