



YD!

allergen & nutritional information

dine-in menu

september 2024

Core Restaurant Menu FULL MENU

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

Spicy Tuna Roll 4pc							✓																		✓	✓	
Veggie Volcano Roll 4pc	✓	✓																							✓	✓	
Yasai Roll 4pc	✓	✓									✓	✓													✓	✓	
YO! Roll 4pc	✓	✓					✓			✓	✓														✓	✓	

Nigiri

Inari Taco	✓	✓									✓																
Salmon Nigiri							✓	✓																			
Tuna Nigiri							✓	✓																			

Sashimi & Salad

Classic Edamame											✓	✓															
Kaiso Seaweed	✓	✓									✓	✓													✓	✓	
Kimchi Chicken	✓	✓					✓	✓			✓	✓													✓	✓	
Salmon Ponzu Salsa	✓	✓					✓	✓			✓	✓															
Salmon Sashimi							✓	✓			✓	✓															
Smashed Cucumbers	✓	✓									✓	✓													✓		
Tuna & Avocado Tartare	✓	✓					✓	✓			✓	✓															
Tuna Sashimi							✓	✓			✓	✓															

Dessert

Apple Pie Gyoza	✓	✓					M				M	✓													M		
Banoffee Chocolate Harumaki	✓	✓					M				✓	✓													✓		

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	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												
Cherry Dough.chi	✓					✓					✓	✓																										
Chocolate Dough.chi	✓					✓					✓	✓																										
Chocolate Mochi											✓	✓	✓																									
Cotton Candy Cheesecake	✓	✓									✓	✓	✓																									
Custard Dorayaki Pancake	✓	✓									✓	✓	✓																									
Strawberry Mochi											✓	✓	✓																									
Yuzu & Lemon Doughnut	✓	✓									✓	✓	✓																									
Hot Food																																						
Beef Teriyaki	✓	✓						M	M	M	✓	✓	M																						M	✓		
Chicken Katsu Curry	✓	✓						M	M	M	M	✓	M																						M	M		
Chicken Katsu	✓	✓						M	M	M	M	✓	M																						M	M		
Chicken Teriyaki	✓	✓									✓	✓																								✓		
Cod & Shiso Tempura	✓	✓					✓	M	M		✓	✓	M																					M	M			
'Duck' Teriyaki	✓	✓				✓					✓	✓	M																						✓			
Japanese Fried Chicken	✓	✓						M	M	M	✓	✓	M																						M	M		
Korean Fried Chicken	✓	✓						M	M	M	M	✓	M																						M	M		
Mighty Duck Fries	✓	✓				M					✓	✓	M																				✓	✓	✓			
Mighty Mock 'Duck' Fries	✓	✓				✓					✓	✓	M																				✓	✓	✓			
Popcorn Shrimp	✓	✓						M	✓	M	✓	✓	M																					M	M			

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Dish Name	Cereals containing Gluten :						Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :										Sulphur dioxide/sulphites	Lupin			
	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	
Prawn Katsu Curry	✓	✓					M	✓	M	M	✓	M												M	M		
Prawn Katsu	✓	✓					M	✓	M	M	✓	M												M	M		
Pumpkin Katsu Curry	✓	✓			M						✓	M														M	M
Pumpkin Katsu	✓	✓			M						✓	M														M	M
Spicy Pepper Squid	M	M					✓	M	✓	M	✓	M												✓	✓	✓	
Sweet Cod Nanbanzuke	✓	✓					✓	M	M	M	✓	M												M	✓	✓	✓
YO! Fries	M	M			M						M	M														✓	✓
YO! Fries Plain	M	M			M						M	M														M	
Ramen																											
Soy Egg	✓	✓								✓	✓																
Spicy Seafood Ramen	✓	✓			M		✓	✓	✓	✓	✓	M														✓	✓
Teriyaki Chicken Ramen	✓	✓			M					✓	✓	M														✓	✓
Veggie Dumpling Ramen	✓	✓			M						✓	M														✓	✓
Temaki																											
California Temaki	✓	✓					✓	✓		✓	✓															✓	✓
Salmon & Avocado Temaki Hand Roll	✓	✓					✓	✓		✓	✓															✓	✓
Tempura Ponzu Cod Temaki	✓	✓					✓	M	M	✓	✓	M												M	M		
Yasai Temaki Hand Roll	✓	✓					✓				✓															✓	✓
Chirashi																											
Nanbanzuke Chilled Cod	✓	✓					✓	M	M	M	✓	M												M	✓	✓	

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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

Salmon Mango Salsa	✓	✓					✓			✓														✓		
Tuna Mango Salsa	✓	✓					✓			✓														✓		

Yakisoba & Fried Rice

Chicken Firecracker Rice	✓	✓								✓														✓		
Chicken Yakisoba	✓	✓								✓														✓		
Hoisin 'Duck' Firecracker Rice	✓	✓							✓	✓														✓		
Hoisin Mock 'Duck' Yakisoba	✓	✓						✓		✓														✓		
Salmon Firecracker Rice	✓	✓						✓		✓														✓		
Salmon Yakisoba	✓	✓						✓		✓														✓		
Vegetable Yakisoba	✓	✓								✓														✓		
Veggie Firecracker Rice	✓	✓								✓														✓		

Large Bowl

Chicken Katsu Curry Large	✓	✓					M	M	M	M	✓	M											M	M		
Korean Fried Chicken Rice Bowl Large	✓	✓					M	M	M	M	✓	M											M	✓		
Prawn Katsu Curry Large	✓	✓					M	✓	M	M	✓	M											M	M		
Pumpkin Katsu Curry Large	✓	✓				M					✓	M												M		
Teriyaki Beef Large	✓	✓					M	M	M	✓	✓	M											M	✓		
Teriyaki Chicken Large	✓	✓									✓													✓		
Teriyaki 'duck' Large	✓	✓				✓					✓	M												✓		

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Gyoza

Chicken Gyoza 5pc	✓	✓					M	M	M	M	✓	M														M	✓		
Chicken Gyoza	✓	✓					M	M	M	M	✓	M														M	✓	✓	
Mega Korean Gyoza Chicken 5pc	✓	✓					M	M	M	✓	✓	M														✓	✓	✓	✓
Mega Korean Gyoza Chicken	✓	✓					M	M	M	✓	✓	M														✓	✓	✓	✓
Mega Korean Gyoza Vegetable 5pc	✓	✓				M					✓	M														✓	✓	✓	✓
Mega Korean Gyoza vegetable	✓	✓				M					✓	M														✓	✓	✓	✓
Mega Teriyaki Gyoza Chicken 5pc	✓	✓					M	M	M	✓	✓	M														M	✓	✓	
Mega Teriyaki Gyoza Chicken	✓	✓					M	M	M	✓	✓	M														M	✓	✓	
Mega Teriyaki Gyoza Vegetable 5pc	✓	✓				M					✓	M															✓	✓	
Mega Teriyaki Gyoza Vegetable	✓	✓				M					✓	M															✓	✓	
Vegetable Gyoza 5pc	✓	✓				M					✓	M															✓	✓	
Vegetable Gyoza	✓	✓				M					✓	M															✓	✓	

Selection Plates

Green Vibes Only	✓	✓									✓																✓	✓	
Meat YO! Match	✓	✓					M	M	M	M	✓	M														M	✓	✓	
Nigiri 'n' Maki Mix							✓																				✓	✓	
Salmon Top Hits	✓	✓					✓			✓	✓																		
Tuna Non-Stop							✓			✓	✓																✓		

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)
All Salmon Love Set May '23	549.7	2290.6	24.7	3.0	0.6	0.2	57.6	0.0	7.7	24.3	1.3	764.6
Apple Pie Gyoza Sep '24	162.1	686.6	1.8	0.4	0.6	0.3	33.2	1.1	14.9	2.8	1.5	29.3
Avocado Maki May '23	198.2	825.9	6.3	1.1	3.0	0.6	32.5	0.0	3.9	2.9	1.8	328.0
Banoffee Chocolate Harumaki Sep '24	241.5	1022.8	3.0	0.7	0.7	0.3	56.9	1.4	38.0	4.8	2.3	110.6
Beef Teriyaki March 22	324.2	1348.7	21.7	4.1	7.6	8.7	19.4	10.0	7.3	13.5	1.3	374.0
California Temaki July 20	215.0	893.6	13.5	1.5	1.8	0.3	19.5	0.0	2.7	4.6	1.3	407.8
Caterpillar Roll June '24	266.9	1111.4	12.9	2.2	4.8	0.9	32.6	0.7	9.8	5.4	2.9	705.3
Cherry Dough.chi March 22	209.0	873.7	10.3	518.0	0.0	0.0	26.9	0.0	16.5	2.5	1.3	73.0
Chicken Firecracker Rice May '23	437.6	1825.4	14.0	2.1	2.3	5.8	60.2	0.0	3.9	18.3	2.8	756.5
Chicken Gyoza 5pc July 20	206.2	835.8	8.8	1.2	3.0	1.5	21.0	0.0	1.6	8.1	2.3	1117.1
Chicken Gyoza July 20	139.5	568.9	7.2	0.8	3.0	1.5	12.5	0.0	1.0	4.8	1.4	606.5
Chicken Katsu Curry July 20	537.3	2246.2	20.1	7.8	3.0	1.5	72.2	0.0	3.0	16.6	2.8	789.5
Chicken Katsu Curry Large March 22	886.1	3703.2	36.4	13.3	5.9	2.9	108.2	0.0	4.0	30.4	4.8	1182.8
Chicken Katsu March 22	248.4	1037.0	15.1	4.7	3.0	1.5	15.0	0.0	3.5	12.3	1.8	558.0
Chicken Katsu Sushi Sando	549.3	2289.2	26.9	6.0	0.6	0.3	60.6	0.0	6.7	16.1	2.8	936.2
Chicken Teriyaki March 22	190.5	798.3	7.2	1.9	0.0	0.1	12.7	1.3	7.4	19.8	0.5	799.5
Chicken Tsukune Sep '23	401.2	1669.1	27.4	8.1	0.6	0.3	8.1	0.6	6.4	2.6	29.2	289.8
Chicken Yakisoba May '23	290.7	1218.9	10.7	1.6	2.1	5.5	34.0	16.5	15.7	14.6	2.2	1461.3
Chicken Yakitori Sep '23	227.2	942.0	12.3	1.9	2.3	1.1	10.6	0.6	9.1	18.7	0.8	797.7
Chocolate Dough.chi March 22	214.6	902.0	7.9	4.0	0.0	0.0	33.3	0.2	19.2	1.5	2.0	80.4
Chocolate Mochi March 22	256.1	1072.8	9.8	6.1	0.1	0.0	37.2	0.2	23.2	3.0	0.1	205.2
Chukaman Pork Bun March '24	222.3	934.8	6.5	1.4	2.7	1.3	32.2	28.8	3.2	7.9	1.6	343.0
Classic Edamame March 22	116.5	487.0	3.3	0.5	0.0	0.0	12.1	0.0	1.0	11.8	4.6	393.9
Cod & Shiso Tempura June '24	294.0	1199.7	19.5	1.5	3.0	1.7	9.4	0.0	3.0	17.1	0.3	852.6
Cotton Candy Cheesecake Sep '24	318.6	1331.5	19.5	11.9	0.1	0.1	27.3	0.0	20.8	7.5	0.2	1.9
Crunchy California Roll 4pc May '23	297.8	1238.0	17.6	2.5	1.1	0.2	31.2	0.7	6.8	4.2	1.3	590.5
Cucumber Maki May '23	144.6	604.4	0.5	0.1	0.0	0.0	32.4	0.0	4.1	2.7	0.9	316.4
Curry Sauce Large Dip	88.2	368.8	6.0	3.8	0.0	0.0	7.8	0.0	3.0	0.9	0.6	606.7
Custard Dorayaki Pancake May '23	174.1	733.8	1.8	0.8	0.0	0.0	36.7	0.0	19.2	2.3	0.0	1.3
'Duck' Teriyaki June '24	197.8	874.5	5.5	0.7	0.6	0.4	15.6	1.3	7.8	21.8	1.4	585.1
Dynamite Roll 4pc May '23	389.3	1647.7	15.9	2.7	1.3	0.3	52.9	0.0	12.3	6.4	2.0	837.2
Dynamite Salmon Poké	357.9	1426.7	26.2	3.7	3.6	0.8	14.1	0.9	7.6	13.4	6.4	547.8

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)
Green Vibes Only May '23	243.8	1009.5	5.9	1.1	1.5	0.4	41.8	0.0	10.1	5.2	1.9	601.8
Hoisin 'Duck' Firecracker Rice May '23	455.3	1914.7	15.0	2.2	2.3	5.8	65.7	0.6	7.1	14.6	2.9	864.7
Hoisin Duck Roll 4pc May '23	137.7	577.9	1.2	0.5	0.0	0.0	26.8	0.2	7.5	5.0	0.6	334.2
Hoisin Mock 'Duck' Poké	317.6	1282.9	17.1	2.4	3.6	0.8	21.1	1.5	11.9	16.6	6.8	784.3
Hoisin Mock 'Duck' Roll 4pc May '23	172.3	730.2	2.0	0.6	0.0	0.0	32.5	0.3	9.1	6.0	0.9	387.7
Hoisin Mock 'Duck' Yakisoba May '23	374.9	1586.8	14.2	2.0	2.6	6.8	47.3	20.8	22.6	14.3	2.9	1903.6
Inari Taco July 20	144.4	591.3	4.7	0.7	0.5	0.1	20.6	0.0	7.8	4.2	0.5	274.5
Japanese Fried Chicken March 22	344.4	1435.2	21.3	5.9	3.0	1.5	18.3	0.0	0.6	19.8	2.4	711.0
Kaiso Seaweed July 20	106.6	424.4	3.0	0.4	0.0	0.1	14.7	0.1	12.1	3.4	1.9	685.4
Katsu Shrimp Roll June '24	291.7	1213.9	12.8	2.5	6.6	1.5	37.4	0.0	3.8	6.9	3.6	1113.2
Kimchi Chicken Sep '23	185.4	775.7	6.8	1.7	0.2	0.5	13.3	0.1	8.9	17.6	1.4	1215.1
Konbini Tuna Onigiri March '24	216.1	900.4	6.8	0.7	0.0	0.0	30.4	0.0	5.0	8.5	0.6	1036.2
Korean Fried Chicken March 22	380.5	1599.0	13.2	5.2	3.0	1.5	44.7	0.0	21.1	19.6	2.4	798.8
Korean Fried Chicken Rice Bowl Large Jan 23	1050.7	4413.5	22.2	10.3	3.0	1.5	164.2	0.0	42.3	44.9	5.6	1469.2
Meat YO! Match May '23	220.8	923.8	4.0	1.2	0.9	0.3	39.7	0.1	8.7	6.4	1.5	609.1
Meatless Farm Chick'n Katsu Curry Large March 22	995.5	4149.6	-	8.3	5.9	2.9	121.3	0.0	5.9	28.3	7.0	1366.0
Meatless Farm Chick'n Katsu Curry March 22	592.0	2469.4	-	5.3	3.0	1.5	78.7	0.0	4.0	15.5	3.9	881.1
Meatless Farm Chick'n Katsu March 22	302.5	1253.3	-	2.2	3.0	1.5	21.3	0.0	4.3	11.3	2.9	690.0
Mega Korean Gyoza Chicken 5pc	283.7	1184.0	16.5	1.9	3.1	1.5	24.9	0.0	5.0	7.9	2.5	630.5
Mega Korean Gyoza Chicken March 22	228.1	949.6	15.4	1.6	3.1	1.5	16.9	0.0	4.4	5.0	1.6	438.5
Mega Korean Gyoza Vegetable 5pc	229.1	961.8	7.0	0.8	0.7	0.4	34.0	0.0	6.3	6.7	1.8	511.3
Mega Korean Gyoza vegetable March 22	168.3	705.0	6.6	0.7	0.7	0.4	22.4	0.0	5.2	4.2	1.2	360.9
Mega Teriyaki Gyoza Chicken 5pc	278.6	1162.8	16.2	1.8	3.0	1.5	24.5	0.7	4.8	7.9	2.4	702.2
Mega Teriyaki Gyoza Chicken March 22	223.0	928.4	15.1	1.5	3.0	1.5	16.5	0.7	4.2	5.0	1.5	510.2
Mega Teriyaki Gyoza Vegetable 5pc	224.1	940.6	6.6	0.8	0.6	0.3	33.6	0.7	6.1	6.7	1.7	583.0
Mega Teriyaki Gyoza Vegetable March	163.3	683.8	6.3	0.7	0.6	0.3	22.0	0.7	5.0	4.2	1.1	432.6

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)
22												
Mighty Duck Fries March 22	325.7	1361.6	17.3	1.6	2.5	1.3	32.7	0.5	6.2	9.3	0.2	762.4
Mighty Mock 'Duck' Fries March 22	316.6	1337.3	15.3	1.4	2.5	1.3	34.4	0.5	6.7	9.3	0.4	740.8
Miso Soup July 20	52.5	220.0	1.2	0.2	0.0	0.0	6.7	0.0	3.0	2.7	0.0	1094.1
Mixed Maki Plate May '23	197.0	821.7	5.5	0.8	1.5	0.3	32.2	0.0	3.8	4.7	1.2	327.8
Monster Maki May '23	164.6	686.3	5.5	0.7	0.9	0.2	24.4	0.0	3.3	4.5	1.2	366.9
Nanbanzuke Chilled Cod June '24	303.3	1215.9	6.0	1.0	3.2	1.0	51.6	-	12.7	8.0	-	771.3
Nigiri 'n' Maki Mix May '23	208.6	871.5	4.8	0.6	0.4	0.1	33.4	0.0	4.1	8.1	0.7	343.6
Pizaman Pizza Bun March '24	248.0	1043.1	8.5	4.7	0.8	0.4	31.6	29.2	2.2	10.5	1.9	203.3
Poké Half & Half Base	173.9	727.2	0.4	0.0	0.0	0.1	39.3	0.0	0.5	3.4	1.1	35.0
Poké Rice Base	335.2	1402.9	0.4	0.0	0.0	0.0	77.7	0.0	0.3	5.4	0.9	0.0
Poké Spinach Base	12.5	51.5	0.4	0.1	0.1	0.3	0.8	0.1	0.8	1.4	1.4	70.0
Popcorn Prawn Roll June '24	345.2	1436.9	17.1	2.7	6.9	1.6	38.1	0.0	6.8	8.7	3.3	1164.4
Popcorn Shrimp July 20	336.6	1402.7	20.5	1.7	3.0	1.5	20.8	0.0	10.8	13.4	0.6	729.9
Pr*wn Crackers	118.4	499.5	3.2	0.2	0.0	0.0	21.9	0.0	9.3	0.2	0.1	151.0
Prawn Katsu Curry Large March 22	663.6	2770.5	17.8	5.2	5.9	2.9	110.8	0.0	3.4	15.7	3.8	1388.8
Prawn Katsu Curry March 22	441.0	1842.1	10.9	3.8	3.0	1.5	76.0	0.0	2.7	10.2	2.5	967.5
Prawn Katsu March 22	152.1	632.9	6.0	0.8	3.0	1.5	18.8	0.0	3.2	5.9	1.6	736.0
Pumpkin Katsu Curry July 20	430.4	1797.6	10.3	3.4	2.9	1.4	78.4	0.0	8.5	6.5	2.1	594.5
Pumpkin Katsu Curry Large March 22	603.4	2518.8	15.1	4.1	5.1	2.5	108.5	0.0	13.5	9.2	3.1	716.5
Pumpkin Katsu March 22	154.6	638.9	5.6	0.5	3.0	1.5	23.6	0.0	9.2	2.5	1.3	422.4
Rainbow Roll June '24	237.1	987.5	11.3	1.5	2.3	0.5	25.1	0.0	3.2	9.2	1.3	361.4
Salmon & Avocado Temaki Hand Roll July 20	180.9	751.6	11.2	1.4	1.8	0.3	15.2	0.0	1.8	5.1	1.3	180.5
Salmon Dragon Roll 4pc March 22	232.5	968.1	11.4	1.3	1.2	0.2	25.6	0.0	3.4	7.1	0.9	362.1
Salmon Firecracker Rice May '23	477.8	1988.4	20.8	2.8	2.3	5.8	60.0	0.0	3.7	13.0	2.6	678.2
Salmon Maki May '23	195.8	817.5	4.8	0.6	0.0	0.0	31.9	0.0	3.8	6.4	0.6	327.5
Salmon Mango Salsa June '24	331.6	1330.2	11.8	1.8	2.4	0.5	43.7	0.7	7.8	10.1	2.1	538.8
Salmon Nigiri July 20	106.3	443.6	3.7	0.4	0.0	0.0	14.1	0.0	1.7	4.0	0.1	150.1
Salmon Ponzu Salsa	126.8	514.3	9.2	1.1	0.0	0.0	1.7	0.0	0.8	8.6	0.2	358.3
Salmon Ponzu Tempura Roll June '24	321.6	1335.3	18.9	5.4	3.0	0.7	29.4	0.3	4.5	7.5	0.8	499.9
Salmon Sashimi May '23	176.7	733.9	13.9	1.7	0.0	0.1	0.8	0.0	0.5	12.1	0.2	89.2

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)
Salmon Top Hits May '23	279.2	1163.4	12.4	1.5	0.3	0.1	29.4	0.0	4.3	12.4	0.8	418.0
Salmon Yakisoba May '23	323.2	1350.7	16.2	2.2	2.1	5.5	33.9	16.5	15.6	10.3	2.1	1397.5
Smashed Cucumbers Sep '23	22.4	83.7	0.7	0.1	0.0	0.0	2.3	0.1	1.6	1.2	1.0	1489.4
Soy Egg	42.1	175.8	2.7	0.8	1.5	0.4	0.4	0.0	0.0	4.2	0.0	326.8
Spicy Chicken Katsu Roll 4pc May '23	169.3	708.5	3.2	1.1	0.3	0.2	30.1	0.0	5.9	4.9	0.8	520.5
Spicy Pepper Squid March 22	192.6	805.4	6.4	0.8	3.0	1.5	15.1	0.0	6.8	16.8	0.7	825.3
Spicy Seafood Ramen June 22	415.3	2014.5	13.2	2.3	2.2	2.2	46.7	35.7	7.3	26.5	2.6	3413.3
Spicy Tuna Poké	295.7	1171.2	17.3	2.6	3.7	1.1	15.1	0.9	8.6	16.9	6.6	681.5
Spicy Tuna Roll 4pc May '23	319.6	1360.7	7.3	1.4	1.4	0.4	53.5	0.0	13.5	7.8	2.0	982.5
Sriracha	39.5	165.3	0.4	0.0	0.0	0.0	8.9	0.0	8.7	0.7	0.0	1310.0
Sriracha Chicken Poké	292.0	1156.6	15.8	2.4	3.6	0.8	15.3	0.8	8.8	19.3	6.5	804.0
Sriracha Mayonnaise	167.5	688.3	17.2	1.2	0.0	0.0	2.9	0.0	2.1	0.1	0.0	409.2
Steamed Rice July 20	301.7	1262.6	0.3	0.0	0.0	0.0	69.9	0.0	0.3	4.9	0.8	0.0
Strawberry Mochi March 22	193.7	816.3	5.1	3.1	0.0	0.0	35.1	0.0	22.7	1.6	0.0	75.0
Sweet Cod Nanbanzuke June '24	261.5	1094.7	10.9	0.8	5.9	3.3	26.3	-	17.6	14.1	-	900.9
Tempura Ponzu Cod Temaki June '24	183.0	751.7	8.3	0.6	0.6	0.4	20.7	0.0	4.2	5.4	0.9	430.3
Teriyaki Beef Large Jan 23	967.2	4031.0	43.4	8.1	15.2	17.2	112.2	20.0	14.0	32.0	3.0	602.5
Teriyaki Chicken Large Jan 23	699.7	2930.2	14.4	3.7	0.0	0.0	99.0	2.5	14.3	44.6	1.4	1453.4
Teriyaki Chicken Ramen June 22	498.9	2365.8	15.8	3.5	2.2	2.2	54.6	37.0	13.5	34.4	2.6	3515.0
Teriyaki 'duck' Large June '24	705.5	3045.6	9.9	1.2	0.6	0.3	104.7	2.5	15.1	48.6	3.2	1024.6
Tuna & Avocado Tartare July 20	140.4	576.6	8.6	2.4	3.7	0.9	3.2	0.0	0.8	11.9	1.8	260.8
Tuna Mango Salsa June '24	284.4	1137.4	5.0	1.0	2.5	0.7	43.8	0.7	7.9	14.1	2.3	532.4
Tuna Nigiri July 20	82.7	347.2	0.3	0.1	0.1	0.1	14.2	0.0	1.7	6.0	0.2	146.9
Tuna Non-Stop May '23	244.0	1029.2	2.9	0.6	0.5	0.6	36.3	0.0	6.3	18.4	1.3	489.1
Tuna Sashimi May '23	88.2	372.4	1.2	0.3	0.2	0.6	0.9	0.0	0.6	19.6	0.5	77.2
Umami Soy-Sesame	77.1	321.1	2.5	0.4	0.0	0.0	10.6	0.0	10.5	2.8	0.0	2344.9
Vegetable Gyoza 5pc July 20	219.2	891.8	6.9	0.7	3.0	1.5	30.0	0.0	2.8	7.1	1.6	1013.1
Vegetable Gyoza July 20	147.3	602.5	6.0	0.5	3.0	1.5	17.9	0.0	1.7	4.2	1.0	544.1
Vegetable Yakisoba May '23	246.1	1030.3	10.2	1.5	2.1	5.4	33.5	16.3	15.4	5.1	2.0	1365.8
Veggie Dumpling Ramen June 22	384.0	1883.2	6.8	1.0	0.8	1.8	63.6	33.8	11.6	15.5	4.7	2463.8
Veggie Firecracker Rice May '23	386.4	1608.6	13.5	1.9	2.3	5.8	60.0	0.0	3.7	6.7	2.6	658.9
Veggie Volcano Roll 4pc	223.6	930.9	10.3	2.7	4.8	0.9	29.7	0.0	5.9	3.0	2.7	291.9

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)
Yasai Roll 4pc May '23	338.0	1434.7	10.5	1.5	1.3	0.3	54.9	0.7	14.4	3.7	1.9	859.4
Yasai Temaki Hand Roll July 20	137.0	567.1	6.5	1.0	1.8	0.3	16.8	0.0	3.3	2.7	1.4	191.9
YO! Fries March 22	320.6	1336.0	19.2	1.7	3.0	1.5	32.8	0.0	2.1	3.1	0.0	718.1
YO! Fries Plain July 20	250.2	1046.4	12.2	1.2	3.0	1.5	31.2	0.0	1.0	3.0	0.0	463.2
YO! Roll 4pc March 22	194.2	809.1	7.5	1.0	1.2	0.2	25.2	0.0	4.1	6.5	0.9	403.6
Yuzu & Lemon Doughnut Sep '24	318.8	1333.1	12.6	6.6	3.4	2.0	47.0	20.2	24.1	3.7	1.1	252.9
Yuzu Shu Cream Puff March '24	428.0	1783.2	29.3	19.8	4.5	1.0	32.8	2.3	21.7	8.3	0.8	177.3
Zingy Ginger & Chilli	70.5	298.0	0.1	0.0	0.0	0.0	15.8	0.0	15.4	0.9	0.1	550.5