



allergen information & dietary guide

Tesco Deliveroo Menu
Last updated: January 2022



[illegible]

Recipe FIR Intolerance Report

Dish Name	Cereals containing Gluten :										Tree Nuts :														Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs	
	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											
Inari Nigiri (T21)	✓	✓									✓																				
Jackfruit K-Roll (T21)	✓	✓									✓																				
Kaiso Salad (T21)	✓	✓									✓														✓		✓				
KFC Bao (T21)	✓	✓									✓	✓														✓	✓				
KFC Donburi (T21)	✓	✓								✓	✓	✓															✓				
KFC Noodles (T21)	✓	✓								✓	✓	✓														✓	✓				
Korean Beef Bowl (T21)	✓	✓			✓						✓	✓														✓	✓				
Korean Chicken Bites (T21)	✓	✓								✓	✓	✓															✓				
Mango Cheesecake Mochi (T21)	✓	✓									✓	✓																			
Mixed Box (T21)	✓	✓					✓		✓	✓															✓		✓				
Plant Power (T21)	✓	✓									✓															✓					
Pork Bao (T21)	✓	✓									✓	✓																			
Pork K-Roll (T21)	✓	✓									✓																				
Prawn Gyoza (T21)	✓	✓									✓																✓	✓			
Prawn Katsu Torpedos (T21)	✓	✓					✓																								
Pumpkin Katsu Curry (T21)	✓	✓									✓																✓				
Raspberry White Chocolate Mochi (T21)	✓	✓									✓	✓																			
Salmon and Avocado Roll (T21)										✓																	✓				
Salmon and Prawn Nigiri (T21)							✓			✓	✓														✓						
Salmon Avo Maki (T21)										✓	✓																				
Salmon Box (T21)										✓	✓																✓	✓			
Salmon Dragon Roll (T21)	✓	✓					✓	✓	✓		✓																✓	✓			

Recipe FIR Intolerance Report

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												
Salmon Maki (T21)																																
Salmon Nigiri (T21)																																
Salmon Sashimi (T21)																																
Spicy Chicken Katsu Roll (T21)	✓	✓																														
Spicy Prawn Katsu Roll (T21)	✓	✓	✓						✓																							
Spicy Yasai Roll (T21)	✓	✓	✓										✓																			
Strawberry Cheesecake Mochi (T21)	✓	✓	✓					✓						✓		✓																
Teriyaki Chicken Bites (T21)	✓	✓	✓							✓	✓			✓	✓	✓													✓			
This isn't Korean 'Chicken' Bites (T21)	✓	✓	✓											✓	✓	✓																
'This' isn't Korean Chicken Noodles (T21)	✓	✓	✓											✓	✓	✓													✓			
This isn't Teriyaki 'Chicken' Bites (T21)	✓	✓	✓											✓	✓	✓													✓			
Vegan Combo (T21)	✓	✓	✓											✓	✓	✓													✓			
Vegan Gyoza (T21)	✓	✓	✓											✓	✓	✓													✓			
YO! Chef's Platter (T21)	✓	✓	✓						✓	✓	✓			✓	✓	✓													✓			
YO! Mixed Box 1 (T21)	✓	✓	✓						✓	✓	✓			✓													✓		✓			
YO! Mixed Box 2 (T21)	✓	✓	✓								✓																	✓	✓			
YO! Mixed Box 3 (T21)	✓	✓	✓											✓														✓	✓			
YO! Mixed Box 4 (T21)	✓	✓	✓						✓		✓			✓													✓	✓	✓			
YO! Mixed Box 5 (T21)	✓	✓	✓						✓		✓																✓	✓	✓			
YO! Plant Platter (T21)	✓	✓											✓														✓	✓				

Nutritional Information Recipe List (Values per serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	Saturates (g)	Carbs (g)	NMES (g)	Protein (g)	Fibre (g)	Sodium (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Vit. A (µg)	Folic Acid (folate) (µg)	Vit. C (mg)
Avocado Maki (T21)	195.5	821.8	6.6	1.3	30.9	-	0.9	1.5	367.9	-	-	-	-	-	-
Beef K-Roll (T21)	453.3	1904.7	13.7	2.0	71.8	-	6.6	1.8	980.7	-	-	-	-	-	-
California Roll (T21)	481.0	2014.7	21.7	2.7	56.0	-	6.6	1.8	660.7	-	-	-	-	-	-
Chicken Combo (T21)	1001.3	4207.5	32.1	8.1	140.7	-	26.3	4.0	2026.0	-	-	-	-	-	-
Chicken Gyoza (T21)	221.7	935.6	4.5	1.0	35.6	-	7.7	2.3	741.5	-	-	-	-	-	-
Chicken Katsu Bites (T21)	305.4	1271.0	21.5	4.6	14.6	-	13.8	0.7	379.5	-	-	-	-	-	-
Chicken Katsu Curry (T21)	613.8	2623.3	12.7	4.1	102.9	-	16.0	2.3	1317.6	-	-	-	-	-	-
Chicken K-Roll (T21)	385.7	1628.5	6.5	2.7	67.5	-	10.6	1.8	811.1	-	-	-	-	-	-
Chicken Teriyaki (T21)	686.8	2899.0	12.1	3.7	116.7	-	19.6	2.3	1937.5	-	-	-	-	-	-
Chicken Teriyaki Noodles (T21)	605.5	2553.9	13.6	3.4	90.4	-	25.2	3.9	2606.2	-	-	-	-	-	-
Chocolate Mochi (T21)	204.2	854.2	6.1	3.7	32.9	-	2.2	0.0	243.8	-	-	-	-	-	-
Crunchy California Roll (T21)	596.6	2492.9	32.6	5.1	63.1	-	6.5	1.8	917.3	-	-	-	-	-	-
Crunchy Chicken Katsu Roll (T21)	495.6	2079.6	19.1	5.0	63.9	-	10.5	1.1	942.7	-	-	-	-	-	-
Crunchy Prawn Katsu Roll (T21)	504.9	2116.2	21.5	4.8	64.1	-	7.3	1.3	994.5	-	-	-	-	-	-
Crunchy Spicy Salmon Roll (T21)	439.8	1855.0	18.0	3.9	54.0	-	9.5	1.6	801.2	-	-	-	-	-	-
Crunchy Spicy Tuna Roll (T21)	396.9	1668.6	11.9	2.3	60.4	-	8.3	0.6	980.3	-	-	-	-	-	-
Crunchy Yasai Roll (T21)	455.7	1928.0	16.8	3.8	64.6	-	5.6	2.0	963.7	-	-	-	-	-	-
Cucumber Maki (T21)	139.8	592.0	0.4	0.1	30.8	-	0.7	0.5	356.0	-	-	-	-	-	-
Custard Dorayaki (T21)	162.0	677.8	2.3	0.8	32.1	-	2.9	0.0	0.1	-	-	-	-	-	-
Duck Gyoza (T21)	221.2	930.9	4.3	1.2	35.8	-	9.5	0.0	766.0	-	-	-	-	-	-
Edamame (T21)	201.5	843.0	9.2	1.2	13.4	-	17.3	0.0	789.1	-	-	-	-	-	-
Futari Platter (T21)	1242.6	5227.0	56.3	10.0	145.7	-	24.1	3.8	2083.5	-	-	-	-	-	-
Inari Nigiri (T21)	304.1	1279.2	10.4	2.0	44.4	-	6.3	0.2	606.6	-	-	-	-	-	-
Jackfruit K-Roll (T21)	360.7	1497.1	5.4	1.0	71.4	-	2.1	2.6	998.2	-	-	-	-	-	-
Kaiso Salad (T21)	292.2	1128.1	8.0	0.5	40.4	-	6.0	1.3	1632.1	-	-	-	-	-	-
KFC Bao (T21)	269.3	1126.9	8.1	3.3	38.9	-	5.8	1.6	575.9	-	-	-	-	-	-
KFC Donburi (T21)	673.1	2842.0	14.1	2.2	115.2	-	16.7	0.8	803.0	-	-	-	-	-	-
KFC Noodles (T21)	699.3	2953.6	15.4	2.3	117.8	-	21.8	3.3	1335.4	-	-	-	-	-	-
Korean Beef Bowl (T21)	488.8	2069.0	6.0	1.1	91.1	-	11.1	2.2	6.2	-	-	-	-	-	-
Korean Chicken Bites (T21)	737.0	3098.6	26.8	4.2	95.5	-	31.4	0.0	1532.4	-	-	-	-	-	-
Mango Cheesecake Mochi (T21)	206.7	869.8	8.3	5.1	35.2	-	2.3	0.0	9.6	-	-	-	-	-	-
Mixed Box (T21)	806.1	3376.5	33.0	5.2	91.8	-	11.3	2.0	1338.3	-	-	-	-	-	-
Plant Power (T21)	759.7	3207.2	27.2	5.8	109.0	-	11.9	2.2	1570.3	-	-	-	-	-	-
Pork Bao (T21)	263.3	1100.2	9.2	3.4	38.0	-	2.5	1.5	631.1	-	-	-	-	-	-

Nutritional Information Recipe List (Values per serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	Saturates (g)	Carbs (g)	NMES (g)	Protein (g)	Fibre (g)	Sodium (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Vit. A (µg)	Folic Acid (folate) (µg)	Vit. C (mg)
Pork K-Roll (T21)	392.7	1656.6	8.4	2.8	70.4	-	4.6	1.5	934.4	-	-	-	-	-	-
Prawn Gyoza (T21)	218.8	920.7	4.2	1.2	35.5	-	9.3	0.0	760.2	-	-	-	-	-	-
Prawn Katsu Torpedos (T21)	283.1	1188.3	9.8	2.8	36.9	-	11.7	0.0	607.6	-	-	-	-	-	-
Pumpkin Katsu Curry (T21)	525.6	2253.6	5.8	1.0	106.4	-	5.6	1.5	1290.0	-	-	-	-	-	-
Raspberry White Chocolate Mochi (T21)	206.7	869.8	8.3	5.1	35.2	-	2.3	0.0	9.6	-	-	-	-	-	-
Salmon and Avocado Roll (T21)	393.4	1664.1	12.5	2.3	49.8	-	10.9	1.6	589.4	-	-	-	-	-	-
Salmon and Prawn Nigiri (T21)	311.8	1322.0	4.5	0.8	42.9	-	9.6	0.5	589.6	-	-	-	-	-	-
Salmon Avo Maki (T21)	190.1	803.8	5.1	1.0	30.6	-	3.1	0.9	371.6	-	-	-	-	-	-
Salmon Box (T21)	599.6	2543.2	18.2	3.3	78.4	-	19.0	2.0	954.4	-	-	-	-	-	-
Salmon Dragon Roll (T21)	540.7	2275.9	26.5	3.5	57.7	-	14.9	2.0	703.0	-	-	-	-	-	-
Salmon Maki (T21)	184.7	785.8	3.7	0.7	30.4	-	5.2	0.4	375.3	-	-	-	-	-	-
Salmon Nigiri (T21)	309.4	1318.7	8.5	1.5	42.8	-	12.1	0.6	547.6	-	-	-	-	-	-
Salmon Sashimi (T21)	202.0	868.0	13.6	2.2	0.4	-	19.4	0.4	80.0	-	-	-	-	-	-
Spicy Chicken Katsu Roll (T21)	388.5	1635.5	9.3	2.3	62.6	-	9.9	1.1	822.9	-	-	-	-	-	-
Spicy Prawn Katsu Roll (T21)	397.8	1672.1	11.7	2.0	62.8	-	6.8	1.3	874.8	-	-	-	-	-	-
Spicy Yasai Roll (T21)	380.2	1614.3	10.7	1.3	63.1	-	5.1	2.0	859.1	-	-	-	-	-	-
Strawberry Cheesecake Mochi (T21)	185.0	773.9	5.4	3.1	32.4	-	0.0	0.0	69.1	-	-	-	-	-	-
Teriyaki Chicken Bites (T21)	759.0	3187.1	29.4	4.6	81.8	-	36.1	0.1	2891.6	-	-	-	-	-	-
This isn't Korean 'Chicken' Bites (T21)	669.0	2815.0	15.3	1.4	95.1	-	35.9	0.0	1088.0	-	-	-	-	-	-
'This' isn't Korean Chicken Noodles (T21)	652.3	2757.3	8.7	1.0	108.2	-	32.3	3.3	1237.6	-	-	-	-	-	-
This isn't Teriyaki 'Chicken' Bites (T21)	691.0	2903.6	17.9	1.8	81.4	-	40.6	0.1	2447.2	-	-	-	-	-	-
Vegan Combo (T21)	1118.2	4730.6	37.2	7.1	169.0	-	16.3	4.2	2427.0	-	-	-	-	-	-
Vegan Gyoza (T21)	232.5	979.8	4.6	0.4	40.5	-	6.2	1.6	726.7	-	-	-	-	-	-
YO! Chef's Platter (T21)	1747.0	7372.2	57.1	11.3	254.0	-	35.7	5.2	3529.8	-	-	-	-	-	-
YO! Mixed Box 1 (T21)	852.9	3580.4	29.9	5.7	116.9	-	12.8	2.0	1607.9	-	-	-	-	-	-
YO! Mixed Box 2 (T21)	733.5	3107.8	21.6	4.2	103.9	-	19.3	2.4	1334.7	-	-	-	-	-	-
YO! Mixed Box 3 (T21)	721.9	3051.7	21.8	4.1	116.5	-	8.7	3.1	1576.6	-	-	-	-	-	-
YO! Mixed Box 4 (T21)	886.4	3733.8	34.5	5.2	112.5	-	18.9	2.6	1463.5	-	-	-	-	-	-
YO! Mixed Box 5 (T21)	601.6	2545.5	13.7	2.8	85.3	-	14.7	1.5	1168.2	-	-	-	-	-	-
YO! Plant Platter (T21)	1754.0	7421.7	54.0	9.5	280.7	-	22.3	7.9	3834.3	-	-	-	-	-	-