



YD! BREAKFAST (EAT IN)

ALLERGEN
INFORMATION AND
DIETARY GUIDE

LAST UPDATED: 23RD JAN 2019

INTRODUCTION



At YO! We take our nutritional and allergen responsibilities seriously. We understand that some guests have specific requirements and it's important to be informed.

We are proud to make our sushi, salads and hot dishes fresh daily in our kitchens. This means that our kitchens frequently handle many of the following allergens:

- celery
- cereals containing gluten (namely barley, oats, rye, wheat)
- crustaceans
- eggs
- fish
- lupin
- milk
- molluscs
- mustard
- sesame seeds
- soybeans
- sulphites

If you have any questions, concerns or would like more information please ask a team member.

If you have any thoughts and feedback for us regarding this or any other matter, please contact feedback@yosushi.com

Key



A tick indicates that the dish contains the specified allergenic ingredient.



The letter M indicates that the dish is fried in oil which may also be used to fry other dishes that include the specified allergenic ingredient.

Please Note

This guide has been produced for informational purposes only.

Although we do not use tree nuts or peanuts in our dishes, we cannot guarantee that our suppliers work in nut free environments.

While every effort is made to ensure that there has been no cross contamination, we cannot guarantee that any item is free from any allergenic ingredients.

Breakfast - EAT IN

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

Breakfast

BK Avocado Rice Pot										✓	✓														✓		
BK Benedict Rice Pot										✓	✓														✓		
BK Breakfast Ramen	✓	✓								✓	✓	✓												✓	✓	✓	
BK Breakfast Yakisoba	✓	✓								✓	✓	✓												✓	✓		
BK Chocolate Dorayaki	✓	✓								✓	✓	✓												✓	✓		
BK Congee	✓	✓								✓	✓	✓												✓			
BK Egg Protein Pot										✓	✓																
BK Eggs And Avocado	✓	✓								✓	✓	✓												✓	✓		
BK Eggs Benedict	✓	✓								✓	✓	✓												✓	✓		
BK Eggs Florentine	✓	✓								✓	✓	✓												✓	✓		
BK Eggs Royale	✓	✓							✓	✓	✓	✓												✓	✓		
BK Florentine Rice Pot										✓	✓	✓												✓	✓		
BK Fresh Fruit																											
BK Full English Breakfast	✓	✓								✓	✓	✓															
BK Kedgeree	✓	✓							✓	✓	✓	✓															
BK Okonomiyaki	✓	✓							✓	✓	✓	✓															
BK Pancakes & Bacon	✓	✓								✓	✓	✓															
BK Pork Breakfast Ramen	✓	✓							✓	✓	✓	✓											✓	✓	✓	✓	
BK Royale Rice Pot									✓	✓	✓	✓												✓	✓		

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)
BK Avocado Rice Pot	438.1	1478.0	20.3	6.2	2.4	0.4	50.2	0.0	6.9	9.1	1.3	831.0
BK Benedict Rice Pot	414.7	1383.3	15.4	5.5	0.4	0.2	50.1	0.0	7.1	14.3	0.4	1189.8
BK Breakfast Ramen	381.1	1225.8	10.5	2.6	0.5	1.6	49.5	32.4	8.6	17.9	0.4	2460.5
BK Breakfast Yakisoba	560.0	2339.9	26.2	6.8	8.5	5.0	47.6	40.5	3.6	32.2	1.1	2546.9
BK Chocolate Dorayaki	315.2	0.0	19.2	12.0	0.0	0.0	31.1	0.0	21.4	4.1	0.6	0.0
BK Congee	349.1	1105.7	18.0	6.5	1.7	0.6	29.3	0.0	1.8	14.8	0.2	968.3
BK Egg Protein Pot	32.3	134.6	2.3	0.6	1.0	0.3	0.2	0.0	0.2	2.9	0.4	49.0
BK Eggs And Avocado	377.5	1215.3	24.2	6.4	3.6	0.7	27.2	0.0	0.6	12.8	1.4	453.5
BK Eggs Benedict	335.1	1042.2	17.3	5.3	0.4	0.2	26.9	0.0	0.7	17.8	0.1	811.7
BK Eggs Florentine	308.0	927.5	16.5	5.0	0.0	0.1	26.9	0.0	0.7	12.8	0.6	479.7
BK Eggs Royale	331.4	1025.7	17.2	5.1	0.0	0.0	26.6	0.0	0.4	17.3	0.1	827.7
BK Florentine Rice Pot	386.3	1263.4	14.6	5.2	0.0	0.1	50.1	0.0	7.0	9.2	0.8	850.8
BK Fresh Fruit	61.1	259.4	0.3	0.1	0.1	0.1	14.4	0.0	14.4	0.9	1.4	3.8
BK Full English Breakfast	464.8	1583.2	25.0	8.4	7.2	2.3	30.3	0.0	1.1	29.7	0.4	1619.2
BK Kedgeree	776.8	3271.0	21.4	4.0	8.0	3.3	120.6	0.0	19.1	14.4	1.0	1785.5
BK Okonomiyaki	650.7	1229.7	26.8	5.7	5.8	2.4	82.0	0.0	4.7	21.2	1.1	1116.4
BK Pancakes & Bacon	364.0	1515.9	25.9	10.5	10.4	3.2	13.5	0.4	12.8	19.3	0.1	1388.7
BK Pork Breakfast Ramen	430.0	1804.6	26.4	4.4	6.3	3.8	38.2	32.4	4.1	23.9	0.2	2681.5
BK Royale Rice Pot	425.2	1426.2	15.8	5.4	0.0	0.0	49.8	0.0	6.8	16.4	0.4	1393.8