



CORE MENU

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.

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	
Avocado Nigiri Oct 18																											
Glazed Aubergine Nigiri Oct 18	✓	✓									✓															✓	
Inari Taco Oct 18	✓	✓									✓																
Panko Prawn Nigiri Oct 18	✓	✓					M	✓	M	✓	M														M		
Salmon Nigiri Oct 18							✓																				
Seared Beef Nigiri Oct 18										✓															✓		
Tuna Nigiri Oct 18							✓																				
Sashimi																											
Beef Tataki Oct 18																											
Beetroot Cured Salmon Sashimi Oct 18							✓	✓																			
Coriander Seared Tuna Sashimi Oct 18							✓	✓																			
Salmon Ponzu Salsa Sashimi Oct 18	✓	✓					✓	✓		✓																	
Salmon Sashimi Oct 18							✓	✓																			
Tuna Sashimi Oct 18							✓	✓																			
Salads																											
Chicken & Tangerine Salad Oct 18	✓	✓									✓															✓	
Edamame Oct 18											✓																
Harusame Aubergine Oct 18	✓	✓									✓																
Kaiso Seaweed Oct 18	✓	✓									✓														✓	✓	
Tenderstem & Sesame Oct 18	✓	✓									✓													✓	✓		
Temaki Hand-Rolls																											
California Temaki Oct 18	✓	✓					✓			✓	✓														✓		

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				
Salmon & Avocado Temaki Hand Roll							✓				✓														✓	✓		
Yasai Temaki Hand Roll Oct 18	✓	✓									✓	✓													✓	✓		
Ramen																												
Curry Chicken Ramen Large Oct 18	✓	✓					✓	M	M		✓	✓	✓														✓	✓
Curry Chicken Ramen Oct 18	✓	✓					✓	M	M		✓	✓	✓														✓	✓
Miso Soup												✓	✓															
Shiitake Mushroom Ramen Large Oct 18	✓	✓										✓	✓														✓	✓
Shiitake Mushroom Ramen Oct 18	✓	✓										✓	✓														✓	✓
Spicy Seafood Ramen Large Oct 18	✓	✓					✓	✓	✓			✓	✓														✓	✓
Spicy Seafood Ramen Oct 18	✓	✓					✓	✓	✓			✓	✓														✓	✓
Street Food																												
Chicken Gyoza Oct 18	✓	✓					M	M	M			✓															✓	✓
Chicken Katsu Burger Oct 18	✓	✓					M	M	M		✓	M															✓	✓
Chicken Teriyaki Burger Oct 18	✓	✓										✓	✓														✓	✓
Japanese Fried Chicken Oct 18	✓	✓					✓	M	M		✓	✓	✓														M	
Korean Fried Chicken Oct 18	✓	✓					✓	M	M		✓	✓	✓														M	
Mushroom Teriyaki Burger Oct 18	✓	✓										✓	✓														✓	✓
Popcorn Shrimp Oct 18	✓	✓					M	✓	M		✓	✓	✓														M	
Prawn Gyoza Oct 18	✓	✓					M	✓	M		✓	✓	✓														✓	✓
Spicy Pepper Cauliflower Oct 18	✓	✓										✓	✓														✓	✓
Spicy Pepper Squid Oct 18	✓	✓					M	M	✓			✓	✓														✓	✓
Stir Fried Pak Choi & Garlic Oct 18	✓	✓										✓	✓														✓	✓

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					
Dorayaki Pancake Oct 18	✓	✓									✓	✓																	
Fresh Fruit Plate Oct 18											✓	✓																	
Japanese Cheesecake Oct 18										✓		✓																	
Strawberry Cheesecake Mochi Oct 18	✓	✓				✓					✓	✓																	
Large Options																													
Beef Teriyaki Large Plate Oct 18	✓	✓					M	M	M	✓	✓															✓	✓		
Chicken Katsu Curry Large Plate Oct 18	✓	✓					M	M	M		✓	✓														✓	✓	✓	
Chicken Teriyaki Large Plate Oct 18	✓	✓									✓	✓														✓	✓	✓	
Curry Chicken Ramen Large Oct 18	✓	✓					✓	M	M	✓	✓	✓														✓	✓	✓	
Prawn Katsu Curry Large Plate Oct 18	✓	✓					M	✓	M	✓	✓	✓														✓	✓	✓	
Pumpkin Katsu Curry Large Plate Oct 18	✓	✓									✓	✓														✓	✓	✓	
Shiitake Mushroom Ramen Large Oct 18	✓	✓									✓	✓														✓	✓	✓	
Spicy Seafood Ramen Large Oct 18	✓	✓					✓	✓	✓		✓	✓														✓	✓	✓	
Tofu Katsu Curry Large Oct 18	✓	✓									✓	✓														✓	✓		
Sharing																													
Chicken Avocado Roll Platter Oct 18	✓	✓									✓	✓																	
Crunchy California Roll Platter Oct 18	✓	✓					✓				✓	✓														✓	✓		
Dessert Platter Oct 18	✓	✓				✓					✓	✓																	
Kickin' Salmon Roll Platter Oct 18	✓	✓					✓	✓			✓	✓																	
Nigiri Platter Oct 18.	✓	✓					✓	✓	M		✓	✓														✓	✓		
Salmon Selection Platter Oct 18.							✓	✓			✓	✓																	
Spicy Chicken Katsu Roll Platter Oct 18	✓	✓									✓	✓														✓			

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)
Aburi Salmon Nigiri Oct 18	112.5	476.5	3.8	0.5	0.0	0.0	14.5	0.0	2.0	4.3	0.1	232.2
Aromatic Duck Roll Oct 18	218.2	880.2	2.5	0.7	0.0	0.0	38.5	0.0	8.7	5.3	0.5	363.5
Avocado Maki Oct 18	203.5	855.4	6.5	1.2	3.0	0.6	32.6	0.0	4.4	1.4	1.8	385.9
Avocado Nigiri Oct 18	109.6	459.4	4.9	0.9	2.4	0.4	14.7	0.0	2.0	0.6	1.1	175.7
Beef Tataki Oct 18	95.9	400.4	3.7	1.1	0.7	0.4	3.0	0.0	3.0	12.8	0.1	367.7
Beef Teriyaki Large Plate Oct 18	896.9	3745.3	30.9	6.1	9.9	12.3	121.4	13.1	11.1	24.1	2.6	2012.3
Beef Teriyaki Oct 18	311.7	1291.5	22.1	4.0	7.6	8.6	14.0	8.7	4.9	14.0	1.3	823.0
Beetroot Cured Salmon Sashimi Oct 18	110.8	463.6	6.5	1.1	0.0	0.0	0.8	0.0	0.8	12.3	0.0	33.3
Blossom Roll Oct 18	200.6	841.6	6.0	1.0	1.3	0.7	24.5	0.0	4.4	10.9	1.1	804.4
Brown Rice Side Oct 18	198.0	843.0	1.4	0.3	0.0	0.0	43.8	0.0	0.2	5.4	2.3	3.0
California Temaki Oct 18	232.8	970.3	14.5	1.7	2.4	0.4	20.3	0.0	3.0	4.0	1.5	253.7
Chicken & Tangerine Salad Oct 18	148.1	622.7	4.1	0.9	0.1	0.2	13.9	0.0	11.8	13.2	0.8	346.1
Chicken Avocado Roll Oct 18	197.7	828.0	8.9	2.2	1.1	0.2	20.5	0.0	3.0	7.7	0.8	306.2
Chicken Avocado Roll Platter Oct 18	605.3	2533.9	28.8	5.8	2.9	0.6	61.7	0.0	9.1	21.1	2.4	915.7
Chicken Fried Rice Oct 18	355.0	1499.6	4.6	1.1	0.0	0.1	60.2	0.0	10.4	13.7	1.3	1307.2
Chicken Gyoza Oct 18	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 Oct 18	476.5	1985.3	29.2	4.7	3.0	1.5	38.5	0.0	0.7	16.5	0.3	507.3
Chicken Katsu Curry Large Plate Oct 18	936.0	3926.7	28.9	7.1	3.0	1.6	126.0	0.0	10.5	28.0	1.4	540.8
Chicken Katsu Curry Oct 18	529.8	2228.1	18.3	3.8	3.0	1.5	68.9	0.0	12.6	13.7	0.5	904.0
Chicken Katsu Oct 18	225.2	940.1	12.2	3.6	3.0	1.5	14.1	0.0	0.7	15.0	0.5	429.5
Chicken Teriyaki - Oct 18	246.2	1024.6	11.9	2.2	3.0	1.5	5.7	0.0	5.2	28.5	0.5	1210.1
Chicken Teriyaki Burger Oct 18	268.3	1111.0	10.1	1.1	3.0	1.5	28.2	0.0	3.7	16.0	0.2	975.2
Chicken Teriyaki Large Plate Oct 18	784.9	3287.2	15.8	3.1	3.0	1.6	108.6	0.0	11.4	42.9	1.4	2477.8
Chicken Yakisoba Oct 18	232.5	1101.0	5.2	1.0	0.3	1.1	24.9	19.3	4.2	28.2	1.8	1850.7
Chocolate Brownie Oct 18	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 Oct 18	236.1	987.7	7.1	4.3	0.0	0.0	38.0	0.0	9.3	2.5	0.0	281.9
Chocolate Pot Oct 18	245.9	1028.1	12.0	8.4	0.0	0.0	29.8	0.0	27.6	3.0	3.1	0.8
Coriander Seared Tuna Sashimi Oct 18	93.5	392.4	4.0	0.8	1.5	1.3	0.8	0.0	0.8	13.7	0.0	36.0
Crunchy California Roll Oct 18	276.7	1151.9	17.1	2.4	1.0	0.2	25.5	0.0	4.8	3.2	0.8	718.7
Crunchy California Roll Platter Oct 18	680.4	2839.9	37.4	5.4	3.0	0.5	72.0	0.0	12.0	8.2	2.2	1483.3
Cucumber Maki Oct 18	149.6	633.4	0.5	0.1	0.0	0.0	32.5	0.0	4.6	1.2	0.9	374.1

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)
Curry Chicken Ramen Large Oct 18	767.6	3194.8	34.7	2.9	0.6	2.0	71.4	40.5	21.7	29.1	1.0	3612.1
Curry Chicken Ramen Oct 18	413.8	1720.0	16.6	1.7	0.4	1.3	44.6	27.0	9.3	16.6	0.4	1522.5
Dessert Platter Oct 18	610.3	2551.5	27.4	17.2	0.0	0.0	81.4	0.0	66.7	6.7	3.4	105.1
Dorayaki Pancake Oct 18	138.1	577.8	1.8	0.7	0.0	0.0	27.6	0.0	16.2	2.3	0.0	2.7
Dragon Roll Oct 18	211.9	888.1	9.5	1.2	1.1	0.2	23.5	0.0	3.2	6.4	0.8	285.9
Dynamite Roll Oct 18	200.3	839.3	9.9	1.6	0.9	0.2	22.2	0.0	3.8	4.4	0.8	407.4
Edamame Oct 18	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 Oct 18	61.1	259.4	0.3	0.1	0.1	0.1	14.4	0.0	14.4	0.9	1.4	3.8
Ginza Roll Oct 18	203.5	850.1	10.9	4.6	1.6	0.2	21.3	0.0	3.8	3.8	0.4	510.1
Glazed Aubergine Nigiri Oct 18	70.4	297.8	0.2	0.1	0.0	0.0	15.4	0.0	2.9	0.7	0.8	321.2
Harusame Aubergine Oct 18	108.4	422.4	6.3	0.5	3.0	1.6	10.3	0.2	9.2	1.5	2.2	548.8
Inari Taco Oct 18	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 Cheesecake Oct 18	195.1	815.6	16.3	8.2	0.0	0.0	20.1	0.0	14.3	4.1	0.1	91.7
Japanese Fried Chicken Oct 18	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 Oct 18	175.1	621.7	5.2	0.3	0.0	0.1	21.7	0.1	14.8	4.2	1.4	1108.6
Kickin' Salmon Roll Oct 18	212.3	885.5	12.7	4.8	2.1	0.3	19.7	0.0	3.2	3.4	0.6	334.0
Kickin' Salmon Roll Platter Oct 18	615.0	2568.2	34.3	13.7	7.0	0.9	61.0	0.0	9.5	10.6	2.2	989.3
Korean Fried Chicken Oct 18	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	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 Oct 18	196.2	827.0	4.8	0.9	1.5	0.3	32.3	0.0	4.3	3.7	1.3	384.6
Mushroom Teriyaki Burger Oct 18	210.1	867.1	7.5	0.4	3.0	1.5	30.0	0.0	3.6	5.7	0.2	952.2
Nigiri Platter Oct 18.	303.0	1276.0	7.3	1.3	1.8	0.5	46.5	0.0	6.3	9.6	1.3	700.3
Noodles Side Oct 18	187.2	793.2	2.9	0.4	0.5	1.6	33.8	32.4	1.4	5.9	0.0	336.0
Panko Prawn Nigiri Oct 18	121.1	508.8	2.7	0.2	1.2	0.6	19.9	0.0	2.0	3.0	0.3	305.6
Popcorn Shrimp Oct 18	354.6	1473.5	20.3	1.6	3.0	1.5	24.9	0.0	12.5	14.1	0.4	979.7
Prawn Gyoza Oct 18	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 Large Plate Oct 18	756.8	3174.9	16.8	0.6	3.0	1.6	121.8	0.0	10.3	13.0	2.1	527.1
Prawn Katsu Curry Oct 18	440.2	1852.2	12.2	0.6	3.0	1.5	66.7	0.0	12.5	6.2	0.9	897.1
Prawn Katsu Oct 18	173.2	721.4	6.7	0.4	3.0	1.5	17.6	0.0	0.6	9.8	1.0	513.6
Prawn Star Roll Oct 18	239.5	1000.1	11.4	1.2	2.8	1.0	27.4	0.0	4.1	5.1	0.9	448.9
Pumpkin Katsu Curry Large Plate Oct 18	788.8	3309.1	18.2	1.7	3.0	1.6	130.2	0.0	10.3	10.1	1.4	549.6
Pumpkin Katsu Curry Oct 18	410.5	1731.4	31.5	16.3	0.0	0.0	70.8	0.0	12.4	4.7	0.5	841.3
Pumpkin Katsu oct 18.	151.6	631.3	6.9	0.9	3.0	1.5	16.2	0.0	0.6	6.1	0.5	433.9

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)
Salad Leaf Side Oct 18	34.7	124.8	0.8	0.1	0.0	0.1	4.6	0.0	3.8	1.3	0.6	181.5
Salmon & Avocado Temaki Hand Roll	164.4	687.7	8.6	1.2	1.2	0.2	15.1	0.0	2.0	5.2	1.0	204.5
Salmon Fried Rice Oct 18	355.5	1501.2	6.1	1.1	0.0	0.1	59.8	0.0	10.4	11.1	1.3	1299.4
Salmon Maki Oct 18	189.0	798.5	3.1	0.6	0.0	0.0	32.0	0.0	4.2	5.9	0.7	383.4
Salmon Nigiri Oct 18	98.7	416.6	2.3	0.4	0.0	0.0	14.2	0.0	1.9	4.2	0.1	174.5
Salmon Ponzu Salsa Sashimi Oct 18	104.2	423.2	5.6	1.0	0.0	0.0	2.1	0.0	1.0	10.8	0.2	352.6
Salmon Sashimi Oct 18	112.5	470.6	6.7	1.2	0.0	0.0	0.8	0.0	0.7	12.5	0.0	33.0
Salmon Selection Platter Oct 18.	572.1	2408.4	17.2	3.0	0.5	0.1	69.5	0.0	14.5	31.8	1.2	987.5
Seared Beef Nigiri Oct 18	107.5	452.8	2.2	0.6	0.0	0.0	14.6	0.0	1.9	6.4	0.2	249.1
Shiitake Mushroom Ramen Large Oct 18	403.7	1671.4	10.3	1.1	0.6	2.0	60.7	40.5	11.9	14.8	1.2	4879.1
Shiitake Mushroom Ramen Oct 18	231.4	956.6	4.9	0.6	0.4	1.3	37.2	27.0	6.1	8.2	0.5	1937.5
Spicy Chicken Katsu Roll Oct 18	145.0	611.7	2.1	0.9	0.0	0.0	23.7	0.0	2.7	6.3	0.4	522.9
Spicy Chicken Katsu Roll Platter Oct 18	423.4	1786.4	6.3	2.7	0.0	0.0	71.1	0.0	8.2	16.3	1.3	1328.8
Spicy Pepper Cauliflower Oct 18	145.5	605.0	7.6	0.7	3.1	2.1	14.6	0.5	4.7	5.6	3.1	899.4
Spicy Pepper Squid Oct 18	207.0	859.7	11.7	1.1	5.6	2.8	11.8	0.0	1.6	13.4	0.1	945.4
Spicy Seafood Ramen Large Oct 18	461.2	1912.9	12.3	1.5	0.6	2.0	55.0	40.5	11.5	29.6	1.2	5248.1
Spicy Seafood Ramen Oct 18	255.4	1057.7	5.9	0.7	0.4	1.3	33.6	27.0	5.4	15.3	0.5	1989.2
Stir Fried Pak Choi & Garlic Oct 18	85.9	354.1	7.1	0.4	3.0	1.6	3.4	0.0	3.1	2.0	2.4	452.9
Strawberry Cheesecake Mochi Oct 18	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 Oct 18	195.2	804.0	13.9	0.9	3.0	1.5	3.0	0.0	0.1	14.8	0.3	582.1
Tenderstem & Sesame Oct 18	135.0	566.7	10.7	1.1	0.1	0.3	4.8	0.1	4.5	4.0	2.1	300.3
Tofu Katsu Curry Large Oct 18	610.3	2562.3	14.7	0.5	3.0	1.6	99.3	0.0	10.3	4.2	1.4	163.9
Tofu Katsu Curry Oct 18	367.0	1545.9	11.2	0.6	3.0	1.5	55.5	0.0	12.5	1.8	0.5	715.5
Tofu Katsu Oct 18	62.4	257.8	5.1	0.3	3.0	1.5	0.7	0.0	0.6	3.1	0.5	241.1
Tuna Maki Oct 18	178.0	753.5	1.5	0.4	0.3	0.4	32.0	0.0	4.2	6.8	0.7	385.1
Tuna Mayo Roll Oct 18	126.7	533.7	3.0	0.4	0.2	0.2	19.4	0.0	2.9	4.1	0.5	344.0
Tuna Nigiri Oct 18	89.9	380.6	1.0	0.3	0.2	0.3	14.2	0.0	1.9	4.9	0.1	175.9
Tuna Sashimi Oct 18	86.1	362.5	2.8	0.7	0.7	1.0	0.8	0.0	0.7	14.6	0.0	37.2
Vegetable Gyoza Oct 18	132.2	540.2	5.6	0.5	3.0	1.5	16.1	0.0	2.4	3.3	0.7	558.5
Vegetable Yakisoba Oct 18	202.5	842.9	2.6	0.3	0.3	1.1	25.4	19.8	4.2	18.1	1.8	1872.2
White Rice Side - Oct 18	303.4	1289.1	0.3	0.1	0.0	0.0	68.9	0.0	0.2	0.9	0.5	0.0
Yasai Roll Oct 18	165.3	701.0	5.2	0.7	0.7	0.2	26.3	0.0	6.3	2.0	0.9	539.1

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 Platter Oct 18	496.7	2105.9	15.7	2.2	2.0	0.5	79.0	0.0	19.1	6.1	2.9	1617.9
Yasai Temaki Hand Roll Oct 18	145.4	608.4	6.8	1.1	1.8	0.3	17.4	0.0	4.2	2.0	1.3	223.7
YO! Fries Oct 18	411.9	1661.8	21.5	1.9	3.0	1.5	44.8	0.0	4.3	4.9	0.9	1213.9
YO! Roll Oct 18	162.7	684.7	5.2	0.9	0.8	0.1	21.1	0.0	3.7	6.3	0.7	400.0