



**YD!** DELIVEROO 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](mailto:feedback@yosushi.com)

## Key



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

**M**

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.







## 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)
Avocado Maki Deliveroo Oct 18	229.3	964.0	7.1	1.4	3.3	0.6	36.9	0.0	4.8	1.9	2.0	710.2
Beef Teriyaki Deliveroo Oct 18	816.1	3425.9	23.1	5.0	6.1	9.4	121.1	12.0	11.2	22.4	2.9	2478.1
Brown Rice Side Deliveroo 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 Hand Roll Deliveroo 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 Avocado Roll Platter Deliveroo Oct 18	416.2	1741.3	20.5	4.0	2.0	0.4	41.2	0.0	6.1	14.2	1.6	624.8
Chicken Fried Rice Deliveroo Oct 18	590.0	2496.0	7.6	1.8	0.0	0.1	97.7	0.0	4.0	25.4	1.6	1313.2
Chicken Gyoza COLD Deliveroo Oct 18	198.4	813.3	9.4	1.5	3.0	1.5	18.4	0.0	0.0	9.5	0.0	668.5
Chicken Gyoza Deliveroo Oct 18	198.4	813.3	9.4	1.5	3.0	1.5	18.4	0.0	0.0	9.5	0.0	668.5
Chicken Katsu Burger Deliveroo 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 Deliveroo Oct 18	682.4	2881.9	15.8	3.5	0.6	0.4	106.8	0.5	7.1	15.3	1.6	257.5
Chicken Teriyaki Burger Deliveroo 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 Deliveroo Oct 18	639.9	2697.8	7.6	2.0	0.0	0.1	102.8	0.5	9.3	32.0	1.7	2360.0
Chicken Yakisoba Deliveroo Oct 18	535.0	2233.6	9.7	1.7	0.7	2.5	57.1	49.0	5.8	51.7	1.8	3794.7
Crunchy California Roll Platter Deliveroo Oct 18	461.3	1925.4	25.5	3.8	2.0	0.4	48.5	0.0	8.1	5.5	1.5	994.2
Cucumber Maki Deliveroo Oct 18	168.6	713.7	0.6	0.2	0.0	0.0	36.4	0.0	5.0	1.7	1.0	687.7
Curry Chicken Ramen Deliveroo Oct 18	454.3	1889.6	19.4	1.7	0.4	1.3	45.5	27.0	11.8	17.5	0.5	2029.1
Edamame Deliveroo Oct 18	201.5	843.0	9.2	1.2	0.0	0.0	13.4	0.0	0.1	17.3	0.0	396.1
Futari Platter Deliveroo Oct 18	1222.1	5143.1	33.6	4.9	6.0	2.4	176.2	0.0	23.7	40.6	3.6	3044.5
GO LARGE Beef Teriyaki Deliveroo Oct 18	1545.0	6484.5	44.5	9.6	12.2	18.2	228.8	22.4	20.7	41.6	4.5	4711.1
GO LARGE Chicken Katsu Curry Deliveroo Oct 18	1345.4	5683.1	30.4	6.9	0.6	0.4	212.1	0.5	13.5	29.7	2.3	446.9
GO LARGE Chicken Teriyaki Deliveroo Oct 18	1263.9	5328.5	14.7	3.9	0.0	0.1	204.2	0.5	18.1	63.0	2.4	4718.8
GO LARGE Prawn Katsu Curry Deliveroo Oct 18	1166.2	4931.3	18.4	0.4	0.6	0.4	207.9	0.5	13.4	14.7	3.1	433.1
GO LARGE Pumpkin Katsu Curry Deliveroo Oct 18	1189.2	5028.5	18.8	1.5	0.0	0.1	216.3	0.5	13.4	11.8	2.3	455.7
GO LARGE Tofu Katsu Curry	1055.7	4466.4	20.2	0.6	3.0	1.5	185.4	0.5	13.4	5.9	2.4	69.9

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Deliveroo Oct 18												
Japanese Fried Chicken Deliveroo 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 Deliveroo Oct 18	202.2	712.5	7.1	0.4	0.0	0.1	21.6	0.1	12.2	5.0	1.7	1031.7
Kickin' Salmon Roll Platter Deliveroo Oct 18	419.6	1752.0	23.8	9.3	4.7	0.6	41.1	0.0	6.5	7.2	1.4	675.9
Korean Fried Chicken Deliveroo 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
Large Salmon & Tuna Box Deliveroo Oct 18	522.0	2201.1	12.9	2.5	1.1	0.8	67.9	0.0	10.2	29.0	1.2	1205.0
Maki Box Deliveroo Oct 18	472.0	1993.6	41.8	-	-	-	86.6	-	-	9.9	-	1368.4
Mixed Box Deliveroo Oct 18	529.6	2227.8	16.4	2.7	2.9	0.7	76.4	0.0	14.8	13.6	2.2	1303.4
Mushroom Teriyaki Burger Deliveroo 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
Prawn Gyoza COLD Deliveroo Oct 18	212.4	876.4	9.9	0.8	3.0	1.5	22.5	0.0	2.9	6.6	1.5	606.5
Prawn Gyoza Deliveroo Oct 18	212.4	876.4	9.9	0.8	3.0	1.5	22.5	0.0	2.9	6.6	1.5	606.5
Prawn Katsu Curry Deliveroo Oct 18	621.4	2626.3	9.3	0.2	0.0	0.1	110.3	0.5	7.0	10.1	2.2	341.6
Pumpkin Katsu Curry Deliveroo Oct 18	599.8	2536.2	9.5	0.7	0.0	0.1	108.9	0.5	7.0	6.3	1.6	261.9
Salmon & Avocado Temaki Hand Roll Deliveroo Oct 18	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 and Avocado Box Deliveroo Oct 18	442.1	1862.7	11.8	2.2	2.6	0.5	66.7	0.0	8.8	12.6	1.9	1068.3
Salmon Box Deliveroo Oct 18	429.7	1813.9	8.8	1.7	0.0	0.0	66.2	0.0	8.7	16.6	0.9	1066.6
Salmon Fried Rice Deliveroo Oct 18	555.3	2349.5	8.4	1.4	0.0	0.1	96.5	0.0	3.2	15.8	1.6	659.8
Salmon Nigiri Deliveroo Oct 18	154.0	649.6	3.5	0.7	0.0	0.0	22.4	0.0	2.9	6.7	0.2	524.2
Salmon Sashimi Deliveroo Oct 18	132.7	555.3	7.5	1.3	0.0	0.0	2.0	0.0	0.8	14.5	0.0	331.3
Shibuya Platter Deliveroo Oct 18	3877.6	16327.0	103.7	19.2	16.8	5.7	589.5	0.1	94.8	117.3	14.7	8494.0
Shiitake Mushroom Ramen Deliveroo Oct 18	250.1	1034.6	6.0	0.6	0.4	1.3	38.6	27.0	7.2	9.0	0.6	2697.0
Small Salmon & Tuna Box Deliveroo Oct 18	416.6	1760.4	6.9	1.5	0.4	0.5	66.2	0.0	8.7	17.6	0.9	1068.7
Spicy Chicken Katsu Roll Platter Deliveroo Oct 18	284.2	1199.0	4.2	1.8	0.0	0.0	47.4	0.0	5.5	11.3	0.9	925.8
Spicy Seafood Ramen Deliveroo Oct 18	277.1	1148.2	6.9	0.8	0.4	1.3	35.6	27.0	6.8	16.3	0.6	2856.8
Stir Fried Pak Choi & Garlic Deliveroo	85.9	354.1	7.1	0.4	3.0	1.6	3.4	0.0	3.1	2.0	2.4	452.9

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Oct 18												
Tenderstem & Sesame Deliveroo 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 Deliveroo Oct 18	555.5	2347.5	12.7	0.5	3.0	1.5	93.5	0.5	7.0	3.4	1.7	69.1
Tokyo Platter Deliveroo Oct 18	3626.5	15214.2	142.7	32.7	19.2	4.9	455.9	0.1	68.3	121.6	11.2	8327.4
Tuna Sashimi Deliveroo Oct 18	103.1	434.2	3.2	0.8	0.8	1.1	2.0	0.0	0.8	16.8	0.0	336.0
Vegan Box Deliveroo Oct 18	477.6	2015.9	14.0	2.4	3.3	0.7	77.8	0.1	17.0	5.6	3.1	1323.8
Vegan Futari Platter Deliveroo Oct 18	1278.9	5403.2	35.3	6.1	8.4	1.7	213.1	0.1	46.1	14.9	8.4	3813.8
Vegetable Gyoza COLD Deliveroo Oct 18	185.4	765.4	6.0	0.5	3.0	1.5	26.5	0.0	3.9	5.3	1.2	718.5
Vegetable Gyoza Deliveroo Oct 18	185.4	765.4	6.0	0.5	3.0	1.5	26.5	0.0	3.9	5.3	1.2	718.5
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 Platter Deliveroo Oct 18	3637.9	15366.6	99.1	16.4	22.2	4.5	619.5	0.3	126.5	40.1	23.8	9977.4
Yasai Roll Platter Deliveroo Oct 18	331.3	1404.9	10.5	1.5	1.4	0.3	52.7	0.0	12.7	4.1	1.9	1078.7
Yasai Temaki Hand Roll Deliveroo 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 Deliveroo 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 Platter Deliveroo Oct 18	351.0	1476.8	11.0	1.9	1.6	0.3	45.9	0.0	7.9	13.8	1.4	1125.5