



YD! TO GO

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.

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.

DISCLAIMER

The allergen information provided in this document excludes products sold in Tesco.

For YO! To Go kiosks in Tesco, full allergen information is printed on the label. Please see in store for more details.

TOGO Oct 18

Dish Name

Cereals containing Gluten :	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin
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Salads TOGO

Edamame TOGO Oct 18											✓																
Kaiso Seaweed TOGO Oct 18	✓	✓									✓													✓	✓		
Tenderstem & Sesame TOGO Oct 18	✓	✓									✓												✓	✓			

Donburi TOGO

Beef Teriyaki TOGO Oct 18	✓	✓					M	M	M	✓	✓														✓	✓	
Chicken Katsu Curry TOGO Oct 18	✓	✓					M	M	M		✓														✓	✓	
Chicken Teriyaki TOGO Oct 18	✓	✓									✓													✓	✓		
Prawn Katsu Curry TOGO Oct 18	✓	✓					M	✓	M	✓	✓													M			
Pumpkin Katsu Curry TOGO Oct 18	✓	✓									✓																
Tofu Katsu Curry TOGO Oct 18	✓	✓									✓																

Yakisoba Noodles TOGO

Chicken Yakisoba TOGO Oct 18	✓	✓									✓														✓	✓	
Vegetable Yakisoba TOGO Oct 18	✓	✓									✓														✓	✓	

Fried Rice TOGO

Chicken Fried Rice TOGO Oct 18	✓	✓									✓														✓	✓	
Salmon Fried Rice TOGO Oct 18	✓	✓					✓				✓														✓	✓	
Vegetable Fried Rice TOGO Oct 18	✓	✓									✓														✓	✓	

Miso & Ramen TOGO

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 TOGO 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 TOGO Oct 18	823.7	3456.7	24.1	5.1	6.7	9.7	120.8	12.0	11.1	22.4	2.9	2472.3
California Temaki Hand Roll TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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
Chocolate Brownie TOGO 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 TOGO 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
Crunchy California Roll Platter TOGO 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 TOGO 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 TOGO 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
Dorayaki Pancake TOGO Oct 18	172.8	723.0	2.4	0.9	0.0	0.0	34.2	0.0	21.6	3.0	0.0	0.1
Edamame TOGO 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
Fresh Fruit Plate TOGO 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
Futari Platter TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO	1055.7	4466.4	20.2	0.6	3.0	1.5	185.4	0.5	13.4	5.9	2.4	69.9

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)
Oct 18												
Japanese Fried Chicken TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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
Large Salmon Box TOGO Oct 18	541.7	2281.9	15.7	2.8	0.5	0.1	67.9	0.0	10.2	27.4	1.2	1201.8
Maki Box TOGO Oct 18	472.0	1993.6	41.8	-	-	-	86.6	-	-	9.9	-	1368.4
Miso Soup TOGO Oct 18	118.5	496.0	2.6	0.3	0.0	0.0	16.8	0.0	7.5	5.0	0.0	2620.1
Mixed Box TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO Oct 18	630.3	2663.3	10.3	0.2	0.6	0.4	110.3	0.5	7.0	10.1	2.2	341.6
Pumpkin Katsu Curry TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO Oct	85.9	354.1	7.1	0.4	3.0	1.6	3.4	0.0	3.1	2.0	2.4	452.9

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)
18												
Strawberry Cheesecake Mochi TOGO Oct 18	189.0	790.8	5.4	3.1	0.0	0.0	33.3	0.0	22.0	0.1	0.2	70.0
Tenderstem & Sesame TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO Oct 18	459.6	1939.8	13.5	2.3	3.1	0.6	74.8	0.0	16.4	5.4	3.0	1273.9
Vegan Futari Platter TOGO Oct 18	1243.1	5251.8	34.3	5.9	8.2	1.7	207.1	0.1	44.8	14.5	8.2	3707.0
Vegetable Fried Rice TOGO Oct 18	449.2	1905.7	1.9	0.3	0.0	0.1	96.8	0.0	3.2	3.7	1.6	636.0
Vegetable Gyoza COLD TOGO 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 TOGO 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 Yakisoba TOGO Oct 18	435.4	1816.0	5.7	0.6	0.7	2.5	57.0	49.0	5.7	35.9	1.8	3759.3
Yasai Platter TOGO 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 TOGO 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 TOGO 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 TOGO 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 TOGO 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