



**YELLOW PLATE
SPECIALS**

**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.

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)
Yellow Plate Salmon Selection	220.1	927.1	6.7	1.2	0.0	0.0	25.6	0.0	4.0	12.6	0.4	323.3
Yellow Plate Salmon Tartare	155.3	648.7	8.5	1.3	1.4	0.7	6.4	0.0	6.0	11.8	0.2	844.9
Yellow Plate Spicy Salmon Roll	226.2	934.3	11.5	2.2	1.2	0.2	23.7	0.0	3.7	4.7	1.0	391.0
Yellow Plate Spicy Tuna Roll	209.3	879.2	6.2	1.0	1.6	0.7	26.5	0.0	2.7	10.3	1.0	352.2