

allergen and nutritional information

June 2022

Lightyear

[illegible]

Dish Name

Supernova Smash	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☒	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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<u>Cereals containing Gluten :</u>												<u>Tree Nuts :</u>													
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	Lupin

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)
Chicken Katsu Rocket Booster Bento	447.2	1880.4	15.6	4.4	0.9	1.0	52.4	0.1	11.1	24.6	1.9	511.0
Chicken Teriyaki Rocket Booster Bento	381.0	1602.4	12.7	2.4	0.5	1.3	42.3	0.4	12.9	24.3	1.9	648.1
Chocolate Moon Rock Mochi	237.6	998.9	4.9	3.0	0.0	0.0	44.6	0.0	21.8	1.9	0.4	192.6
Hoisin Duck Roll 4pc	180.3	761.7	2.6	1.1	0.0	0.0	32.5	0.3	9.4	4.9	0.6	444.4
Hoisin Duck Roll 8pc	360.3	1522.5	5.2	2.3	0.0	0.0	65.1	0.5	18.7	9.7	1.2	888.7
Japanese Cosmic Corn Dog	351.5	1457.8	26.9	4.2	0.5	0.2	21.7	0.0	9.0	5.6	0.2	941.5
Korean Cosmic Corn Dog	335.6	1394.7	26.3	4.1	0.2	0.1	19.3	0.1	8.3	5.1	0.4	646.3
Mock Duck Rocket Roll 4pc	177.1	754.3	3.2	1.2	0.0	0.0	30.7	0.2	7.1	4.6	0.7	396.1
Mock Duck Rocket Roll 8pc	371.9	1584.1	6.3	2.4	0.0	0.0	65.8	0.4	18.3	9.2	1.5	828.5
Prawn Katsu Rocket Booster Bento	357.6	1504.5	9.6	1.2	0.9	1.0	50.3	0.1	11.0	17.1	2.2	504.2
Pumpkin Katsu Rocket Booster Bento	373.6	1571.6	10.3	1.7	0.9	1.0	54.5	0.1	11.0	15.6	1.9	515.4
Spicy Chicken Katsu Rocket Rolls 4pc	194.3	817.4	3.5	1.2	0.5	0.2	34.2	0.0	5.9	4.9	0.6	608.2
Spicy Chicken Katsu Rocket Rolls 8pc	388.5	1634.8	7.0	2.4	0.9	0.5	68.4	0.0	11.7	9.8	1.1	1216.4
Strawberry Moon Rock Mochi	222.4	935.7	4.3	2.5	0.0	0.0	44.2	0.0	32.1	0.2	0.4	55.0
Supernova Smash	342.4	1425.8	22.3	14.6	4.6	0.4	26.1	0.0	23.2	3.9	0.0	76.5
Veggie Dragon Roll 4pc	122.4	509.0	2.4	0.4	1.0	0.2	22.4	0.0	4.4	0.8	1.2	268.4
Veggie Dragon Roll 8pc	244.9	1018.0	4.8	0.9	2.0	0.4	44.8	0.0	8.8	1.7	2.4	536.8