

The background of the entire page is a halftone pattern of small dots in shades of orange and red. Overlaid on this pattern is a large, stylized image of a sushi roll, possibly a maki roll, with a sesame seed bun. The roll is positioned diagonally from the top right towards the bottom left. The text and logo are placed over the left side of the image.

YDI!

allergens & intolerance report

Sushi school

Last updated: 5th July 2024

Menu FIR Intolerance Report

Version 2

05 Jul 2024

Sushi School

Dish Name	Cereals containing Gluten :										Tree Nuts :														
	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

Dish

California Roll	✓	✓					✓	✓		✓	✓																	
Chicken Gyoza	✓	✓					M	M	M		✓	M											M	✓				
Classic Edamame										✓																		
Cucumber Maki										✓																		
Prawn Gyoza	✓	✓					M	✓	M	✓	✓	M											M	✓				
Salmon & Avocado Temaki							✓		✓															✓				
Salmon Nigiri Batch							✓																	✓				
Salmon Sashimi							✓																	✓				
Vegetable Gyoza	✓	✓								✓														✓				

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)
California Roll	760.9	3167.2	38.6	4.8	4.0	0.7	91.2	0.7	14.3	13.4	4.3	1488.6
Chicken Gyoza	139.5	568.9	7.2	0.8	3.0	1.5	12.5	0.0	1.0	4.8	1.4	606.5
Classic Edamame	116.5	487.0	3.3	0.5	0.0	0.0	12.1	0.0	1.0	11.8	4.6	393.9
Cucumber Maki	108.4	453.3	0.4	0.0	0.0	0.0	24.3	0.0	3.1	2.0	0.7	237.3
Prawn Gyoza	152.1	621.7	8.4	0.7	3.0	1.5	13.7	0.0	1.8	4.1	0.9	491.3
Salmon & Avocado Temaki	180.9	751.6	11.2	1.4	1.8	0.3	15.2	0.0	1.8	5.1	1.3	180.5
Salmon Nigiri	53.2	221.8	1.9	0.2	0.0	0.0	7.1	0.0	0.8	2.0	0.1	75.0
Salmon Sashimi	34.2	142.1	2.7	0.3	0.0	0.0	0.0	0.0	0.0	2.4	0.0	7.2
Vegetable Gyoza	152.1	619.9	33.7	0.6	3.0	1.5	14.3	0.0	1.8	3.9	1.0	318.7

The logo for YDI, consisting of the letters 'YDI' in a white, bold, sans-serif font on a red square background.

YDI

allergens & intolerance report

Sushi school (ve)

Last updated: 5th July 2024

Menu FIR Intolerance Report

Version 2

05 Jul 2024

Sushi School Vegan

Dish Name	Cereals containing Gluten :										Tree Nuts :															
	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

Dish

Classic Edamame											✓															
Cucumber Maki											✓													✓		
Inari	✓	✓									✓															
Inari Nigiri	✓	✓									✓															
Kyoto Garden Roll	✓	✓									✓															
Vegetable Gyoza	✓	✓									✓													✓		
Yasai Temaki Hand Roll	✓	✓									✓													✓		

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)
Classic Edamame	116.5	487.0	3.3	0.5	0.0	0.0	12.1	0.0	1.0	11.8	4.6	393.9
Cucumber Maki	108.4	453.3	0.4	0.0	0.0	0.0	24.3	0.0	3.1	2.0	0.7	237.3
Inari	33.0	132.1	1.6	0.2	0.0	0.0	2.8	0.0	2.8	1.5	0.0	56.6
Inari Nigiri	53.8	221.2	1.1	0.2	0.0	0.0	9.1	0.0	2.8	1.5	0.1	110.2
Kyoto Garden Roll	562.0	2397.3	12.3	2.3	2.7	0.6	101.4	0.0	22.2	6.6	3.6	1314.9
Vegetable Gyoza	152.1	619.9	33.7	0.6	3.0	1.5	14.3	0.0	1.8	3.9	1.0	318.7
Yasai Temaki Hand Roll	137.0	567.1	6.5	1.0	1.8	0.3	16.8	0.0	3.3	2.7	1.4	191.9