

Menu FIR Intolerance Report

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	Lupin

Dish

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

Nutritional Information Recipe List (values per typical serving)

Sushi School

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	781.3	3269.9	37.7	4.8	4.0	0.7	92.8	0.7	15.5	9.4	3.0	1278.6
Chicken Gyoza	140.0	568.9	7.7	1.1	3.0	1.5	11.2	0.0	0.0	5.9	0.0	528.5
Classic Edamame	134.5	562.7	6.1	0.8	0.0	0.0	9.0	0.0	0.1	11.5	0.0	395.1
Cucumber Maki	149.6	633.4	0.5	0.1	0.0	0.0	32.5	0.0	4.6	1.2	0.9	374.1
Prawn Gyoza	148.4	606.8	8.0	0.6	3.0	1.5	13.7	0.0	1.8	4.1	0.9	491.3
Salmon & Avocado Temaki Hand Roll	178.3	749.8	10.1	1.4	3.2	1.1	15.3	0.0	2.0	5.1	1.3	212.8
Salmon Nigiri	51.6	219.8	1.4	0.2	0.7	0.4	7.1	0.0	1.0	2.0	0.1	91.3
Salmon Sashimi	30.3	130.2	2.0	0.3	1.0	0.6	0.1	0.0	0.0	2.9	0.1	12.0
Vegetable Gyoza	132.2	540.2	5.6	0.5	3.0	1.5	16.1	0.0	2.4	3.3	0.7	558.5

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Classic Edamame	134.5	562.7	6.1	0.8	0.0	0.0	9.0	0.0	0.1	11.5	0.0	395.1
Cucumber Maki	149.6	633.4	0.5	0.1	0.0	0.0	32.5	0.0	4.6	1.2	0.9	374.1
Inari	44.7	186.8	2.5	0.5	0.0	0.0	4.0	0.0	4.0	1.5	0.0	68.4
Inari Nigiri	63.1	265.7	1.8	0.4	0.0	0.0	10.0	0.0	3.8	1.2	0.1	131.5
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	132.2	540.2	5.6	0.5	3.0	1.5	16.1	0.0	2.4	3.3	0.7	558.5
Yasai Temaki Hand Roll	145.4	608.4	6.8	1.1	1.8	0.3	17.4	0.0	4.2	2.0	1.3	223.7