

# **allergen information & dietary guide: dine in**









# Core Restaurant Menu '22

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	
YO! Fries Plain	M	M								M											M		M				
<b>Ramen</b>																											
Curry Chicken Ramen Large	✓	✓					✓	M	M	✓	✓	✓											M	M			
Shiitake Mushroom Ramen Large	✓	✓								✓	✓																
Spicy Seafood Ramen Large	✓	✓					✓	✓	✓	✓	✓																
<b>Temaki</b>																											
California Temaki	✓	✓					✓	✓		✓	✓														✓	✓	
Salmon & Avocado Temaki Hand Roll							✓			✓														✓	✓		
Yasai Temaki Hand Roll	✓	✓								✓	✓													✓	✓		
<b>Yakisoba &amp; Fried Rice</b>																											
Chicken Fried Rice	✓	✓									✓	✓													✓	✓	
Chicken Yakisoba	✓	✓									✓	✓													✓	✓	
Salmon Fried Rice	✓	✓					✓				✓	✓													✓	✓	
Vegetable Fried Rice	✓	✓									✓	✓													✓	✓	
Vegetable Yakisoba	✓	✓									✓	✓													✓	✓	
<b>Large Bowl</b>																											
Chicken Katsu Curry Large	✓	✓					M	M	M	M	✓	M											M	✓			
Korean Fried Chicken Rice Bowl Large	✓	✓					✓	M	M	✓	✓	✓											M	M			
Meatless Farm Chick'n Katsu Curry Large	✓	✓									✓	✓									✓			M			
Prawn Katsu Curry Large	✓	✓					M	✓	M	M	✓	M											M	M			
Pumpkin Katsu Curry Large	✓	✓									✓	✓									M			M			



**Core Restaurant Menu '22**

Dish Name

Dips

**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

Curry Sauce Large Dip





## 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)
Aburi Salmon Dragon Roll 4pc	237.3	998.6	11.3	1.4	2.4	1.0	26.2	0.0	3.6	5.9	0.9	331.2
Aburi Salmon Dragon Roll 8pc	474.7	1997.1	22.7	2.8	4.9	1.9	52.3	0.0	7.1	11.9	1.9	662.4
Avocado Maki	203.5	855.4	6.5	1.2	3.0	0.6	32.6	0.0	4.4	1.4	1.8	385.9
Beef Teriyaki	330.9	1376.6	22.2	4.0	7.6	8.7	19.2	10.0	7.4	13.4	1.2	423.5
California Temaki	223.3	931.1	13.5	1.5	1.8	0.3	20.2	0.0	3.0	3.9	1.3	253.4
Cherry Blossom Dome	297.4	1237.9	21.1	13.9	4.5	0.4	22.9	0.0	21.1	3.9	0.2	54.6
Cherry Dough.chi	209.3	875.0	9.7	5.4	0.0	0.0	27.0	0.0	14.8	2.5	1.3	74.7
Chicken Fried Rice	417.4	1757.1	12.5	2.0	2.3	5.7	58.7	0.0	3.2	13.2	1.3	716.0
Chicken Gyoza 5 Piece	205.9	830.9	9.4	1.5	3.0	1.5	18.9	0.0	0.1	9.9	0.0	987.0
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
Chicken Katsu Curry	517.3	2177.7	17.2	6.6	3.0	1.5	73.4	0.0	2.7	13.5	1.0	725.3
Chicken Katsu Curry Large	845.8	3556.3	30.6	10.9	5.9	2.9	111.4	0.0	3.4	26.0	1.3	1031.4
Chicken Katsu	216.8	904.6	11.7	3.5	2.9	1.5	16.3	0.0	2.7	11.8	0.3	486.7
Chicken Teriyaki	197.1	826.2	7.7	1.9	0.0	0.1	12.6	1.3	7.6	19.7	0.4	839.3
Chicken Yakisoba	318.9	1337.2	12.8	2.0	2.5	6.5	35.1	19.2	14.2	15.1	1.9	1436.8
Chocolate & Hazelnut Ice-Cream Mochi	192.7	811.3	5.7	3.1	0.0	0.0	33.7	0.0	19.6	1.8	0.2	28.6
Chocolate Dough.chi	215.2	904.8	7.8	3.9	0.0	0.0	33.6	0.0	19.4	1.6	2.1	80.4
Chocolate Mochi	233.1	976.9	6.2	3.8	0.0	0.0	39.8	0.0	12.9	2.3	0.2	244.2
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
Crunchy California Roll 3pc	285.4	1190.7	17.1	2.4	1.0	0.2	27.8	0.7	6.5	2.9	0.8	500.1
Crunchy California Roll 6pc	570.7	2381.4	34.3	4.8	2.0	0.4	55.5	1.4	13.1	5.7	1.5	1000.3
Crunchy Prawn Roll 4pc	157.5	661.7	3.9	0.5	1.2	0.3	26.0	0.0	2.7	3.0	1.0	341.6
Crunchy Prawn Roll 8pc	314.9	1323.5	7.8	1.0	2.4	0.6	51.9	0.0	5.4	6.0	2.0	683.3
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
Curry Chicken Ramen Large	488.7	2033.2	21.5	6.8	1.0	1.6	56.0	27.0	9.6	17.4	1.4	2681.1
Curry Sauce Large Dip	88.0	368.5	6.0	3.6	0.0	0.0	7.7	0.0	3.0	0.9	0.6	586.7
Dorayaki Pancake	130.0	543.9	1.7	0.6	0.0	0.0	26.0	0.0	15.2	2.1	0.0	2.6
Dynamite Roll 4pc	233.7	979.2	11.2	1.8	2.4	0.9	27.1	0.0	4.6	4.4	1.1	483.5
Dynamite Roll 8pc	467.3	1958.3	22.3	3.7	4.8	1.8	54.2	0.0	9.2	8.8	2.2	967.0
Green 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
Green 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

## 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)
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
Hoisin Mock 'Duck' 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
Hoisin Mock 'Duck' 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
Hot Topped Duck Maki 4pc	155.3	653.7	0.8	0.2	0.1	0.1	30.1	0.3	8.2	4.8	0.8	497.3
Hot Topped Duck Maki 8pc	310.6	1307.5	1.6	0.3	0.2	0.1	60.1	0.6	16.3	9.5	1.6	994.7
Hot Topped Mock 'Duck' Maki 4pc	165.6	704.4	1.4	0.2	0.1	0.1	31.0	0.3	8.4	4.8	1.0	492.0
Hot Topped Mock 'Duck' Maki 8pc	331.3	1408.8	2.9	0.5	0.2	0.1	62.1	0.6	16.8	9.7	1.9	984.0
Inari Taco	169.7	712.5	6.7	1.2	0.5	0.1	23.0	0.0	10.5	3.4	0.4	324.0
Japanese Fried Chicken	384.4	1600.1	26.4	3.0	3.0	1.5	23.5	0.0	1.5	15.9	0.3	748.0
Kaiso Gunkan	129.7	490.5	2.8	0.1	0.0	0.0	19.7	0.0	3.6	1.4	0.6	466.7
Kaiso Seaweed	141.9	496.3	5.1	0.2	0.0	0.1	14.9	0.1	8.1	3.4	1.1	719.7
Korean Fried Chicken	414.6	1738.9	18.2	2.4	2.9	1.5	49.2	0.0	23.3	15.7	0.3	826.5
Korean Fried Chicken Rice Bowl Large	1119.1	4715.7	32.1	4.6	3.0	1.5	172.1	0.0	46.5	32.4	0.6	1532.4
Korean Fried Chicken Rice Bowl	622.5	2625.9	15.6	2.3	1.2	0.6	101.4	0.0	23.3	16.4	0.4	766.2
Korean Pepper & Ponzu Edamame	139.1	582.1	6.3	0.8	0.0	0.1	9.5	0.0	0.3	11.6	0.0	466.1
Meatless Farm Chick'n Katsu Curry Large	977.0	4099.7	41.2	6.7	5.9	2.9	117.3	0.0	4.7	25.5	1.3	1489.0
Meatless Farm Chick'n Katsu Curry	582.9	2449.4	22.5	4.5	3.0	1.5	76.4	0.0	3.3	13.2	1.0	954.1
Meatless Farm Chick'n Katsu	292.3	1217.4	17.6	1.5	3.0	1.5	20.0	0.0	3.5	12.1	0.3	737.7
Mega Korean Gyoza Chicken	232.4	964.9	16.3	1.9	3.1	1.5	15.7	0.0	3.3	5.9	0.2	359.1
Mega Korean Gyoza Prawn	240.8	1002.8	16.6	1.4	3.1	1.5	18.1	0.0	5.0	4.2	1.1	321.9
Mega Korean Gyoza vegetable	193.0	805.8	10.6	1.0	3.1	1.5	20.7	0.0	5.7	3.3	0.9	373.9
Mega Teriyaki Gyoza Chicken	228.1	947.3	16.0	1.8	3.0	1.5	15.2	0.7	3.2	6.0	0.1	431.3
Mega Teriyaki Gyoza Prawn	236.5	985.2	16.3	1.4	3.0	1.5	17.6	0.7	5.0	4.2	1.0	394.1
Mega Teriyaki Gyoza Vegetable	188.7	788.2	10.3	1.0	3.0	1.5	20.2	0.7	5.7	3.4	0.8	446.1

## 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)
Mighty Duck Fries	332.9	1392.8	16.9	1.6	2.4	1.2	34.3	0.4	7.6	9.6	0.9	1053.1
Mighty Mock 'Duck' Fries	324.3	1369.7	15.0	1.4	2.4	1.2	36.0	0.4	8.0	9.7	1.1	1032.6
Miso Soup	53.2	222.6	1.3	0.2	0.0	0.0	7.4	0.0	3.2	2.3	0.1	1052.7
Mixed Maki Plate	199.0	841.3	5.1	1.0	2.4	0.8	32.4	0.0	4.3	3.6	1.3	389.6
Money Bags	366.2	1531.1	23.3	7.0	3.0	1.7	30.1	0.0	6.4	7.3	0.0	868.5
Plant Platter	651.5	2685.0	21.1	3.6	4.4	0.8	98.1	0.4	25.5	7.9	3.8	1529.0
Popcorn Shrimp	354.6	1473.5	20.3	1.6	3.0	1.5	24.9	0.0	12.5	14.1	0.4	979.7
Prawn Gyoza 5 Piece	219.9	894.0	9.9	0.8	3.0	1.5	23.0	0.0	3.0	7.0	1.5	925.0
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
Prawn Katsu Curry Large	704.2	2961.8	19.1	4.4	5.9	2.9	112.8	0.0	3.3	13.3	2.2	1108.6
Prawn Katsu Curry	465.3	1959.1	11.7	3.3	3.0	1.5	77.0	0.0	2.6	8.3	1.5	809.4
Prawn Katsu	174.6	727.0	6.8	0.4	3.0	1.5	20.6	0.0	2.7	7.2	0.8	592.9
Pumpkin Katsu Curry	430.0	1811.1	11.5	3.8	2.9	1.4	73.2	0.0	2.5	4.4	0.9	707.1
Pumpkin Katsu Curry Large	602.5	2534.3	17.2	4.8	5.1	2.5	99.7	0.0	2.8	7.0	1.1	897.1
Pumpkin Katsu	153.0	636.9	6.9	0.9	3.0	1.5	19.2	0.0	2.7	3.4	0.3	513.2
Roasted Red Pepper Nigiri	99.3	418.3	1.0	0.1	0.0	0.0	20.0	0.0	4.1	0.6	1.1	216.8
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 & Tuna Selection Platter	505.1	2146.5	12.2	2.2	5.6	3.2	63.4	-	9.2	30.7	1.9	944.3
Salmon Dragon Roll 4pc	201.4	848.4	8.8	1.1	2.2	0.9	23.6	0.0	3.2	5.3	0.8	289.7
Salmon Dragon Roll 8pc	446.1	1879.4	19.5	2.5	4.9	1.9	52.3	0.0	7.2	11.8	1.8	641.7
Salmon Fried Rice	459.5	1941.6	17.8	2.7	5.4	7.5	58.4	0.0	3.1	11.9	1.5	671.8
Salmon Maki	194.5	827.3	3.7	0.7	1.7	1.0	32.1	0.0	4.2	5.7	0.8	393.4
Salmon Nigiri	103.1	439.6	2.8	0.5	1.4	0.8	14.3	0.0	1.9	4.0	0.2	182.5
Salmon Ponzu Salsa	115.2	480.6	6.9	1.1	3.4	2.0	2.3	0.0	1.0	10.4	0.4	372.6
Salmon Sashimi	125.2	537.3	8.3	1.3	4.1	2.5	0.8	0.0	0.3	11.8	0.4	100.5
Salmon Selection Platter	578.4	2465.5	20.4	3.5	9.8	5.6	65.9	0.0	9.5	27.9	2.0	1007.4
Shiitake & Oyster Mushroom Teriyaki	75.9	320.2	1.0	0.1	0.0	0.1	14.5	1.3	6.6	2.3	0.4	455.7
Shiitake Mushroom Ramen Large	255.4	1058.0	5.7	0.6	0.4	1.3	40.6	27.4	7.8	8.8	0.6	2402.5
Spicy Chicken Katsu Roll 3pc	147.1	620.4	2.3	0.9	0.1	0.1	26.6	0.0	5.1	3.6	0.4	533.0

## 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)
Spicy Chicken Katsu Roll 6pc	294.3	1240.9	4.6	1.8	0.3	0.2	53.1	0.0	10.2	7.3	0.9	1065.9
Spicy Pepper Squid	193.4	807.2	6.3	0.8	3.0	1.5	15.8	0.0	6.3	16.4	0.2	829.8
Spicy Seafood Ramen Large	297.0	1236.3	8.3	1.1	1.8	2.1	35.2	27.0	6.5	18.5	0.7	2569.9
Spicy Tuna Roll 4pc	158.3	664.6	1.6	0.2	0.0	0.1	29.0	-	5.9	5.1	0.7	640.6
Spicy Tuna Roll 8pc	316.5	1329.2	3.1	0.5	0.1	0.3	58.0	-	11.8	10.2	1.5	1281.2
Steamed Rice	303.4	1289.1	0.3	0.1	0.0	0.0	68.9	0.0	0.2	0.9	0.5	0.0
Strawberry Mochi	193.5	809.4	5.4	3.1	0.0	0.0	34.3	0.0	21.1	0.0	0.0	71.7
Takoyaki	273.3	1135.6	18.7	0.9	3.0	1.5	21.5	0.0	2.4	4.9	2.0	773.7
Teriyaki Beef Large	983.0	4118.8	44.5	8.2	15.2	17.2	110.6	20.0	13.9	27.3	2.3	699.4
Teriyaki Beef	558.9	2345.9	22.3	4.1	7.6	8.6	70.6	10.0	7.0	13.8	1.3	349.7
Teriyaki Chicken Large	715.5	3018.0	15.5	3.8	0.0	0.0	97.3	2.5	14.2	39.9	0.7	1531.1
Teriyaki Chicken	425.2	1795.5	7.8	1.9	0.0	0.0	64.0	1.3	7.2	20.1	0.5	765.5
Teriyaki Shiitake & Oyster Mushroom Large	473.1	2006.1	2.2	0.2	0.0	0.1	101.2	2.5	12.3	5.0	0.7	763.9
Teriyaki Shiitake & Oyster Mushroom	304.0	1289.5	1.2	0.1	0.0	0.0	65.9	1.3	6.2	2.7	0.5	381.9
Truffle Edamame	179.0	745.8	11.0	1.5	0.0	0.0	9.0	0.0	0.1	11.5	0.0	395.7
Tuna & Avocado Tartare	145.4	597.7	8.9	2.4	3.7	0.9	3.5	-	0.9	12.5	1.5	361.6
Tuna Nigiri	84.7	359.0	0.3	0.1	0.0	0.1	14.2	0.0	1.9	5.3	0.2	172.9
Tuna Sashimi	70.0	295.5	0.5	0.1	0.1	0.3	0.6	0.0	0.3	15.7	0.5	71.7
Tuna Tataki	91.0	382.5	2.3	0.4	0.5	1.3	2.2	0.0	0.7	15.4	0.3	409.1
Vegetable Fried Rice	391.2	1645.5	12.3	1.8	2.3	5.8	61.2	0.1	4.8	4.5	2.0	640.3
Vegetable Gyoza 5 Piece	192.9	783.0	6.0	0.5	3.0	1.5	27.0	0.0	4.0	5.7	1.2	1037.0
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
Vegetable Yakisoba	278.6	1166.3	12.3	1.7	2.5	6.6	35.6	19.5	14.3	5.6	1.9	1382.6
Veggie Volcano Roll 4pc	228.4	952.5	10.5	2.7	4.8	0.9	29.7	0.0	6.1	1.9	2.5	333.0
Veggie Volcano Roll 8pc	456.8	1904.9	21.0	5.5	9.7	1.8	59.5	0.0	12.3	3.7	5.0	666.0
Yasai Roll 3pc	169.7	720.4	5.2	0.7	0.7	0.2	27.4	0.4	7.2	1.8	0.9	429.8
Yasai Roll 6pc	339.4	1440.9	10.5	1.5	1.4	0.3	54.8	0.7	14.4	3.7	1.9	859.7
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
YO! Fries	347.9	1451.2	19.7	1.7	3.0	1.5	36.8	0.0	4.3	4.2	0.9	1128.2
YO! Fries Plain	301.4	1261.8	14.0	1.4	3.0	1.5	39.0	0.0	1.2	3.7	0.0	579.0
YO! Mix	866.3	3580.1	30.7	5.4	3.4	0.8	123.7	0.7	21.3	12.0	3.7	2114.8
YO! Roll 4pc	191.0	809.4	6.4	1.1	2.9	1.2	25.3	0.0	4.3	6.3	1.0	452.7

## Nutritional Information Recipe List (values per typical serving)

<b>Recipe Name</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>saturates (g)</b>	<b>mono (g)</b>	<b>poly (g)</b>	<b>Carb (g)</b>	<b>Starch (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Sodium (mg)</b>
YO! Roll 8pc	382.0	1618.7	12.8	2.2	5.8	2.4	50.5	0.0	8.6	12.5	1.9	905.3