

allergen information & dietary guide: kids menu

Recipe FIR Intolerance Report

Dish Name	Cereals containing Gluten :										Tree Nuts :															
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Chicken Katsu Bento	✓	✓					M	M	M		✓	M										M	✓			M
Chicken Teriyaki Bento	✓	✓									✓												✓			
Prawn Katsu Bento	✓	✓					✓	M	M		✓	M										M	✓			M
Pumpkin Katsu Bento	✓	✓								M	✓												✓			

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 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 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
Prawn Katsu 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 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