

allergen & nutritional information

Grab & Go menu
March 2024

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

Sushi Bentos

Maki Mix							✓	✓																			
O-mega Salmon	✓	✓					✓	✓		✓	✓																
Plant Power	✓	✓			✓						✓												✓	✓			
Simply Salmon							✓	✓			✓																
Super Salmon	✓	✓					✓	✓		✓	✓																
TokYO! Mix	✓	✓					✓	✓	M	✓	✓	M											✓	✓			
YO! Top Hits	✓	✓					✓	✓		✓	✓													✓	✓		

Platters

Chick 'n' Roll Platter	✓	✓			✓		M	M	M		✓	M											M	✓			
Sushi Sharer	✓	✓					✓	✓	M	✓	✓	M											M	✓	✓		
Veggie Bundle	✓	✓			✓						✓													✓	✓		

Salads

Classic Edamame											✓																
Kaiso Seaweed	✓	✓									✓												✓	✓			

Kids Bento

Chicken Gyoza Kids Bento	✓	✓					M	M	M		✓	M											M	✓			
Chicken Katsu Kids Bento	✓	✓					M	M	M		✓	M											M	✓	✓		
Chicken Teriyaki Kids Bento	✓	✓									✓													✓	✓		
Prawn Katsu Kids Bento	✓	✓					M	✓	M		✓	M											M	✓	✓		

Dish Name	Cereals containing Gluten :							Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :							Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Almonds							Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut							
Pumpkin Katsu Kids Bento	✓	✓									✓													✓			
Desserts																											
Chocolate Mochi											✓	✓															
Custard Dorayaki	✓	✓								✓		✓															
Raspberry White Chocolate Mochi											✓	✓															
Soup																											
Miso Soup	✓	✓									✓	✓														✓	✓
Teriyaki Chicken Ramen	✓	✓									✓	✓													✓	✓	✓
Teriyaki Mock 'Duck' Ramen	✓	✓					✓				✓	✓													✓	✓	✓
Street Food Sides																											
Chicken Gyoza 5pc	✓	✓					M	M	M		✓	M													M	✓	
Chicken Karaage Bites	✓	✓	✓				M	M	M		✓	✓	M												M	M	
Chicken Katsu Sando	✓	✓	✓				M	M	M	✓	✓	M									✓			M	✓	✓	
Mega Korean Gyoza Chicken 5pc	✓	✓	✓				M	M	M	✓	✓	M												✓	✓	✓	✓
Mega Korean Gyoza Vegetable 5pc	✓	✓	✓				M	M	M		✓	M												✓	✓	✓	✓
Mega Teriyaki Gyoza Chicken 5pc	✓	✓	✓				M	M	M	✓	✓	M												M	✓	✓	
Mega Teriyaki Gyoza Vegetable 5pc	✓	✓	✓				M	M	M		✓	M												M	✓	✓	
Prawn Torpedos	✓	✓	✓				M	✓	M		M	M												M	M		
Vegetable Gyoza 5pc	✓	✓	✓								✓													✓	✓		
YO! Fries Regular	M	M																						✓	✓		


Dish Name

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

Sriracha Mayo Drizzle																								
Togarashi																								

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)
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	274.1	1142.2	16.9	3.7	4.6	7.1	16.8	10.0	6.8	13.0	0.8	349.4
Chick 'n' Roll Platter	705.9	2981.4	17.2	7.7	1.8	0.4	102.2	0.3	23.0	29.2	4.7	1738.5
Chicken Gyoza 5pc	260.9	1062.0	14.6	2.4	3.0	1.5	21.0	0.0	1.9	9.0	1.4	637.3
Chicken Gyoza Kids Bento	531.7	2235.5	16.6	2.8	2.0	1.2	74.0	0.0	6.6	18.0	2.7	605.6
Chicken Karaage Bites	272.2	1138.2	13.5	5.4	3.0	1.5	16.5	0.0	0.0	20.0	2.2	604.5
Chicken Karaage	227.3	953.4	8.5	5.1	0.0	0.0	16.5	0.0	0.0	20.0	2.2	604.5
Chicken Katsu Kids Bento	596.7	2507.9	20.9	6.0	2.0	1.2	73.2	0.0	5.8	25.0	3.5	877.4
Chicken Katsu Sando	777.4	3256.9	37.9	10.3	3.0	1.6	73.4	0.0	10.2	33.5	6.6	1248.3
Chicken Katsu	185.6	777.6	10.0	4.4	0.0	0.0	11.2	0.0	0.3	12.0	1.6	272.0
Chicken Katsu Sushi Sando	546.7	2290.4	26.1	6.1	0.0	0.0	60.7	0.0	7.5	13.5	2.7	1044.1
Chicken Teriyaki Kids Bento	516.7	2172.6	15.1	2.8	1.6	1.4	66.9	0.6	8.6	25.0	1.9	1003.2
Chicken Teriyaki	181.6	761.6	6.8	1.8	0.0	0.0	10.6	1.4	7.2	19.3	0.0	755.0
Chocolate Mochi	204.2	854.2	6.1	3.7	0.0	0.0	32.9	0.0	8.0	2.2	0.0	243.8
Chukaman Pork Bun	222.3	934.8	6.5	1.4	2.7	1.3	32.2	28.8	3.2	7.9	1.6	343.0
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
Crispy Onions	29.0	120.5	2.2	1.0	0.0	0.0	2.0	0.0	0.4	0.3	0.0	20.0
Crunchy California Roll 8pc	608.4	2540.4	34.8	4.9	2.3	0.4	63.1	1.4	14.1	5.9	1.7	1083.6
Crunchy Prawn Roll 8pc	352.9	1484.3	7.9	1.1	2.4	0.6	60.3	0.0	6.4	6.2	2.1	783.4
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 Sauce	44.0	184.2	3.0	1.8	0.0	0.0	3.9	0.0	1.5	0.4	0.3	293.3
Custard Dorayaki	162.0	682.5	1.8	0.8	0.0	0.0	34.0	0.0	16.5	2.3	0.0	0.1
'Duck' Teriyaki	180.0	800.8	4.1	0.6	0.0	0.0	13.4	1.4	7.6	21.3	0.9	540.6
Dynamite Roll 8pc	777.4	3290.3	31.8	5.2	2.7	0.6	105.9	0.1	24.5	12.7	3.7	1669.6
Dynamite Salmon Poké	619.0	2515.9	18.5	1.9	0.0	0.1	89.3	0.8	1.9	13.2	2.5	417.7
Firecracker Rice 50/50	183.8	773.3	5.7	0.8	1.2	2.9	29.4	0.0	1.7	1.7	0.9	319.0
Firecracker Rice	367.6	1546.5	11.5	1.7	2.3	5.8	58.8	0.0	3.5	3.3	1.7	638.0
Fresh Chilli	0.8	3.3	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.4
Hoisin Mock 'Duck' Poké	580.4	2379.5	9.4	0.9	0.0	0.1	96.3	1.5	6.1	16.3	2.9	654.1
Hoisin Mock 'Duck' Roll 8pc	352.3	1504.3	4.3	1.4	0.0	0.0	65.0	0.6	18.8	9.6	1.5	858.1
Inari Taco	146.9	617.3	5.4	1.0	0.5	0.1	20.9	0.0	8.4	2.7	0.4	289.2
Japanese BBQ	93.1	395.9	0.0	0.0	0.0	0.0	20.9	2.6	17.2	1.1	0.0	653.6

Nutritional Information Recipe List (values per typical serving)

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Kaiso Seaweed	141.5	494.6	5.1	0.2	0.0	0.1	14.8	0.1	8.1	3.4	1.1	710.8
Katsu Curry Sauce	74.9	313.5	5.6	3.1	0.0	0.0	5.7	0.0	1.7	0.9	0.0	426.7
Konbini Tuna Onigiri	220.5	928.3	6.4	0.7	0.0	0.0	30.5	0.0	5.3	8.1	0.9	780.5
Korean Ketchup	87.5	371.0	1.0	0.1	0.5	0.3	18.4	0.2	15.9	0.7	0.7	460.0
Maki Mix	303.3	1276.8	8.5	1.4	2.3	0.4	48.5	0.0	6.5	4.7	1.9	578.5
Mayonnaise	357.5	1471.0	39.6	2.9	0.0	0.0	0.9	0.0	0.0	0.4	0.0	260.0
Mega Korean Gyoza Chicken 5pc	345.8	1440.4	23.2	3.2	3.1	1.5	24.9	0.0	5.1	8.7	1.6	149.4
Mega Korean Gyoza Vegetable 5pc	273.2	1139.0	57.1	1.3	3.1	1.5	28.1	0.0	6.3	6.3	1.8	134.2
Mega Teriyaki Gyoza Chicken 5pc	341.5	1422.8	22.9	3.2	3.0	1.5	24.4	0.7	5.0	8.7	1.5	221.6
Mega Teriyaki Gyoza Vegetable 5pc	268.9	1121.4	56.7	1.2	3.0	1.5	27.6	0.7	6.2	6.3	1.7	206.4
Miso Soup	169.3	709.0	19.8	0.4	0.0	0.0	24.1	0.0	8.1	6.8	0.6	2430.4
O-mega Salmon	466.5	1960.3	16.5	2.4	2.4	0.4	63.6	0.0	9.2	11.3	1.8	878.7
Pickled Ginger	0.5	2.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	67.0
Pizaman Pizza Bun	248.0	1043.1	8.5	4.7	0.8	0.4	31.6	29.2	2.2	10.5	1.9	203.3
Plant Power	863.8	3620.3	21.8	3.6	2.6	0.6	143.1	1.0	38.0	13.0	4.3	2167.8
Prawn Katsu Kids Bento	488.1	2052.6	12.0	1.6	2.0	1.1	73.6	0.0	5.3	17.7	2.2	794.7
Prawn Katsu	117.5	491.4	1.7	0.0	0.0	0.0	17.7	0.0	0.0	7.2	0.6	284.3
Prawn Torpedos	240.7	1003.8	7.8	0.4	3.0	1.5	29.5	0.0	0.0	11.9	0.9	473.7
Pumpkin Katsu Kids Bento	501.0	2106.6	12.7	2.2	2.0	1.1	77.3	0.0	5.3	16.1	1.8	798.4
Pumpkin Katsu	91.2	381.6	1.8	0.6	0.0	0.0	15.5	0.0	0.0	3.1	0.0	193.2
Raspberry White Chocolate Mochi	206.7	869.8	8.3	5.1	0.0	0.0	35.2	0.0	28.2	2.3	0.0	9.6
Roasted Sesame	18.9	79.1	0.8	0.1	0.0	0.0	0.5	0.0	0.0	0.6	0.0	0.1
Salmon Dragon Roll 8pc	477.6	1999.4	23.0	2.8	2.3	0.4	52.1	0.0	7.2	12.0	1.7	634.1
Simply Salmon	396.5	1667.8	12.5	1.7	0.0	0.0	55.5	0.0	7.4	11.3	0.7	681.1
Spicy Chicken Katsu Roll 8pc	344.3	1452.1	6.7	2.5	0.6	0.3	60.0	0.0	11.5	7.4	1.8	1195.1
Spinach 50/50	5.0	20.6	0.2	0.0	0.0	0.1	0.3	0.0	0.3	0.6	0.6	28.0
Spinach	10.0	41.2	0.3	0.0	0.0	0.2	0.6	0.0	0.6	1.1	1.1	56.0
Spring Onions	0.7	2.9	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.2
Sriracha Chicken Poké	549.1	2228.7	8.4	1.0	0.0	0.1	90.4	0.8	3.0	17.4	2.4	654.8

Nutritional Information Recipe List (values per typical serving)

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Sriracha Drizzle	7.9	33.1	0.1	0.0	0.0	0.0	1.8	0.0	1.7	0.1	0.0	262.0
Sriracha Mayo Drizzle	33.5	137.7	3.4	0.2	0.0	0.0	0.6	0.0	0.4	0.0	0.0	81.8
Sriracha Mayonnaise	167.5	688.3	17.2	1.2	0.0	0.0	2.9	0.0	2.1	0.1	0.0	409.2
Sriracha	39.5	165.3	0.4	0.0	0.0	0.0	8.9	0.0	8.7	0.7	0.0	1310.0
Steamed Sushi Rice 50/50	118.0	501.3	0.1	0.0	0.0	0.0	26.8	0.0	0.1	0.3	0.2	0.0
Steamed Sushi Rice	236.0	1002.7	0.3	0.1	0.0	0.0	53.6	0.0	0.1	0.7	0.4	0.0
Super Salmon	522.5	2191.4	22.1	2.9	0.6	0.2	57.5	0.0	8.4	19.0	1.2	841.4
Sushi Sharer	1180.3	4951.5	45.5	6.0	4.7	1.6	154.9	0.7	23.9	26.7	2.8	2313.7
Sweet Chilli Sauce	108.5	461.5	0.1	0.0	0.0	0.0	26.7	0.0	22.3	0.2	0.0	144.0
Teriyaki Chicken Ramen	422.8	2046.2	12.4	2.6	0.5	1.4	47.8	31.7	13.2	28.7	2.2	3177.4
Teriyaki Mock 'Duck' Ramen	345.6	1739.9	16.2	1.0	0.5	1.4	48.3	31.1	10.4	18.9	3.1	2660.6
Teriyaki Sauce	35.2	149.6	0.0	0.0	0.0	0.0	7.6	1.4	6.2	0.6	0.0	329.4
Togarashi	4.3	18.2	0.1	0.0	0.0	0.0	0.6	0.0	0.0	0.1	0.0	0.5
TokYO! Mix	716.0	2967.3	24.9	4.1	2.0	0.5	103.3	0.7	19.1	9.7	3.0	1829.1
Vegetable Gyoza 5pc	219.9	891.0	52.1	0.7	3.0	1.5	24.0	0.0	3.0	6.7	1.6	637.4
Veggie Bundle	708.3	3006.9	16.1	3.1	1.8	0.4	122.5	0.7	32.9	11.6	3.5	1663.9
Yakisoba Noodles 50/50	121.8	510.0	5.0	0.7	1.1	2.7	16.5	8.2	7.5	2.5	1.0	742.3
Yakisoba Noodles	243.6	1020.0	10.1	1.4	2.1	5.5	33.0	16.4	14.9	4.9	1.9	1484.5
Yasai Roll 8pc	677.9	2878.1	20.9	3.0	2.7	0.6	109.6	1.4	28.7	7.3	3.7	1718.6
YO! Fries	235.1	978.6	15.0	1.3	3.0	1.5	22.1	0.0	1.5	2.2	0.1	481.7
YO! Roll 8pc	395.0	1658.2	15.1	2.2	2.4	0.4	50.3	0.0	8.6	10.7	1.7	889.3
YO! Slaw	58.6	241.4	5.4	0.4	0.0	0.1	2.1	0.0	1.7	0.4	1.2	293.7
YO! Top Hits	679.6	2850.8	28.1	4.4	3.3	0.6	86.7	0.3	13.9	13.5	2.4	1235.8