

allergen & nutritional information

Dine-in menu
April 2024

Menu FIR Intolerance Report

Version 1

15 Apr 2024

Core Restaurant Menu FULL MENU

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

Maki

Avocado Maki																											
Cucumber Maki																										✓	
Mixed Maki Plate							✓	✓																			
Salmon Maki							✓	✓																			

Rolls

Crunchy California Roll 4pc	✓	✓					✓	✓			✓	✓														✓	
Crunchy Prawn Roll 4pc	✓	✓	✓				M	✓	M	✓	M	M												M	M		
Dynamite Roll 4pc	✓	✓	✓				✓			✓															✓		
Hoisin Duck Roll 4pc	✓	✓	✓								✓																
Hoisin Mock 'Duck' Roll 4pc	✓	✓	✓				✓				✓	✓															
Monster Maki	✓	✓	✓				✓	✓		✓	✓														✓	✓	
Salmon Dragon Roll 4pc	✓	✓	✓				✓	✓		✓	✓														✓	✓	
Spicy Chicken Katsu Roll 4pc	✓	✓					M	M	M		✓	M											M	✓	✓	✓	
Spicy Tuna Roll 4pc							✓																		✓	✓	
Veggie Volcano Roll 4pc	✓	✓									✓														✓	✓	
Yasai Roll 4pc	✓	✓									✓														✓	✓	
YO! Roll 4pc	✓	✓					✓			✓	✓														✓	✓	

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)
All Salmon Love Set	558.0	2338.9	24.9	3.2	0.6	0.2	57.7	0.0	8.5	21.5	1.3	866.1
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 Inari Taco	232.3	971.3	12.4	1.4	0.0	0.0	24.5	0.3	9.7	4.1	0.2	396.6
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 Dough.chi	209.3	875.0	10.3	518.0	0.0	0.0	27.0	0.0	14.8	2.5	1.3	74.7
Chicken Firecracker Rice Large	841.9	3543.7	25.1	4.1	4.6	11.5	118.2	0.1	7.2	27.1	3.5	1436.1
Chicken Firecracker Rice	421.0	1771.8	12.6	2.0	2.3	5.8	59.1	0.0	3.6	13.5	1.8	718.1
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	173.0	707.6	10.8	1.6	3.0	1.5	12.5	0.0	1.1	5.3	0.8	318.7
Chicken Katsu Curry	538.1	2264.9	20.1	7.7	3.0	1.5	71.2	0.0	2.9	13.4	2.6	808.5
Chicken Katsu Curry Large	887.4	3730.7	36.4	13.2	5.9	2.9	106.9	0.0	3.9	25.9	4.5	1197.8
Chicken Katsu	247.4	1032.9	15.1	4.7	3.0	1.5	14.8	0.0	3.1	12.3	1.9	592.0
Chicken Katsu Sushi Sando	555.6	2327.4	27.1	6.2	0.6	0.3	60.7	0.0	7.5	13.5	2.7	1044.1
Chicken Teriyaki	197.1	826.2	7.7	1.9	0.0	0.1	12.6	1.3	7.6	19.7	0.4	848.9
Chicken Tsukune	399.4	1661.3	27.4	8.0	0.6	0.3	8.1	0.6	6.1	2.6	29.1	314.7
Chicken Yakisoba Large	709.6	2975.0	27.1	4.2	5.2	13.5	82.2	40.6	37.2	32.6	4.8	3834.2
Chicken Yakisoba	288.0	1207.3	11.0	1.7	2.1	5.5	33.4	16.5	15.1	13.2	2.0	1556.0
Chicken Yakitori	230.8	956.8	12.3	1.9	2.3	1.1	10.6	0.6	9.2	18.7	0.7	822.3
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 4pc	304.2	1270.2	17.4	2.5	1.1	0.2	31.5	0.7	7.1	2.9	0.8	541.8
Crunchy Prawn Roll 4pc	176.4	742.2	4.0	0.5	1.2	0.3	30.1	0.0	3.2	3.1	1.0	391.7
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 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
Custard Dorayaki Pancake	174.7	735.8	1.8	0.8	0.0	0.0	36.9	0.0	16.5	2.3	0.0	4.0
Dynamite Inari Taco	186.9	784.5	8.6	1.3	0.0	0.0	20.5	0.0	8.1	5.4	0.2	277.2
Dynamite Roll 4pc	388.7	1645.1	15.9	2.6	1.3	0.3	52.9	0.0	12.3	6.3	1.9	834.8
Green Vibes Only	257.3	1061.3	6.6	1.3	1.5	0.4	42.1	0.0	9.9	3.2	1.8	665.1
Hoisin 'Duck' Firecracker Rice Large	887.7	3766.4	26.6	3.8	4.6	11.5	129.3	1.1	13.9	22.9	4.2	1687.6

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' Firecracker Rice	443.8	1883.2	13.3	1.9	2.3	5.8	64.7	0.6	7.0	11.5	2.1	843.8
Hoisin Duck Roll 4pc	141.0	596.6	1.3	0.5	0.0	0.0	26.8	0.2	7.8	4.0	0.5	369.4
Hoisin Mock 'Duck' Roll 4pc	176.1	752.2	2.1	0.7	0.0	0.0	32.5	0.3	9.4	4.8	0.8	429.0
Hoisin Mock 'Duck' Yakisoba Large	755.4	3197.7	28.5	4.0	5.2	13.5	93.4	41.7	43.9	28.4	5.6	4085.7
Hoisin Mock 'Duck' Yakisoba	377.7	1598.9	14.2	2.0	2.6	6.8	46.7	20.8	21.9	14.2	2.8	2042.8
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 Fried Chicken	344.4	1435.2	21.3	5.9	3.0	1.5	18.3	0.0	0.6	19.7	2.4	711.0
Kaiso Seawee	141.5	494.6	5.1	0.2	0.0	0.1	14.8	0.1	8.1	3.4	1.1	710.8
Kimchi Chicken	184.8	773.0	6.8	1.7	0.2	0.5	13.0	0.1	9.3	17.6	1.1	1067.0
Korean Fried Chicken	377.5	1586.2	13.3	5.2	3.0	1.5	44.4	0.0	22.6	19.6	2.4	794.8
Korean Fried Chicken Rice Bowl Large	1046.4	4416.4	22.2	10.4	3.0	1.5	162.4	0.0	45.2	40.4	5.2	1461.1
Meat YO! Match	225.4	950.9	4.2	1.3	0.9	0.3	39.7	0.1	8.9	4.8	1.5	682.8
Meatless Farm Chick'n Katsu Curry	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	292.0	1212.1	17.5	1.5	3.0	1.5	19.9	0.0	3.4	12.1	0.3	778.0
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 Chicken	265.4	1103.6	19.4	2.4	3.1	1.5	16.9	0.0	4.4	5.4	1.0	149.3
Mega Korean Gyoza Vegetable 5pc	237.2	991.1	53.1	1.0	0.7	0.4	28.1	0.0	6.3	6.3	1.8	134.2
Mega Korean Gyoza vegetable	209.2	870.6	38.3	1.1	3.1	1.5	18.9	0.0	5.2	3.9	1.2	134.1
Mega Teriyaki Gyoza Chicken	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 Chicken	261.1	1086.0	19.1	2.4	3.0	1.5	16.4	0.7	4.3	5.4	0.9	221.5
Mega Teriyaki Gyoza Vegetable 5pc	233.0	973.6	52.7	1.0	0.6	0.3	27.6	0.7	6.3	6.3	1.7	206.5
Mega Teriyaki Gyoza Vegetable	204.9	853.0	37.9	1.1	3.0	1.5	18.4	0.7	5.1	4.0	1.0	206.3

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	326.0	1363.1	17.2	1.6	2.5	1.3	32.7	0.5	6.1	9.2	0.2	728.1
Mighty Mock 'Duck' Fries	316.9	1338.9	15.2	1.4	2.5	1.3	34.4	0.5	6.6	9.3	0.5	706.5
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	202.2	851.2	5.7	1.0	1.5	0.3	32.3	0.0	4.3	3.1	1.3	385.6
Monster Maki	174.1	724.7	5.7	0.7	0.8	0.1	25.1	0.0	3.2	3.7	1.0	333.4
Nigiri 'n' Maki Mix	213.5	900.1	4.9	0.8	0.4	0.1	33.5	0.0	4.6	6.4	0.7	404.3
Plant Based 'Beef' Teriyaki	248.3	1030.3	9.7	0.9	3.0	1.5	16.8	1.3	7.5	22.0	0.7	833.5
Plant Based 'Beef' Teriyaki Large	729.2	3070.5	9.5	1.2	0.0	0.0	108.2	2.5	13.9	44.5	1.4	1445.2
Popcorn Shrimp	347.6	1445.1	20.3	1.6	3.0	1.5	23.1	0.0	12.5	13.9	0.6	975.8
Pr*wn Crackers	117.2	494.3	3.2	0.2	0.0	0.0	21.7	0.0	9.9	0.2	0.1	149.4
Prawn Katsu Curry Large	712.0	2994.5	19.2	4.4	5.9	2.9	114.0	0.0	3.3	13.8	2.2	1127.6
Prawn Katsu Curry	470.0	1978.7	11.8	3.3	3.0	1.5	77.7	0.0	2.6	8.6	1.5	820.7
Prawn Katsu	179.3	746.7	6.8	0.4	3.0	1.5	21.3	0.0	2.7	7.4	0.8	604.3
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	152.8	631.6	6.8	0.9	3.0	1.5	19.0	0.0	2.7	3.5	0.3	553.6
Salmon & Avocado Temaki	183.5	765.6	11.0	1.4	1.8	0.3	15.2	0.0	2.0	4.4	1.3	206.4
Salmon Dragon Roll 4pc	238.8	999.7	11.5	1.4	1.2	0.2	26.1	0.0	3.6	6.0	0.8	317.0
Salmon Firecracker Rice Large	930.7	3905.3	38.2	5.2	4.6	11.5	117.9	0.1	7.0	19.7	3.5	1314.5
Salmon Firecracker Rice	465.6	1953.6	19.1	2.6	2.3	5.8	59.0	0.0	3.5	9.9	1.8	657.4
Salmon Maki	201.0	847.0	4.9	0.7	0.0	0.0	32.0	0.0	4.2	4.8	0.7	385.4
Salmon Nigiri	108.3	455.4	3.8	0.5	0.0	0.0	14.2	0.0	1.9	3.3	0.1	176.1
Salmon Ponzu Salsa	128.0	519.4	9.2	1.1	0.0	0.0	2.0	0.0	1.0	8.6	0.2	358.3
Salmon Sashimi	176.7	733.9	13.9	1.7	0.0	0.1	0.8	0.0	0.5	12.1	0.2	89.2
Salmon Top Hits	283.4	1187.6	12.6	1.6	0.3	0.1	29.5	0.0	4.7	11.0	0.8	468.8
Salmon Yakisoba Large	798.4	3336.6	40.1	5.3	5.2	13.5	82.0	40.6	37.0	25.2	4.8	3712.6
Salmon Yakisoba	324.0	1354.1	16.3	2.1	2.1	5.5	33.3	16.5	15.0	10.2	2.0	1506.7

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)
Smashed Cucumbers	23.2	87.0	0.1	0.0	0.0	0.0	2.5	0.1	1.7	1.2	0.8	1489.4
Soy Egg	45.7	190.5	3.3	0.9	1.5	0.4	0.4	0.0	0.0	4.1	0.0	322.0
Spicy Chicken Katsu Roll 4pc	172.2	726.0	3.3	1.2	0.3	0.2	30.0	0.0	5.7	3.7	0.9	597.5
Spicy Pepper Squid	192.7	805.9	6.4	0.8	3.0	1.5	15.0	0.0	6.5	16.0	0.7	818.6
Spicy Seafood Ramen	419.5	2030.1	13.3	2.2	2.2	2.2	46.6	35.7	7.5	26.9	2.5	3409.7
Spicy Tuna Roll 4pc	319.6	1360.8	7.3	1.3	1.4	0.4	53.6	0.0	13.3	7.8	2.0	981.9
Sriracha Chicken Inari Taco	190.2	798.3	7.7	1.2	0.0	0.0	21.7	0.0	9.1	7.1	0.2	497.4
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	194.1	817.6	5.1	3.1	0.0	0.0	35.3	0.0	20.9	1.5	0.0	76.8
Teriyaki Beef Large	982.6	4116.9	44.4	8.1	15.2	17.2	110.8	20.0	14.2	27.4	2.7	701.5
Teriyaki Chicken Large	715.1	3016.1	15.4	3.8	0.0	0.0	97.5	2.5	14.5	40.0	1.1	1552.4
Teriyaki Chicken Ramen	509.3	2408.5	16.7	3.5	2.2	2.2	54.6	37.0	13.5	34.1	2.5	3559.0
The Big Maki	342.9	1430.5	21.0	2.3	2.4	0.4	31.1	0.0	4.5	5.6	1.3	429.0
Tuna & Avocado Tartare	140.7	578.0	8.6	2.4	3.7	0.9	3.4	0.0	0.8	11.9	1.6	256.7
Tuna Nigiri	84.7	359.0	0.4	0.1	0.1	0.1	14.2	0.0	1.9	5.3	0.2	172.9
Tuna Non-Stop	247.3	1048.6	3.0	0.7	0.5	0.6	36.4	0.0	6.6	17.3	1.3	529.2
Tuna Sashimi	88.2	372.4	1.2	0.3	0.2	0.6	0.9	0.0	0.6	19.6	0.5	77.2
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
Vegetable Gyoza	148.4	605.0	33.3	0.6	3.0	1.5	14.3	0.0	1.8	3.9	1.0	318.7
Vegetable Yakisoba Large	601.1	2516.6	24.8	3.5	5.1	13.2	80.0	39.7	36.1	12.3	4.7	3585.3
Vegetable Yakisoba	247.0	1034.0	10.2	1.4	2.1	5.4	32.9	16.3	14.8	5.1	1.9	1473.1
Veggie Dumpling Ramen	393.8	1922.4	25.3	1.0	0.8	1.8	62.8	33.8	15.9	15.3	4.5	2338.1
Veggie Firecracker Rice Large	748.3	3147.7	23.5	3.4	4.6	11.5	117.9	0.1	7.0	7.1	3.5	1276.2
Veggie Firecracker Rice	374.2	1573.8	11.8	1.7	2.3	5.8	59.0	0.0	3.5	3.5	1.8	638.1
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
Yasai Roll 4pc	339.0	1439.1	10.5	1.5	1.3	0.3	54.8	0.7	14.3	3.6	1.9	859.3
Yasai Temaki	139.7	584.7	6.5	1.0	1.8	0.3	16.9	0.0	3.7	1.8	1.3	215.0
YO! Fries	320.2	1334.6	19.1	1.7	3.0	1.5	32.8	0.0	2.1	3.2	0.1	677.0
YO! Fries Plain	250.2	1046.4	12.2	1.2	3.0	1.5	31.2	0.0	1.0	3.0	0.0	463.2
YO! Roll 4pc	197.5	829.1	7.6	1.1	1.2	0.2	25.2	0.0	4.3	5.4	0.9	444.7

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)
Dynamite Salmon	374.1	1463.5	27.2	3.3	3.6	0.8	14.5	0.9	2.9	13.1	4.0	595.7
Hoisin Mock 'Duck'	335.4	1327.1	18.1	2.3	3.6	0.8	21.5	1.5	7.1	16.2	4.4	832.2
Poké Half & Half Base	174.8	741.9	0.4	0.1	0.0	0.1	38.7	0.0	0.5	1.2	1.0	35.0
Poké Rice Base	337.1	1432.4	0.4	0.1	0.0	0.0	76.6	0.0	0.2	1.0	0.6	0.0
Poké Spinach Base	12.5	51.5	0.4	0.1	0.1	0.3	0.8	0.1	0.8	1.4	1.4	70.0
Spicy Tuna	312.3	1209.8	18.3	2.4	3.7	1.1	15.5	0.9	3.9	16.6	4.2	729.5
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
Sriracha Chicken	304.2	1176.3	17.1	2.4	3.6	0.8	15.6	0.8	4.0	17.3	3.9	832.8
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
Umami Soy-Sesame	71.2	297.9	0.7	0.2	0.0	0.0	11.1	0.0	11.0	3.4	0.1	824.4
Zingy Ginger & Chilli	70.5	298.0	0.1	0.0	0.0	0.0	15.8	0.0	15.4	0.9	0.1	550.5