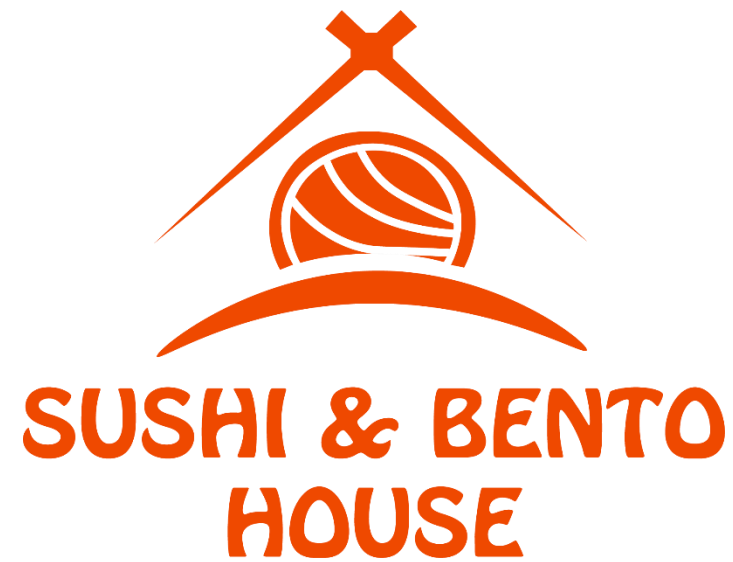




Allergen Information



INTRODUCTION

NUTRITION INFORMATION

Food allergy and intolerance: before ordering, please speak to our staff about your requirements.

Our nutritional information is obtained from information provided from suppliers.

Every care and attention has been taken to ensure all information in this document is as accurate as possible at the time of printing.

Nutrition information values are based per 100g. As most of our products are made fresh daily, all nutrition figures are given as averages only.

All portion sizes are stated as accurate as possible but as most of our products are served fresh on site, some values may vary slightly.

Any item that contains alcohol refers to different types of cooking wine that has been used during cooking only.

Condiments (soy sauce sachet, wasabi paste sachet, pickled ginger sachet) served with any sushi and salad box sets are not calculated in the overall nutritional value for each set. For further information on sauce nutrition, please see sauce page.

SUSHI

SALMON

We only ever use sustainably sourced Scottish or Norwegian salmon giving our sushi the freshest, sweetest taste!

TUNA

Tuna is a great source of omega 3 and is said to help lower cholesterol and blood pressure which is why we use sustainably sourced line caught yellowfin tuna in our dishes.



Product	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Gluten	Allergens product
Avocado hosomaki	N	Y	Y	N	N	
Cucumber hosomaki	N	Y	Y	N	N	SS
Salmon hosomaki	Y	N	N	N	N	F
Tuna hosomaki	Y	N	N	N	N	F

Roll

Product	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Gluten	Allergens product
California roll	Y	N	N	Y	Y	C, F, SS, S, So2, WG
Fried prawn roll	N	N	N	N	Y	C, S, SS, WG, F
Salmon & masago roll	Y	N	N	Y	Y	F, S, WG
Crab & avo roll	N	N	N	N	Y	C, E, F, Mu, S, So2, WG
Tofu roll	N	Y	Y	Y	Y	S, WG

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide (Sulphites) (So2), Wheat gluten (WG)

SUSHI

Nigiri

Product	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Gluten	Allergens product
Japanese omelette nigiri	N	Y	N	N	N	E
Salmon nigiri	Y	N	N	N	N	F
Shrimp nigiri	N	N	N	N	N	F, C
Tofu nigiri	N	Y	Y	Y	Y	S, WG
Tuna nigiri	Y	N	N	N	N	F

Gunkan

Product	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Gluten	Allergens product
Salmon sesame gunkan	Y	N	N	N	N	F, SS
Seaweed gunkan	N	Y	Y	Y	Y	SS, S, WG
Spicy salmon gunkan	Y	N	N	Y	Y	F, SS, S, WG

hand roll

Product	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Gluten	Allergens product	Product	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Gluten	Allergens product
California hand roll	Y	N	N	Y	Y	C, F, SS, S, So2, WG	Salmon avocado hand roll	Y	N	N	Y	Y	C, F, SS, S, So2, WG
prawn katsu hand roll	N	N	N	N	Y	C, SS, S, WG	Spicy tuna handroll	N	N	N	Y	Y	C, SS, S, WG
Smokey Hand roll	Y	N	N	Y	Y		Yasai Hand roll	N	Y	Y	N	Y	SS, S, WG

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide (Sulphites) (So2), Wheat gluten (WG)

SUSHI



sushi set boxes

Nutrition information values are based per 100g

Product	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Gluten	Allergens product	Allergens condiments only
Salmon Combo set	Y	N	N	Y	Y	C, E, F, Mu, SS, S, So2, WG	WG, S, Mu
Sunbean Set	Y	N	N	Y	Y	C, E, F, SS, S, So2, WG	WG, S, Mu
Sumoki Set	Y	N	N	Y	Y	C, E, F, Mu, SS, S, So2, WG	WG, S, Mu
Maki set	Y	N	N	Y	Y	F, SS, S	WG, S, Mu
Vegetable Box	N	Y	Y	Y	Y	SS, S, So2, WG	WG, S, Mu
Cango Sashimi Set	Y	N	N	Y	Y	C, E, F, Mu, SS, S, So2, WG	WG, S, Mu
Tokyodi Set	Y	N	N	Y	Y	C, E, F, Mu, SS, S, WG, So2, Chk	WG, S, Mu

Product	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Gluten	Allergens product	Allergens condiments only
Salmon nigiri set	Y	N	N	Y	Y	F, SS, S, WG	WG, S, Mu
Sashimi set	Y	N	N	N	Y	F, SS, S, WG	WG, S, Mu
Spicy Chicken Roll	Y	N	N	N	Y	C, E, F, SS, S, WG	WG, S, Mu
California Roll	Y	N	N	N	Y	C, E, F, Mu, SS, S, So2, WG	WG, S, Mu
Kasai set	Y	N	N	Y	Y	C, E, F, Mu, S, So2, WG	WG, S, Mu
Yasai Uramaki	N	Y	Y	Y	Y	SS, S, WG, So2	WG, S, Mu
Chicken Katsu salad	N	N	N	Y	Y	S, WG, SS, Mu, E	
Grill salmon & Avocado uramaki	Y	N	N	Y	Y	S, WG, SS, F	

Please note condiments in this set are not calculated in nutritional value : * see sauce page for dressing information

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide (Sulphites) (So2), Wheat gluten (WG)



sushi set boxes Nutrition information values are based per 100g



salad set boxes Nutrition information values are based per 100g

Product	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Mini katsu salad	N	N	N	Y	N	Y	C, E, SS, S, WG	
Edamame	N	Y	Y	N	N	N	S	

Party Sets

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Gluten	Allergens product	Allergens condiments only
Bargain Set	-	-	-	-	-	-	-	Y	N	N	Y	Y	F, SS, C, E, S, WG, Mi	E
Griller	-	-	-	-	-	-	-	Y	N	N	Y	Y	F, E, S, WG, C, SS, mi	
Special	-	-	-	-	-	-	-	Y	N	N	Y	Y	F, E, S, WG, C, SS, mi	

Please note condiments in this set are not calculated in nutritional value : * see sauce page for dressing information

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide (Sulphites) (So2), Wheat gluten (WG)

sauces Nutrition information values are based per 100g Please note condiments in this set are not calculated in nutritional value : * see sauce page for dressing information

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide (Sulphites) (So2), Wheat gluten (WG)

Product	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Chilli mayo sauce	N	Y	N	N	N	N	E	
Chinese chilli sauce	N	Y	Y	N	N	N		
Ginger sachet	N	Y	Y	N	N	N		
Japanese BBQ sauce	N	Y	Y	Y	N	N		
* Japanese dressing (for sushi set)	N	Y	Y	Y	Y	Y	S, Mu, WG	
* Spicy sauce (for sushi set)	N	Y	Y	N	Y	Y	SS, S, WG	
Soy sauce sachet	N	Y	Y	N	N	Y	S, WG	
Wasabi sachet	N	Y	Y	N	N	N	Mu, S	

NOODLE SOUP



Ramen

Nutrition information values are based per 100g

Product	Suitable for Vegetarians	Vegan	Contains MSG	Contains Gluten	Allergens product	Allergens condiments only
Chicken Curry ramen	N	N	Y	Y	E, F, SS, S, So2, WG	
Beef curry ramen	N	N	Y	Y	SS, S, WG, F,	
Seafood ramen	N	N	Y	Y	SS, S, WG, F	
Veg ramen	Y	Y	Y	N	SS, S	
Miso soup	N	N	Y	N	F	

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide (Sulphites) (So2), Wheat gluten (WG)

HOT FOOD



Hot Food Nutrition information values are based per 100g

Product	Suitable for Vegetarians	Vegan	Contains MSG	Contains Gluten	Allergens product	Allergens condiments only
Rice	Y	Y	N	N		
Beef Bento	N	N	Y	Y	Mi, Pn, S, WG	
Tofu Bento	Y	N	Y	Y	Mi, Pn, S, So2, WG	
Chicken katsu curry	N	N	Y	Y	E, Mi, Pn, S, WG	
Chicken katsu	N	N	N	Y	E, WG, S	
Chicken teriyaki	N	N	Y	Y	SS, S, So2, WG	
Salmon teriyaki	N	N	Y	Y	F, S, WG	
Chicken Fried rice	N	N	Y	Y	SS, S, So2, WG	
Chicken yakisoba	N	N	Y	Y	Mo, SS, S, So2, WG	
Tofu yakisoba	Y	Y	Y	Y	SS, S, So2, WG	

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide (Sulphites) (So2), Wheat gluten (WG)

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide (Sulphites) (So2), Wheat gluten (WG)

HOT FOOD



fried items Nutrition information values are based per 100g

Product	Suitable for Vegetarians	Vegan	Contains		Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
			MSG					
Chicken katsu	N	N	N		N	Y	WG, E, S	
Chicken yakitori (per skewer)	N	N	Y		Y	Y	S, So2, WG	
Fried chicken gyoza	N	N	Y		Y	Y	S, So2, WG	
Steamed chicken gyoza	N	N	Y		Y	Y	S, So2, WG	
Tempura prawn	N	N	N		N	Y	C, WG, S	



optional sauces (use for Chicken noodles, Tofu noodles, Chicken jahang, Tofu jahang, Chicken katsu)

Product	Suitable for Vegetarians	Vegan	Contains		Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
			MSG					
Hikarimiso teriyaki sauce	Y	Y	N		Y	Y	S, WG	
Amoy chilli sauce	Y	Y	N		N	N		
Tonkatsu sauce	Y	Y	N		Y	Y	WG, S, So2	

Allergens key

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide (Sulphites) (So2), Wheat gluten (WG)

