



## **ALLERGENS INFORMATION**

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Specific product name	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Nuts	Peanuts	Soya	Sesame	Celery and celeriac	Mustard	Sulphur dioxide and sulphites
BOXES														
Salmon nigiri				✓										
Salmon nigiri, brown/quinoa				✓										
Salmon tuna nigiri duo				✓										
Salmon tuna nigiri duo brown/quinoa				✓										
Menu 2				✓							✓			
Menu 2 brown/quinoa				✓							✓			
Menu 3	GLUTEN	✓	✓	✓						✓	✓			
Menu 3 brown/quinoa	GLUTEN	✓	✓	✓						✓	✓			
Menu 4		✓	✓	✓		✓								
Menu 4 brown/quinoa		✓	✓	✓		✓								
Combo 1	GLUTEN	✓	✓	✓						✓				
Combo 1 brown/quinoa	GLUTEN	✓	✓	✓						✓				
Combo 2	GLUTEN	✓	✓	✓		✓				✓				
Combo 2 brown/quinoa	GLUTEN	✓	✓	✓		✓				✓				
Combo 3	GLUTEN	✓	✓	✓		✓				✓	✓			
Combo 3 brown/quinoa	GLUTEN	✓	✓	✓		✓				✓	✓			
Combo 4 green				✓						✓				
Combo 4 green brown/quinoa				✓						✓				
Platter L	GLUTEN	✓	✓	✓						✓	✓			
Platter L brown/quinoa	GLUTEN	✓	✓	✓						✓	✓			
Menu duo	GLUTEN	✓	✓	✓						✓	✓			
Menu duo brown/quinoa	GLUTEN	✓	✓	✓						✓	✓			
Menu duo salmon				✓						✓	✓			
Menu duo salmon brown/quinoa	GLUTEN			✓						✓	✓			
Salmon deluxe				✓							✓			
Salmon deluxe brown/quinoa				✓							✓			
Vegan nights								ALMOND		✓	✓		✓	
Vegan nights brown/quinoa								ALMOND		✓	✓		✓	
Vegan delights										✓	✓		✓	
Vegan delights brown/quinoa										✓	✓		✓	
Sushi & me				✓		✓								
Sushi & me brown/quinoa				✓		✓								
Sushi & you	GLUTEN	✓	✓	✓		✓				✓	✓			
Sushi & you brown/quinoa	GLUTEN	✓	✓	✓		✓				✓	✓			
Sushi & friends	GLUTEN	✓	✓	✓		✓				✓	✓			
SASHIMI														
Salmon sashimi				✓										
Salmon tuna sashimi duo				✓										
Plenty of fish in the sea	GLUTEN			✓						✓				
Salmon festival				✓						✓				
Tuna tataki				✓							✓			
Cured mackerel sashimi	GLUTEN			✓						✓	✓			
Hiramasa Mexican wave	GLUTEN			✓						✓				

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CALIFORNIA ROLLS														
Salmon pure California roll				✓							✓			
Salmon pure California roll brown/quinoa				✓							✓			
Hiramasa pesto California roll				✓				ALMOND			✓			
Hiramasa pesto California roll brown/quinoa				✓				ALMOND			✓			
Devon crab California roll		✓	✓								✓			
Devon crab California roll brown/quinoa		✓	✓								✓			
Vegetarian California roll											✓			
Vegetarian California roll brown/quinoa											✓			
Shiitake California roll	GLUTEN									✓	✓			
Shiitake California roll brown/quinoa	GLUTEN									✓	✓			
Spicy California roll	GLUTEN	✓	✓	✓						✓	✓			
Spicy California roll brown/quinoa	GLUTEN	✓	✓	✓						✓	✓			
Spicy salmon California roll				✓							✓			
Spicy salmon California roll brown/quinoa				✓							✓			
Spicy tuna California roll			✓	✓							✓			
Spicy tuna California roll brown/quinoa			✓	✓							✓			
Spicy veggie California roll										✓	✓		✓	
Spicy veggie California roll brown/quinoa										✓	✓		✓	
DRAGON ROLLS														
Wakame dragon roll	GLUTEN			✓						✓	✓			
Wakame dragon brown/quinoa	GLUTEN			✓						✓	✓			
Spicy dragon roll			✓	✓							✓			
Spicy dragon roll brown/quinoa			✓	✓							✓			
Spicy tuna salmon dragon roll	GLUTEN		✓	✓						✓	✓			
Spicy tuna salmon dragon roll brown/quinoa	GLUTEN		✓	✓						✓	✓			
Ebi fry dragon roll	GLUTEN	✓	✓	✓										
Ebi fry dragon roll brown/quinoa	GLUTEN	✓	✓	✓										
Miso hiramasa dragon roll				✓				ALMOND		✓				
Miso hiramasa dragon roll brown/quinoa				✓				ALMOND		✓				
Fiery goddess dragon roll										✓	✓		✓	
Fiery goddess dragon roll brown/quinoa										✓	✓		✓	
Robata dragon roll	✓		✓	✓						✓	✓			
Robata dragon roll brown/quinoa	✓		✓	✓						✓	✓			
CRUNCH ROLLS														
Crunch Cali roll	GLUTEN	✓	✓	✓						✓				
Crunch Cali roll brown/quinoa	GLUTEN	✓	✓	✓						✓				
Crunch salmon roll	GLUTEN		✓	✓						✓				
Crunch salmon roll brown/quinoa	GLUTEN		✓	✓						✓				
Crunch tempura roll	GLUTEN	✓	✓							✓				
Crunch veggie roll	GLUTEN									✓			✓	
Crunch veggie roll brown/quinoa	GLUTEN									✓			✓	

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BOWLS														
Fish donburi			✓	✓				✓		✓	✓			
Fish donburi brown/quinoa			✓	✓				✓		✓	✓			
Miso salmon donburi				✓				ALMOND		✓				
Miso salmon donburi brown/quinoa				✓				ALMOND		✓				
Seared salmon donburi	GLUTEN			✓						✓	✓			
Seared salmon donburi brown/quinoa	GLUTEN			✓						✓	✓			
Tuna don			✓	✓						✓				
Tuna don brown/quinoa			✓	✓						✓				
Chirashi sushi	✓	✓		✓						✓			✓	
Chirashi sushi brown/quinoa	✓	✓		✓						✓			✓	
Vegan poke								ALMOND			✓			
Vegan poke brown/quinoa								ALMOND			✓			
Miso marinated tofu poke										✓	✓			
Miso marinated tofu poke brown/quinoa										✓	✓			
Miso quail eggs poke			✓							✓				
Miso quail eggs poke brown/quinoa			✓							✓				
Salmon poke				✓						✓	✓			
Salmon poke brown/quinoa				✓						✓	✓			
Tuna poke				✓						✓	✓			
Tuna poke brown/quinoa				✓						✓	✓			
Seasonal vegetable salad											✓		✓	
Green soba noodle salad	GLUTEN							ALMOND					✓	
HOT FOOD														
Chicken yakisoba	GLUTEN			✓						✓				
Veggie yakisoba	GLUTEN									✓				
Scallop yakisoba	GLUTEN			✓			✓			✓				
Mackerel yakisoba	GLUTEN			✓						✓				
Ebi katsu curry	WHEAT, GLUTEN	✓												
Chicken katsu curry	WHEAT, GLUTEN		✓											
Chicken teriyaki don	WHEAT, GLUTEN									✓	✓			
Tofu teriyaki don	WHEAT, GLUTEN									✓	✓			
Chicken gyoza	WHEAT, GLUTEN									✓	✓			
Vegetarian gyoza	WHEAT, GLUTEN									✓	✓			
Chicken negima	GLUTEN									✓				
Chicken tsukune	GLUTEN									✓				
Udon soup with ebi fry	GLUTEN	✓		✓						✓	✓			
Udon soup with crispy tofu	GLUTEN									✓	✓			
Classic miso										✓				
Miso detox soup										✓				
Kimchee salmon miso	GLUTEN			✓						✓				

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BREAKFAST														
Classic porridge	OATS, GLUTEN									✓				
Quinoa brownrice porridge														
Okayu smoked salmon	GLUTEN			✓						✓				
Okayu smoked mackerel	GLUTEN			✓						✓				
Okonomiyaki breakfast	WHEAT GLUTEN		✓	✓										
Buckwheat pancakes	GLUTEN		✓			✓								
Yogurt miso rhubarb compote granola	RYE, GLUTEN					✓				✓				
Yogurt chia berry compote granola	RYE, GLUTEN					✓								
Fresh fruit pot 1														
Fresh fruit pot 2														
Croissant	Gluten		✓			✓								
Almond croissant	Gluten		✓			✓		✓						
Pain au chocolat	Gluten		✓			✓								
SNACKS & DESSERTS														
Granola bar	OATS, GLUTEN							✓	✓					
Rye brownie sea salt	RYE, GLUTEN		✓			✓				✓				
Blondie matcha caramel	FLOUR, GLUTEN		✓			✓				✓				
Yuzu polenta cake			✓			✓		ALMONDS						
Black sesame chocolate mousse cake	FLOUR, GLUTEN		✓			✓		ALMONDS		✓	✓			
Matcha Tiramisu	GLUTEN		✓			✓								
TREK Berry Burst										✓				
TREK Cocoa Chaos								CASHEWS		✓				
TREK Protein Flapjack										✓				
TREK Banana Blast										✓				
Seweed Crisps - Honey & corn						✓				✓	✓			✓
Seweed Crisps - BBQ						✓					✓			✓
Clearspring Brown rice crackers black sesame &tamari										✓	✓			
Clearspring Brown rice crackers whole sesame &tamari										✓	✓			
Japanese Rice Cracker Mix	WHEAT GLUTEN									✓				
SIDES														
Edamame lime & sea salt										✓				
Edamame chilli										✓				
Edamame miso										✓				
Edamame yuzu										✓			✓	
Seaweed salad										✓	✓			
Seasonal slaw										✓	✓		✓	
Protein dip & raw vegs										✓	✓			
Seasonal vegs goma	GLUTEN									✓	✓			
Spinach goma	GLUTEN									✓	✓			
Quinoa brown rice azuki beans boost										✓	✓			
Miso quail eggs			✓							✓	✓			
Roasted tofu & watermelon								ALMONDS		✓				

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POWER SMOOTHIES														
Turmeric Tiger	OATS													
Magic Green Tomato														
Oaty Bear	OATS							ALMONDS						
Go Go Berries						✓								
Miso Blue										✓				
COLD DRINKS														
Coca cola														
Coca cola Zero														
San Pellegrino Orange														
San Pellegrino Lemon														
San Pellegrino Grapefruit														
Real Kombucha Royal Flush														
Real Kombucha Dry Dragon														
Belu Still Water <sup>Ê</sup>														
Belu Sparkling Water														
Rebel Kitchen Coconut Water														
Dash Water Cucumbers														
Dash Water Raspberries <sup>Ê</sup>														
Dash Water Lemons														
HOT DRINKS														
English Breakfast														
Jade green tips														
Jasmin pearl														
Triple mint														
Lemongrass & ginger														
Berry & hibiscus														
Flat white						✓								
Latte						✓								
Cappuccino						✓								
Matcha latte						✓								
Turmeric latte						✓								
Oat Milk	OATS, GLUTEN													
Soy Milk										✓				
Cows Milk						✓								