



ALLERGENS INFORMATION

VERSION 10 15 OCTOBER 2019

ALLERGENS INFORMATION

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											MC			
Salmon nigiri				✓							MC			
Salmon tuna nigiri duo				✓							MC			
Menu 2				✓							✓			
Menu 3	GLUTEN ✓	✓	✓	✓						✓	✓			
Menu 4		✓	✓	✓		✓				✓	MC		✓	✓
Combo 1	GLUTEN ✓	✓	✓	✓						✓	MC		✓	✓
Combo 2	GLUTEN ✓	✓	✓	✓		✓				✓	MC		✓	✓
Combo 3	GLUTEN ✓	✓	✓	✓		✓				✓	✓		✓	✓
Combo 4 green				✓						✓	MC			
Combo veggie	GLUTEN ✓		✓							✓	MC		✓	✓
Platter L	GLUTEN ✓	✓	✓	✓						✓	✓			
Menu duo	GLUTEN ✓	✓	✓	✓						✓	✓			
Menu duo salmon	GLUTEN ✓		✓	✓						✓	✓		✓	✓
Salmon deluxe	GLUTEN ✓			✓						✓	✓			
Vegan nights								ALMOND ✓		✓	✓		✓	
Vegan delights	GLUTEN ✓									✓	✓		✓	
Sushi & me				✓		✓					MC			
Sushi & you	GLUTEN ✓	✓	✓	✓		✓				✓	✓		✓	✓
Osaka	GLUTEN ✓	✓	✓	✓						✓	✓			
Tokyo	GLUTEN ✓	✓	✓	✓						✓	✓		✓	✓
Nagoya	GLUTEN ✓		✓	✓						✓	✓		✓	✓

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Vegan daily											✓			
Umami mate	GLUTEN ✓									✓	✓			
SASHIMI											MC			
Salmon sashimi				✓							MC			
Salmon tuna sashimi duo				✓							MC			
Plenty of fish in the sea	GLUTEN ✓			✓						✓	MC			
Salmon festival				✓						✓	MC			
Tuna tataki	GLUTEN ✓			✓						✓	✓			
Cured mackerel sashimi	GLUTEN ✓			✓						✓	✓			
Hiramasa Mexican wave	GLUTEN ✓			✓						✓	✓			
CALIFORNIA ROLLS											MC			
Salmon pure California roll				✓							✓			
Hiramasa pesto California roll				✓				ALMOND ✓			✓			
Devon crab California roll		✓	✓							✓	✓		✓	✓
Vegetarian California roll											✓			
Shiitake California roll	GLUTEN ✓									✓	✓			
Spicy California roll	GLUTEN ✓	✓	✓	✓						✓	✓		✓	✓
Spicy salmon California roll	GLUTEN ✓		✓	✓						✓	✓		✓	✓
Spicy tuna California roll	GLUTEN ✓		✓	✓						✓	✓		✓	✓
Spicy veggie California roll										✓	✓		✓	
DRAGON ROLLS											MC			
Wakame dragon roll surimi	GLUTEN ✓	✓	✓	✓						✓	✓		✓	✓

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Wakame salmon roll	GLUTEN ✓		✓	✓						✓	✓		✓	✓
Spicy dragon roll	GLUTEN ✓		✓	✓						✓	✓		✓	✓
Spicy tuna salmon futo-maki	GLUTEN ✓		✓	✓						✓	✓		✓	✓
Ebi fry dragon roll	GLUTEN ✓	✓	✓	✓						✓	MC		✓	✓
Miso hiramasa dragon roll				✓				ALMOND ✓		✓	MC			
Fiery goddess dragon roll										✓	MC		✓	
Robata dragon roll	GLUTEN ✓		✓	✓						✓	✓		✓	✓
CRUNCH ROLLS											MC			
Crunch Cali roll	GLUTEN ✓	✓	✓	✓						✓	MC		✓	✓
Crunch salmon roll	GLUTEN ✓		✓	✓						✓	MC		✓	✓
Crunch tempura roll	GLUTEN ✓	✓	✓							✓	MC		✓	✓
Crunch veggie roll	GLUTEN ✓		✓							✓	MC		✓	✓
Spicy salmon crunch	GLUTEN ✓		✓	✓						✓	✓		✓	✓
Spicy tuna crunch	GLUTEN ✓		✓	✓						✓	✓		✓	✓
PLATTERS											MC			
Flower set			✓	✓		✓				✓	✓		✓	✓
Sakura sunset	GLUTEN ✓	✓	✓	✓		✓				✓	✓		✓	✓
Happy party mix	GLUTEN ✓	✓	✓	✓		✓				✓	✓		✓	✓
Sushi fusion Lover	GLUTEN ✓	✓	✓	✓		✓				✓	✓		✓	✓
Classic Platter 2XL				✓							✓			
Classic Platter 3XL		✓		✓							✓			
Sushi & friends	GLUTEN ✓	✓	✓	✓		✓				✓	✓		✓	✓

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BOWLS											MC			
Fish donburi	GLUTEN ✓		✓	✓						✓	✓		✓	✓
Miso salmon donburi				✓						✓	MC			
Seared salmon donburi	GLUTEN ✓			✓						✓	MC			
Tuna don	GLUTEN ✓		✓	✓				ALMOND ✓		✓	✓		✓	✓
Chirashi sushi	GLUTEN ✓	✓		✓						✓	MC		✓	
Vegan poke	GLUTEN ✓							ALMOND ✓		✓	✓			
Miso marinated tofu poke										✓	✓			
Miso quail eggs poke			✓							✓	✓			
Salmon poke				✓						✓	✓			
Tuna poke				✓						✓	✓			
Spicy robata poke	WHEAT ✓ GLUTEN ✓			✓						✓	✓			
HOT FOOD											MC			
Chicken yakisoba	WHEAT ✓ GLUTEN ✓									✓	MC			
Veggie yakisoba	WHEAT ✓ GLUTEN ✓									✓	✓			
Scallop yakisoba	WHEAT ✓ GLUTEN ✓						✓			✓	✓			
Mackerel yakisoba	WHEAT ✓ GLUTEN ✓			✓						✓	MC			
Chicken katsu curry	WHEAT ✓ GLUTEN ✓		✓	✓						✓	MC			
Tofu katsu curry	WHEAT ✓ GLUTEN ✓		✓							✓	✓			
Chicken teriyaki don	WHEAT ✓ GLUTEN ✓									✓	✓			
Tofu teriyaki don	WHEAT ✓ GLUTEN ✓									✓	✓			
Chicken gyoza	WHEAT ✓ GLUTEN ✓									✓	✓			

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Vegetarian gyoza	WHEAT ✓ GLUTEN ✓									✓	✓			
Chicken negima	GLUTEN ✓									✓	✓			
Chicken tsukune	GLUTEN ✓									✓	✓			
Udon soup with ebi fry	GLUTEN ✓	✓		✓						✓	✓			
Udon soup with crispy tofu	GLUTEN ✓									✓	MC			
Classic miso										✓	MC			
Miso detox soup										✓	MC			
Kimchee salmon miso	GLUTEN ✓			✓						✓	MC			
Miso tofu don										✓	✓			
Salmon teriyaki don	WHEAT ✓ GLUTEN ✓			✓						✓	✓			
Miso cod don				✓						✓	✓			
Miso salmon don				✓						✓	✓			
Salmon yakisoba	WHEAT ✓ GLUTEN ✓			✓						✓	MC			
BREAKFAST											MC			
Classic porridge	OATS ✓ RYE ✓ GLUTEN ✓										MC			
Quinoa brownrice porridge	OATS ✓ RYE ✓ GLUTEN ✓										MC			
Okayu smoked mackerel	GLUTEN ✓			✓						✓	✓			
Okonomiyaki breakfast	WHEAT ✓ GLUTEN ✓		✓	✓						✓	MC		✓	✓
Buckwheat pancakes	BUCKWHEAT ✓ RYE ✓ WHEAT ✓ GLUTEN ✓		✓			✓					MC			
Yogurt chia berry compote granola	RYE ✓ GLUTEN ✓					✓					MC			
Fresh seasonal fruit											MC			

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SNACKS & DESSERTS											MC			
Rye brownie sea salt	RYE ✓ GLUTEN ✓		✓			✓				✓	MC			
Blondie matcha caramel	FLOUR ✓ GLUTEN ✓		✓			✓				✓	MC			
Yuzu polenta cake			✓			✓		ALMONDS ✓			MC			
Mochi ice cream: Green tea						✓				✓	MC			
Mochi ice cream: Mango						✓				✓	MC			
Mochi ice cream: Coconut						✓				✓	MC			
Mochi ice cream: Yuzu	WHEAT ✓ GLUTEN ✓					✓				✓	MC			
Mochi ice cream: Vanilla						✓				✓	MC			
Mochi ice cream: Hazelnut						✓		✓		✓	MC			
Mochi ice cream: Black espresso						✓				✓	MC			
Mochi ice cream: Vegan chocolate										✓	MC			
Mochi ice cream: Strawberry and cream						✓				✓	MC			
Seweed Crisps - Honey & corn	WHEAT ✓ GLUTEN ✓		MC			✓				✓	✓			
Seweed Crisps - BBQ	MC		MC			✓				MC	✓			
Seweed Crisps - Hot spicy	WHEAT ✓ GLUTEN ✓		MC			✓				✓	✓			
Seweed Crisps - Original	MC		MC			MC				MC	✓			
Crispy Nori Snack - Original		MC									MC		MC	
Roasted Edamame								MC	MC	✓	MC			
Chilli Rice Crackers	WHEAT ✓ GLUTEN ✓							MC	MC	✓	MC			
Wasabi Peas								MC	MC		MC			
POTS & SIDES														

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Seasonal vegetable salad											✓		✓	
Green soba noodle salad	GLUTEN ✓							ALMONDS ✓			MC		✓	
Edamame lime & sea salt										✓	MC			
Edamame chilli	GLUTEN ✓			✓						✓	MC			
Edamame miso										✓	MC			
Seaweed salad										✓	✓		✓	
Seasonal slaw										✓	✓		✓	
Seasonal vegetable pesto								ALMONDS ✓			MC			
Seasonal vegetable goma	GLUTEN ✓									✓	✓			
Spinach goma	GLUTEN ✓									✓	✓			
Miso quail eggs & egg			✓							✓	✓			
Roasted tofu & watermelon								ALMONDS ✓		✓	MC			
Mini pickles										✓	MC			
Mini kimkraut	GLUTEN ✓			✓						✓	MC			
Mini wakame salad											✓			
Mini miso egg pot			✓							✓	✓			
POWER SMOOTHIES											MC			
Turmeric Tiger	OATS ✓ GLUTEN ✓										MC			
Oaty Bear	OATS ✓ GLUTEN ✓							ALMONDS ✓			MC			
Go Go Berries						✓					MC			
Miso Blue										✓	MC			
COLD DRINKS														

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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														
Belu Sparkling Water														
Rebel Kitchen Coconut Water														
Dash Water Cucumbers														
Dash Water Raspberries														
Dash Water Lemons														
Ramune														
HOT DRINKS														
English Breakfast														
Jade green tips														
Jasmin pearl														
Triple mint														
Lemongrass & ginger														
Berry & hibiscus														
Espresso														

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Double espresso														
Macchiato						✓								
Flat white						✓								
Latte						✓								
Cappuccino						✓								
Matcha latte						✓								
Turmeric latte						✓								
Oat Milk	OATS ✓ GLUTEN ✓													
Soy Milk										✓				
Cows Milk						✓								
WINES														
Trimbach Pinot Blanc 375ml														✓
Sauvignon Semillon 750ml														✓
Rioja Crianza 375ml														✓
Madfish, Pinot Noir 750ml														✓
SPARKLINGS														
Prosecco DOCG 375ml														✓
Sparkling Tea Blue 750ml														✓
Sparkling Tea Green 750ml														✓
BEERS														
Sapporo 330ml	BARLEY ✓ GLUTEN ✓													
Asahi 330ml	BARLEY ✓ GLUTEN ✓													

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Sapporo lager 500ml	BARLEY ✓ GLUTEN ✓													
Asahi 350ml	BARLEY ✓ GLUTEN ✓													
SAKE														
Homare Junmai Aladdin 300ml														
Homare Junmai Yuzu Aladdin 300ml														
Sake hakushika ginjo nama 300ml														
Sake hakushika ginjo nama 180ml														
Kizakura torori umeshu sake 500ml														
Hakushika junmai taru sake 300ml														
Kizakura nigori sake 300ml														
SAUCE & CONDIMENTS														
Soy sauce	GLUTEN ✓									✓				
Ginger														
Wasabi													✓	
Chia berry compote											MC			
Fresh herbs pot											MC			
Sriracha											MC			
Bonito flakes				✓							MC			
Agave syrup											MC			
Teriyaki sauce home made	GLUTEN ✓									✓	MC			
Kikkoman ginger teriyaki sauce	WHEAT ✓ GLUTEN ✓									✓	MC			✓
Kikkoman ponzu sauce	WHEAT ✓ GLUTEN ✓									✓	MC			

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Kimchee sauce	WHEAT ✓ GLUTEN ✓			✓						✓	MC			
Yuzu dressing											MC		✓	
Yuzu miso dressing										✓	MC			
Konbu dressing											✓		✓	
Goma sauce dressing	GLUTEN ✓									✓	✓			

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