



ALLERGENS INFORMATION

VERSION 2 28 FEBRUARY 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														
Salmon nigiri				✓										
Salmon tuna nigiri duo				✓										
Menu 2				✓							✓			
Menu 3	GLUTEN ✓	✓	✓	✓						✓	✓			
Menu 4		✓	✓	✓		✓								
Combo 1	GLUTEN ✓	✓	✓	✓						✓				
Combo 2	GLUTEN ✓	✓	✓	✓		✓				✓				
Combo 3	GLUTEN ✓	✓	✓	✓		✓				✓	✓			
Combo 4 green				✓						✓				
Platter L	GLUTEN ✓	✓	✓	✓						✓	✓			
Menu duo	GLUTEN ✓	✓	✓	✓						✓	✓			
Menu duo salmon	GLUTEN ✓		✓	✓						✓	✓			
Salmon deluxe				✓							✓			
Vegan nights								ALMOND ✓		✓	✓		✓	
Vegan delights										✓	✓		✓	
Sushi & me				✓		✓								
Sushi & you	GLUTEN ✓	✓	✓	✓		✓				✓	✓			
Sushi & friends	GLUTEN ✓	✓	✓	✓		✓				✓	✓			
SASHIMI														
Salmon sashimi				✓										

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Salmon tuna sashimi duo				✓										
Plenty of fish in the sea	GLUTEN ✓			✓						✓				
Salmon festival				✓						✓				
Tuna tataki				✓						✓	✓			
Cured mackerel sashimi	GLUTEN ✓			✓						✓	✓			
Hiramasa Mexican wave	GLUTEN ✓			✓						✓	✓			
CALIFORNIA ROLLS														
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														
Wakame dragon roll surimi	GLUTEN ✓	✓	✓	✓						✓	✓			
Wakame salmon roll	GLUTEN ✓		✓	✓						✓	✓			
Spicy dragon roll	GLUTEN ✓		✓	✓		✓				✓	✓		✓	
Spicy tuna salmon dragon roll	GLUTEN ✓		✓	✓		✓				✓	✓		✓	

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Ebi fry dragon roll	GLUTEN ✓	✓	✓	✓										
Miso hiramasa dragon roll				✓				ALMOND ✓		✓				
Fiery goddess dragon roll										✓	✓		✓	
Robata dragon roll	GLUTEN ✓		✓	✓						✓	✓			
CRUNCH ROLLS														
Crunch Cali roll	GLUTEN ✓	✓	✓	✓						✓				
Crunch salmon roll	GLUTEN ✓		✓	✓						✓				
Crunch tempura roll	GLUTEN ✓	✓	✓							✓				
Crunch veggie roll	GLUTEN ✓		✓							✓			✓	
Spicy salmon crunch	GLUTEN ✓		✓	✓		✓				✓	✓		✓	
PLATTERS														
Flower set			✓	✓		✓					✓			
Sakura sunset	GLUTEN ✓		✓	✓		✓				✓	✓			
Sushi fusion	GLUTEN ✓	✓	✓	✓		✓				✓	✓			
Classic Platter 2XL				✓							✓			
Classic Platter 3XL		✓		✓							✓			
Sushi & friends	GLUTEN ✓	✓	✓	✓		✓				✓	✓			
BOWLS														
Fish donburi			✓	✓				✓		✓	✓			
Fish donburi brown/quinoa			✓	✓				✓		✓	✓			
Miso salmon donburi				✓				ALMOND ✓		✓				

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Seared salmon donburi	GLUTEN ✓			✓						✓	✓			
Tuna don	GLUTEN ✓		✓	✓		✓				✓	✓		✓	
Chirashi sushi	GLUTEN ✓	✓		✓						✓			✓	
Vegan poke								ALMOND						
Miso marinated tofu poke										✓	✓			
Miso quail eggs poke			✓							✓				
Salmon poke				✓						✓	✓			
Tuna poke				✓						✓	✓			
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 ✓									✓	✓			

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

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Almond croissant	GLUTEN ✓		✓			✓		ALMONDS ✓						
Pain au chocolat	GLUTEN ✓		✓			✓				✓				
SNACKS & DESSERTS														
Granola bar	OATS ✓ GLUTEN ✓							ALMONDS ✓	✓					
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 ✓		✓			✓								
Bread & Butter Pudding	FLOUR ✓ GLUTEN ✓		✓			✓		ALMONDS ✓		✓				
TREK Berry Burst										✓				
TREK Cocoa Chaos								CASHEWS ✓		✓				
TREK Protein Flapjack										✓				
TREK Banana Blast										✓				
Seweed Crisps - Honey & corn						✓				✓	✓			✓
Seweed Crisps - BBQ						✓					✓			✓
Seweed Crisps - Hot spicy						✓				✓	✓			✓
Clearspring Brown rice crackers black sesame & tamari										✓	✓			
Clearspring Brown rice crackers whole sesame & tamari										✓	✓			
Japanese Rice Cracker Mix	WHEAT ✓ GLUTEN ✓									✓				
POTS & SIDES														

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Seasonal vegetable salad											✓		✓	
Green soba noodle salad	GLUTEN ✓							ALMONDS ✓					✓	
Edamame lime & sea salt										✓				
Edamame chilli	GLUTEN ✓			✓						✓				
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 ✓		✓				
POWER SMOOTHIES														
Turmeric Tiger	OATS ✓ GLUTEN ✓													
Magic Green Tomato														
Oaty Bear	OATS ✓ GLUTEN ✓							ALMONDS ✓						
Go Go Berries						✓								
Miso Blue										✓				
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														
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						✓								
SAUCE & CONDIMENTS														
Ginger														
Wasabi													✓	
Chia berry compote														
Rhubarb miso compote										✓				
Fresh herbs pot														
Sriracha														
Bonito flakes				✓										
Agave syrup														
teriyaki sauce	GLUTEN ✓									✓				
ponzu sauce										✓	✓			