



ALLERGENS INFORMATION

VERSION 8 28 JUNE 2019

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

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Vegan daily											✓			
Umami mate	GLUTEN ✓									✓	✓			
SASHIMI											CC			
Salmon sashimi				✓							CC			
Salmon tuna sashimi duo				✓							CC			
Plenty of fish in the sea	GLUTEN ✓			✓						✓	CC			
Salmon festival				✓						✓	CC			
Tuna tataki	GLUTEN ✓			✓						✓	✓			
Cured mackerel sashimi	GLUTEN ✓			✓						✓	✓			
Hiramasa Mexican wave	GLUTEN ✓			✓						✓	✓			
CALIFORNIA ROLLS											CC			
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											CC			
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 ✓	✓	✓	✓						✓	CC			
Miso hiramasa dragon roll				✓				ALMOND ✓		✓	CC			
Fiery goddess dragon roll										✓	CC		✓	
Robata dragon roll	GLUTEN ✓		✓	✓						✓	✓			
CRUNCH ROLLS											CC			
Crunch Cali roll	GLUTEN ✓	✓	✓	✓						✓	CC			
Crunch salmon roll	GLUTEN ✓		✓	✓						✓	CC			
Crunch tempura roll	GLUTEN ✓	✓	✓							✓	CC			
Crunch veggie roll	GLUTEN ✓		✓							✓	CC			
Spicy salmon crunch	GLUTEN ✓		✓	✓						✓	✓			
Spicy tuna crunch	GLUTEN ✓		✓	✓						✓	✓			
PLATTERS											CC			
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											CC			
Fish donburi	GLUTEN ✓		✓	✓						✓	✓			
Miso salmon donburi				✓						✓	CC			
Seared salmon donburi	GLUTEN ✓			✓						✓	CC			
Tuna don	GLUTEN ✓		✓	✓				ALMOND ✓		✓	✓			
Chirashi sushi	GLUTEN ✓	✓		✓						✓	CC		✓	
Vegan poke	GLUTEN ✓							ALMOND ✓		✓	✓			
Miso marinated tofu poke										✓	✓			
Miso quail eggs poke			✓							✓	✓			
Salmon poke				✓						✓	✓			
Tuna poke				✓						✓	✓			
Spicy robata poke	WHEAT ✓ GLUTEN ✓			✓						✓	✓			
HOT FOOD											CC			
Chicken yakisoba	WHEAT ✓ GLUTEN ✓									✓	CC			
Veggie yakisoba	WHEAT ✓ GLUTEN ✓									✓	✓			
Scallop yakisoba	WHEAT ✓ GLUTEN ✓						✓			✓	✓			
Mackerel yakisoba	WHEAT ✓ GLUTEN ✓			✓						✓	CC			
Chicken katsu curry	WHEAT ✓ GLUTEN ✓		✓	✓						✓	CC			
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 ✓									✓	CC			
Classic miso										✓	CC			
Miso detox soup										✓	CC			
Kimchee salmon miso	GLUTEN ✓			✓						✓	CC			
Miso tofu don										✓	✓			
Salmon teriyaki don	WHEAT ✓ GLUTEN ✓			✓						✓	✓			
Miso cod don				✓						✓	✓			
Miso salmon don				✓						✓	✓			
Salmon yakisoba	WHEAT ✓ GLUTEN ✓			✓						✓	CC			
BREAKFAST											CC			
Classic porridge	OATS ✓ RYE ✓ GLUTEN ✓										CC			
Quinoa brownrice porridge	OATS ✓ RYE ✓ GLUTEN ✓										CC			
Okayu smoked mackerel	GLUTEN ✓			✓						✓	✓			
Okonomiyaki breakfast	WHEAT ✓ GLUTEN ✓		✓	✓						✓	CC			
Buckwheat pancakes	BUCKWHEAT ✓ RYE ✓ WHEAT ✓ GLUTEN ✓		✓			✓					CC			
Yogurt chia berry compote granola	RYE ✓ GLUTEN ✓					✓					CC			
Fresh seasonal fruit											CC			

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SNACKS & DESSERTS											CC			
Rye brownie sea salt	RYE ✓ GLUTEN ✓		✓			✓				✓	CC			
Blondie matcha caramel	FLOUR ✓ GLUTEN ✓		✓			✓				✓	CC			
Yuzu polenta cake			✓			✓		ALMONDS ✓			CC			
Mochi ice cream: Green tea						✓				✓	CC			
Mochi ice cream: Mango						✓				✓	CC			
Mochi ice cream: Coconut						✓				✓	CC			
Mochi ice cream: Yuzu	WHEAT ✓ GLUTEN ✓					✓				✓	CC			
Mochi ice cream: Vanilla						✓				✓	CC			
Mochi ice cream: Hazelnut						✓		✓		✓	CC			
Mochi ice cream: Black espresso						✓				✓	CC			
Mochi ice cream: Vegan chocolate										✓	CC			
Mochi ice cream: Strawberry and cream						✓				✓	CC			
Seweed Crisps - Honey & corn	WHEAT ✓ GLUTEN ✓		CC			✓				✓	✓			
Seweed Crisps - BBQ	CC		CC			✓				CC	✓			
Seweed Crisps - Hot spicy	WHEAT ✓ GLUTEN ✓		CC			✓				✓	✓			
Seweed Crisps - Original	CC		CC			CC				CC	✓			
POTS & SIDES														
Seasonal vegetable salad											✓		✓	
Green soba noodle salad	GLUTEN ✓							ALMONDS ✓			CC		✓	
Edamame lime & sea salt										✓	CC			
Edamame chilli	GLUTEN ✓			✓						✓	CC			

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Edamame miso										✓	CC			
Seaweed salad										✓	✓		✓	
Seasonal slaw										✓	✓		✓	
Seasonal vegetable pesto								ALMONDS ✓			CC			
Seasonal vegetable goma	GLUTEN ✓									✓	✓			
Spinach goma	GLUTEN ✓									✓	✓			
Miso quail eggs & egg			✓							✓	✓			
Roasted tofu & watermelon								ALMONDS ✓		✓	CC			
Mini pickles										✓	CC			
Mini kimkraut	GLUTEN ✓			✓						✓	CC			
Mini wakame salad											✓			
Mini miso egg pot			✓							✓	✓			
POWER SMOOTHIES											CC			
Turmeric Tiger	OATS ✓ GLUTEN ✓										CC			
Oaty Bear	OATS ✓ GLUTEN ✓							ALMONDS ✓			CC			
Go Go Berries						✓					CC			
Miso Blue										✓	CC			
COLD DRINKS														
Coca cola														
Coca cola Zero														
San Pellegrino Orange														
San Pellegrino Lemon														

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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														
Double espresso														
Macchiato						✓								
Flat white						✓								
Latte						✓								

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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 ✓													
Sapporo lager 500ml	BARLEY ✓ GLUTEN ✓													
Asahi 350ml	BARLEY ✓ GLUTEN ✓													
SAKE														
Homare Junmai Aladdin 300ml														

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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											CC			
Fresh herbs pot											CC			
Sriracha											CC			
Bonito flakes				✓							CC			
Agave syrup											CC			
Teriyaki sauce home made	GLUTEN ✓									✓	CC			
Kikkoman ginger teriyaki sauce	WHEAT ✓ GLUTEN ✓									✓	CC			✓
Kikkoman ponzu sauce	WHEAT ✓ GLUTEN ✓									✓	CC			
Kimchee sauce	WHEAT ✓ GLUTEN ✓			✓						✓	CC			
Yuzu dressing											CC		✓	
Yuzu miso dressing										✓	CC			
Konbu dressing											✓		✓	

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Goma sauce dressing	GLUTEN ✓									✓	✓			