

MISO HUNGRY

Sushi Rolls			
Menu Item	Ingredients	ALLERGENS	Statement GF / VEGAN / VEGETARIAN
Chicken Avocado Roll	MAYONNAISE* (VEGETABLE OIL (RAPESEED, SOYBEAN , CORN), WATER, GLUCOSE SYRUP, EGG (EGG, EGG YOLKI, VINEGAR, SALT, FLAVOUR ENHANCER (6211, CONCENTRATED LEMON JUICE, SPICE EXTRACT LEAF MUSTARDI)), SEAWEED (Porphyra Yezoensis), avocado, chciken breast, panko bread crumb (WHEAT FLOUR , SHORTENING(PALM OIL)) SALT, YEAST, SUGAR)	Egg, Soybean, Wheat	Nil
Spicy Chicken Roll	Nori , sushi rice , chilli mayo (sub) (Sesame, Crustacean (shrimp, crab), egg, soy) , cucumber, sfriracha sauce (SULPHITE (SODIUM BISULFITE), crispy chicken (sub) (Wheat, Gluten, Soy) , sichimi pepper (Sesame, Crustacean (Shrimp, Crab))	Sesame, Crustacean (shrimp, crab), egg, soy, Wheat, Gluten, Sulphite	Nil
Karaage Chicken Roll	SEAWEED (Porphyra Yezoensis); sushi rice (HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt); mayonnaise (VEGETABLE OIL (RAPESEED, SOYBEAN , CORN), WATER, GLUCOSE SYRUP, EGG (EGG, EGG YOLKI , VINEGAR, SALT, FLAVOUR ENHANCER (6211, CONCENTRATED LEMON JUICE, SPICE EXTRACT LEAF MUSTARDI)); karaage chicken (Sub) (Wheat, Gluten, Soy, Mollusc (Oyster))	Soy, Egg, Mollusc (Oyster), wheat, gluten	Nil
Fresh Salmon Avo Roll	HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt); atlantic salmon ; avocado; nori	Fish	GF*
Prawn Avocado Roll	VEGETABLE OIL (RAPESEED, SOYBEAN , CORN), WATER, GLUCOSE SYRUP, EGG (EGG, EGG YOLKI , VINEGAR, SALT, FLAVOUR ENHANCER (6211, CONCENTRATED LEMON JUICE, SPICE EXTRACT LEAF MUSTARDI)); SEAWEED (Porphyra Yezoensis); sushi rice (HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt); avocado; Sishi Ebi (FARM-RAISED PRAWN, SALT)	Egg, Soy, Crustacea	GF*
Honey Chilli Chicken Roll	SEAWEED (Porphyra Yezoensis); sushi rice (HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt); KARAAGE CHICKEN (Chicken maryland; BIRK AMIDON Katakuriko 25kg Potato Starch Polish; CHICKEN POWDER (Iodised salt, sugar, flavour enhancers (621,635), tapioca flour, garlic powder, fried garlic, vegetable oils, soy sauce powder (contains wheat derivative), hydrolysed plant protein, spice, maltodextrin (from maize), chicken, acidity regulator (331), licoric root extract) ; white pepper; onion powder; plain flour; Salt & black pepper powder; Garlic paste (Vegetable oil (Blended Vegetable Oil, Antioxidant (307b), Antifoam (900a)), garlic); BBQ sauce (Sugar, Tomatoes 44% (from Poste, Food Acid (Citric), Rice Flour, Food Acids (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel (1506h, Thickenner (Pectin), Onion 0.5%, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Veast Exiuct; oyster sauce (Water, Sugar, Oyster Extract (11%) Oysters Mollusc Water salt) Salt, Modified starch 1442 Flavour Enhancer (621), Wheat Flour, Colour (150a)); mirin; sake; Shoyu Soy sauce (Water, Soybeans (15%), Wheat, Salt, Gluten. Contains Soy and Wheat (Gluten). Contains 3.8% alcohol v/v.)); HONEY CHILLI SAUCE (mirin, brown onion; Concentrated Tomatoes (Contains 166g of Tomatoes per 100mL), Sugar, Salt, Food Acid (260), Natural Flavours. Contains 78% Concentrated Tomatoes; Sugar, Water, Red Chili (198%), Garlic, Salt, Thickenner (1422), Acidity Regulator (260); water, mustard seeds, sugar salt, food acid (acetic), turmeric, spice extracts, garlic extract. Manufactured on equipment that processed peanuts.; 100% pure honey	Wheat, Gluten, Soy, Oyster; May contain peanuts	Nil
Tuna Avocado Roll	SEAWEED (Porphyra Yezoensis); sushi rice (HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt); avocado; brown onion; sugar; sea salt; MAYONNAISE (VEGETABLE OIL (RAPESEED, SOYBEAN , CORN), WATER, GLUCOSE SYRUP, EGG (EGG, EGG YOLKI, VINEGAR, SALT, FLAVOUR ENHANCER (6211, CONCENTRATED LEMON JUICE, SPICE EXTRACT LEAF MUSTARDI)); TUNA (INGREDIENTS: SKIPIACK TUNA,SALT, VEGETABLE EXTRACT/YELLOW PEA EXTRACT,CARROT EXTRACT), WATER.< CONTAINS FISH >	Egg, Soy, fish	GF*
Tuna Cucumber Roll	SEAWEED (Porphyra Yezoensis); sushi rice (HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt); cucumber; brown onion; sugar; sea salt; MAYONNAISE (VEGETABLE OIL (RAPESEED, SOYBEAN , CORN), WATER, GLUCOSE SYRUP, EGG (EGG, EGG YOLKI, VINEGAR, SALT, FLAVOUR ENHANCER (6211, CONCENTRATED LEMON JUICE, SPICE EXTRACT LEAF MUSTARDI)); TUNA (INGREDIENTS: SKIPIACK TUNA,SALT, VEGETABLE EXTRACT/YELLOW PEA EXTRACT,CARROT EXTRACT), WATER.< CONTAINS FISH >	Egg, Soy, fish	GF*
Tempura Prawn Roll	SEAWEED (Porphyra Yezoensis); sushi rice (HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt); CHILLI MAYO (AJICO Mayonnaise (VEGETABLE OIL (RAPESEED, SOYBEAN , CORN), WATER, GLUCOSE SYRUP, EGG (EGG, EGG YOLKI, VINEGAR, SALT, FLAVOUR ENHANCER (6211, CONCENTRATED LEMON JUICE, SPICE EXTRACT LEAF MUSTARDI)); SHICHIMI PEPPER 7 SPICE (CHILLI (38%), DRIED TANGERINE PEEL, ROASTED BLACK SESAME , ROASTED WHITE SESAME , GREEN SEAWEED, GINGER, JAPANESE PEPPER <CONTAINS SESAME AND CRUSTACEAN (SHRIMP , CRAB))); FROZEN BREADED PRAWN (VANNAMEI SHRIMP (40%)(VANNAMEI SHRIMP, SALT, SUGAR), BREAD CRUMBS(WHEAT FLOUR,SHORTENING(PALM OIL), SUGAR, SALT, YEAST, YEAST FOOD(CALCIUMCARBONATE (170), CALCIUM SULPHTE(516), ASCORBIC ACID (300), CORNSTARCH,DEXTROSE, WHEAT GLUTEN , COLOUR(160(c)), SUNFLOWER OIL)) BATTER MIX(WHEAT FLOUR, THICKENER(412),SUGAR,SALT,CORN FLOUR, FLAVOUR ENHANCER(621, 631,627)), MODIFIED STARCH(1420),CALCIUM CARBONATE (170). CONTAINS: CRUSTACEAN, WHEAT, GLUTEN)	Sesame, Crustacean (shrimp, crab), egg, soy, wheat, gluten	Nil
Fresh Vege Roll	SEAWEED (Porphyra Yezoensis); sushi rice (HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt); lettuce; cucumber; avocado; yellow pickled raddish (Raddish, high fructose corn syrup, salt, fermented seasoning (ethyl alcohol, cooking rice wine), sugar, falvour enhancer (621), spirit vinegar (ethyl alcohol), antioxidant 301, acidity regulator (270, 330), preservative 202, colour (102), rice bran); pickled carrot (Carrot, sea salt, sugar, sushi vinegar)	Contains alcohol	GF*, Vegan, Vegetarian
Egg Roll	SEAWEED (Porphyra Yezoensis); sushi rice (HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt);MAYONNAISE (VEGETABLE OIL (RAPESEED, SOYBEAN , CORN), WATER, GLUCOSE SYRUP, EGG (EGG, EGG YOLKI, VINEGAR, SALT, FLAVOUR ENHANCER (6211, CONCENTRATED LEMON JUICE, SPICE EXTRACT LEAF MUSTARDI)); lettuce	Egg, Soy, wheat, gluten, fish. <MAY CONTAIN CRUSTACEAN, TREE NUTS, SULPHITES, LUPIN AND MOLLUSC>	Nil
Mushroom Avo Roll	SEAWEED (Porphyra Yezoensis); sushi rice (HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt); avocado; mushroom (SUGAR, WATER, DRIED SHITAKE MUSHROOM SOY SAUCE (WATER, SOY , SALT, WHEAT , SALT, KELP (LAMINARIA JAPONICA), VINEGAR. <CONTANS SOY, WHEAT, GLUTEN>	Soy, Wheat, Gluten	Vegetarian, Vegan
Plain Avocado Roll	SEAWEED (Porphyra Yezoensis); sushi rice (HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt); avocado	N/A	GF* , Vegetarian, Vegan
Tempura Vegi Roll	SEAWEED (Porphyra Yezoensis); sushi rice (HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt); Onion. Batter Mix (Wheat Flour, Corn Starch, Baking (Sodium Bicarbonate (E500(1)), Sodium Acid Pyrophosphate (E450(J)), Monocalcium Phosphate (E341 (I))), Salt, Glucose (Tapioca), Carotene Color (E160a(ff)), Riboflavin). Carrot, Kale, Soybean Oil . Contains: Wheat (Gluten), Soy	Wheat, Gluten, Soy	Vegetarian, Vegan

Spicy Tuna Roll	SEAWEED (Porphyra Yezoensis); sushi rice (HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt); cucumber; SPICY TUNA SAUCE (White sugar, sichimi pepper (CHILLI (38%), DRIED TANGERINE PEEL, ROASTED BLACK SESAME, ROASTED WHITE SESAME, GREEN SEAWEED, GINGER, JAPANESE PEPPER.); BOILED SOY SAUCE (Apple, carrot, brown onion , celery, cinnamon sticks, black pepper, ginger, garlic, orange ; soy sauce (Shoyu) (Water, Soybeans (15%), Wheat, Salt, Gluten. Contains Soy and Wheat (Gluten).Contains 3.8% alcohol v/v.)); Mirin (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup.); Sriracha (INGREDIENTS: Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfite as preservatives, Xanthan Gum) (Contains Sulphite); sesame seed; sesame oil; teriyaki sauce (Water, Sugar, Naturally Brewed Soy Sauce (Water, Soybeans, Rice, Salt), Thickener (1442), Colour (150a), Salt, Vinegar, Flavour Enhancers (621, 635), Vegetable Gum (415), Preservative (211)) ; SMOKED TUNA (TUNA (THUNNUS SPP., FISH), ADOURLESS FLAVOURLESS SMOKE), sichimi pepper (Sesame, Crustacean (Shrimp, Crab))	Sesame, Crustacean (shrimp, crab), fish, soy, wheat, gluten	Nil
California Roll	Nori (SEAWEED (Porphyra Yezoensis)); sushi rice (HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt); cucumber; avocado; SEAFOOD STICK (KIBUN Kanikama) (White Fish Meat (Lizardfish, Threadfin bream) (47%),Water, Modified Tapioca Starch (1420, 1414), Sugar, Sorbitol (420), Salt, Sweet Flavouring, Soybean Oil, Flavour Enhancer (621), Calcium Carbonate (170), Egg Whole, Crab Flavour (Fish) , Carmine Color (120), Ribonucleotide (635), Paprika Color (160c). (Allergen Contain: Fish, Egg, Soy))	Fish, egg, soy	GF*
Crab Salad Roll	SEAWEED (Porphyra Yezoensis); sushi rice (HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt); cucumber; CRAB SALAD (Fish, Crustacean, Mollusc, Soy, Wheat, Gluten, Egg <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN>	Nil
Lobster Salad Roll	SEAWEED (Porphyra Yezoensis); sushi rice (HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt); cucumber; Lobster Salad Mix (Squid (Dosidicus gigas), Crawfish (Procambarus clarkii) 22%, Soybean Oil, Water, Sugar, Fish Roe, Sweetener (E420 Stabilizer (E415), Modified Starch (E1422, E1450), Thickener (Tamarind Gum), Soy Protein, Whey Protein, Rice Vinegar, Salt, Flavour Enhancer (E627, E631), Acidity Regulator (E270), Emulsifier (E471, E452), Lactose, Fine Parsley, Moso Bamboo Extracts (Phyllostachys edulis), Pepper Powder, Colours (E102, E110, E120, E129, Eli/ Contains: Fish, Crustacean, Milk, Mollusc, Soy.	Fish, Crustacean, Milk, Mollusc, Soy	Gluten Free
Chilli Mayo Calamari Roll	Nori, sushi rice (sub), chilli mayo (sub) (Sesame, Crustacean (shrimp, crab), egg, soy), lettuce, Ika Mimi Karaage Frozen Squid Karaage (Mollusc, wheat, gluten, soy)	Sesame, Mollusc, Crustacean (shrimp, crab), egg, soy, wheat, gluten,	Nil
Teriyaki Beef Roll	Nori, lettuce, sushi rice, cucumber, cooked beef	Soy, wheat, gluten, sesame	Nil
Teriyaki Salmon Roll	Nori, sushi rice , cucumber, teriyaki salmon	Fish, Soy	GF*
Seaweed Roll	Nori, Shushi rice, Seasoned seaweed (Sesame), Inari (Soy)	Sesame, soy	GF* , Vegetarian, Vegan
Tofu Roll	Nori, Sushi rice, Inari (Soy) Cucumber	Soy	GF* , Vegetarian, Vegan
Spicy Salmon Roll	Nori, Sushi rice, lettuce, chili mayo (Sesame, Crustacean (shrimp, crab), egg, soy) , spicy salmon (Updated recipe) (Fish, Soy, Sesame, Crustacean (Shrimp, Crab))	Fish, Soy, Sesame, Crustacean (Shrimp, Crab), Egg	Gluten Free*
Tartar Prawn Roll	Nori, sushi rice, lettuce, tartar prawn, mayo	Egg, Soybean, Prawn, Wheat, Gluten	Nil
Teriyaki Chicken Roll	Nori , cucumber, sushi rice, teriyaki chicken (sub) (Soy, Wheat, Gluten), teriyaki sauce GF Kikkoman (Soy)	Soy, Wheat, Gluten	Nil
Spicy Soft Shell Crab Roll	Sushi Rice, Nori , Lettuce, Spicy Soft Shell Crab (Crustacean, Soy, Wheat, Gluten) , Chilli Mayo (Sesame, Crustacean (shrimp, crab), egg, soy)	Sesame, Crustacean (shrimp, crab), Egg, Soy, Wheat, Gluten	Nil

Sushi Packs			
Menu Item	Ingredients	ALLERGENS	Statement GF / VEGAN / VEGETARIAN
Chilli Mayo Aburi Salmon	Atlantic salmon (fish), sushi rice (sub), chilli mayo (sub) (sesame, crustacean, egg, soy), spring onion, sichimi pepper (ing.) (Sesame, Crustacean (Shrimp, Crab)), sushi teriyaki sauce (ing.) (soy)	Fish, Sesame, Crustacean (shrimp, crab), egg, soy	GF*
Mixed Sashimi Salmon Tuna Sashimi Salmon	Lettuce, frozen smoked tuna (fish), lemon, salmon (fish), Lettuce, lemon, alfalfa, salmon fillet (fish)	Fish Fish	GF* GF*
Assorted Sashimi Platter	Salmon fillet (Fish), Japonism tuna pouch (Fish), frozen scallop (SHELLFISH - Mollusc), fish roe (orange) (Fish, Soy), lemon, lettuce, sushi ebi, crab salad (sub) (CONTAINS FISH, CRUSTACEAN, MOLLUSC, SOY, WHEAT, GLUTEN, EGG <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN>), alfalfa	Fish, Soy, Crustacean, Mollusc, Wheat, Gluten, Egg. <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN>	Nil
Salmon Special Salmon Combo	Nori, sushi rice (sub) , salmon fillet (fish), mixed sesame (sesame), avocado, parsley	Sesame, Fish	GF*
Nigiri - Salmon 3pcs Nigiri - Mixed	Sushi rice (sub) , avocado , orange fish roe (Fish, Soy) , salmon fillet (fish), nori Sushi rice (sub) , salmon fillet (fish), pasley Sushi rice (sub) , salmon fillet (fish), smoked tuna (fish), sushi ebi (crustacean), parsley	Fish, Soy Fish Fish, Curstacean	GF* GF* GF*
Assorted Nigiri Box	Sushi rice (sub), frozen scallop (mollusc) , atlantic salmon fillet (fish), frozen fish cake (Fish, egg, soy, crustacean), frozen smoked tuna (fish), inari (soy), sushi ebi (crustacean), parsley, lemon nori, tomago (Egg, Soy, Fish, Wheat, Gluten, Barley; May contain: crustacean, tree nuts, sulphites, lupin, mollusc)	Fish, egg, soy, crustacean, mollusc, wheat, gluten, barley; May contain: tree nuts, sulphites, lupin.	Nil
Seared Salmon & Aburi Box	Sushi rice (sub), mayonnaise (egg, soybean) , spring onion, teiyaki sauce (kikkoman) (soybean) , salmon (fish); seared salmon roll (SUB) (Fish, Egg, Wheat, Gluten, Crustacean, Mollusc, Soy; <may contain: TREE NUTS, SULPHITES, LUPIN>)	Egg, Soybean, Fish, Wheat, Gluten, Crustacean, Mollusc; <may contain: TREE NUTS, SULPHITES, LUPIN> Fish, Sesame, Crustacean (shrimp, crab), egg, soy, Mollusc, Wheat, Gluten	Nil
Spicy Seared Salmon + Prawn Maki Roll	Chilli mayo aburi (sub) (Fish, Sesame, Crustacean (shrimp, crab), egg, soy); seared cripy prawn (sub) (<MAY CONTAIN TREE NUTS, SULPHITES, LUPIN>	Nil
Spicy Katsu Chicken Maki Box	Crispy chicken (sub) (Wheat, Soy), cucumber, avocado, chilli mayo (sub) (Sesame, Crustacean (shrimp, crab), egg, soy), crispy onion (ing), shichimi pepper (ing)	Wheat, Gluten, Soy, Sesame, Crustacean (shrimp, crab), egg	Nil
Fresh salmon Maki box Tartar Prawn Maki Box	Avocado (hass), red fish roe (Ingr.) (Fish, Soy) , balck fish roe (Ingr.) (Fish, Wheat, Gluten) sushi rice (sub) , salmon fillet (fish), nori (Ingr.) Breaded prawn stick w/ Tartar (Prawn, Wheat, Gluten) cucumber, avocado, fried garlic , mixed sesame seeds (sesame), mayonnaise (Egg, Soybean), sushi rice (sub)	Fish, Wheat, Gluten, Soy Crustacean (Prawn), Egg, Soy, Wheat, Gluten, Sesame	Nil Nil
Vegetarian Maki Box	Sushi rice (sub), nori (Ingr.), Inari, (soy) cucumber, avocado, seasoned seaweed salad (sesame) , pickled carrot, mixed sesame, Tamago (frozen cooked egg) (EGG,SOY, WHEAT, GLUTEN,FISH, BARLEY> <MAY CONTAIN CRUSTACEAN, TREE NUTS, SULPHITES, LUPIN AND MOLLUSC>)	Soy, Sesame, Egg, Wheat, Gluten, Fish, Barley; <MAY CONTAIN CRUSTACEAN, TREE NUTS, SULPHITES, LUPIN AND MOLLUSC>	Nil - Contains fish stock & dried bonito
Tuna Salad Maki Box	Sushi rice (sub), tuna salad (sub) (Fish, Egg, Soy), cucumber, avocado, mixed sesame (Sesame), mayonnaise (Egg, Soy), Nori	Fish, Egg, Soy, Sesame	GF*
Spicy Tuna Maki Box	Spicy tuna sauce (Sub) (Sesame, Crustacean (shrimp, crab), fish, soy, wheat, gluten), cucumber, avocado, chilli mayo (Sesame, Crustacean (shrimp, crab), egg, soy), frozen smoked tuna (fish), shichimi pepper (Sesame, Crustacean (Shrimp, Crab), sushi rice (sub))	Sesame, Crustacean (shrimp, crab), fish, soy, wheat, gluten, egg	Nil
Futomaki Maki Box	Sushi rice, Inari (soy) , cucumber, avocado, salmon fillet (fish), crab salad (FISH, CRUSTACEAN, MOLLUSC, SOY, WHEAT, GLUTEN, EGG) <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN> ; Tamago Frozen Cooked Egg (EGG,SOY, WHEAT, GLUTEN,FISH, BARLEY)> <MAY CONTAIN CRUSTACEAN, TREE NUTS, SULPHITES, LUPIN AND MOLLUSC>	Soy, Fish, Crustacean, Mollusc, Wheat, Gluten, Egg, Barley; May contain: tree nuts, sulphites, lupin.	Nil
Baby Roll	Sushi rice, Nori , avocado, salmon fillet (fish), Frozen smoked tuna (fish), tuna salad (sub) (Fish, Egg, Soy), cucumber, tamago (Egg, Soy, Fish, Wheat, Gluten, Barley; May contain: crustacean, tree nuts, sulphites, lupin, mollusc)	Egg, Soy, Fish, Wheat, Gluten, Barley; May contain: crustacean, l	Nil

Mini Roll - Avocado	Sushi rice, nori, avocado	Nil	GF*, Vegan, Vegetarian
Mini Roll - Chicken	Nori, sushi rice, crispy chicken	Wheat, Gluten, Soy	Nil
Mini Roll - Salmon	Nori, sushi rice, salmon fillet (fish)	Fish	GF*
Mini Roll - Assorted	Nori, sushi rice, salmon fillet (fish), avocado, cucumber	Fish	GF*
Rainbow roll	Sushi Rice, Nori, Seafood Stick (Fish, Egg, Soy) Avocado, Cucumber(20g), Salmon Fillet (fish), frozen smoked tuna (Fish), Sushi Ebi (Crustacean), Black Fish Roe (Fish, Wheat, Gluten)	Fish, egg, soy, crustacean, wheat, gluten	Nil
Seared salmon Roll	Crab Salad SUB (CONTAINS FISH, CRUSTACEAN, MOLLUSC, SOY, WHEAT, GLUTEN, EGG <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN>), Cucumber, Sushi Rice, Nori, Salmon Fillet (fish), Teriyaki Sauce kikkoman (soy), Black Fish Roe (fish, wheat, gluten), Shallot on top, Parsley	FISH, CRUSTACEAN, MOLLUSC, SOY, WHEAT, GLUTEN, EGG <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN>	Nil
Aburi salmon	Salmon Fillet (fish), sushi rice (Sub), Mayonnaise (egg, soybean), Teriyaki sauce (soy), spring onion	Egg, Fish, Soy	GF*
Karaage Chicken Box	Sushi Rice (sub), Nori, mayo (egg, soybean), BBQ sauce, Karaage Chicken (sub) (Wheat, Gluten, Soy, Mollusc (Oyster)), Fried Onion , Snow pea sprouts	Wheat, Gluten, Soy, Mollusc (Oyster), Egg	Nil
Seared Salmon & Aburi	Sushi Rice, Nori, Crab salad (Sub)(ONTAINS FISH, CRUSTACEAN, MOLLUSC, SOY, WHEAT, GLUTEN, EGG <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN), Cucumbers, sushi Rice, Salmon (fish), mayo (egg, soybean), spring onion, teriyaki sauce (kikkoman) (soy)	FISH, CRUSTACEAN, MOLLUSC, SOY, WHEAT, GLUTEN, EGG <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN),	Nil
Seared crispy spicy prawn	Sushi Rice, Nori, Frozen Breaded Prawn (Crustacean, wheat, gluten) Crab Salad (CONTAINS FISH, CRUSTACEAN, MOLLUSC, SOY, WHEAT, GLUTEN, EGG <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN), Avocado, Sushi Ebi (crustacean), Chill Mayo sub RECIPE (Sesame, Crustacean (shrimp, crab), egg, soy) Teriyaki Sauce kikkoman (soy), Fried Garlic ()	Crustacean (shrimp, crab), wheat, gluten, Fish Mollusc, Soy, Egg, sesame <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN>	Nil
Inari Plain	Cooked rice. (sub), inari (soy), nori	Soy	GF*, Vegan, Vegetarian
Inari Seafood	Cooked rice. (sub), inari (soy), crab salad (sub) (CONTAINS FISH, CRUSTACEAN, MOLLUSC, SOY, WHEAT, GLUTEN, EGG <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN>), orange fish roe (fish, soy)	Soy, Egg, Fish, Crustacean, Mollusc, Wheat, Gluten ; May contain: tree nuts, sulphites, lupin	Nil
Seafood platter	Salmon (fish), Sushi ebi (crustacean), Crab salad (CONTAINS FISH, CRUSTACEAN, MOLLUSC, SOY, WHEAT, GLUTEN, EGG <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN>)	FISH, CRUSTACEAN, MOLLUSC, SOY, WHEAT, GLUTEN, EGG <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN>	Nil
Katsu Box Chicken Avocado	Avocado, Orange fish roe (fish soy), Lemon, Mixed Salad , Alfalfa , Black fish roe (Fish, Wheat, Gluten)	Egg, Soy, Wheat, Gluten	Nil
Fresh Salmon Maki Box	Sushi Rice (sub), Nori, mayonnaise (egg, soybean), Teriyaki sauce (soy), Crispy Chicken (sub) (Wheat, Gluten, Soy), Fried Onion, Avocado	Fish, Soy, Wheat, Gluten	Nil
Seared California Crab Salad Box	Sushi Rice (sub), Nori, avocado, cucumber, atlantic salmon (fish), orange fish roe (fish, soy), black fish roe (fish, wheat, gluten)	Egg, Fish, Sesame, Crustacean (Shrimp, Crab), Mollusc, Soy, Wheat, Gluten; May contain: Tree nuts, sulphites, lupin	Nil
Seared Salmon Tuna Salad Box	Sushi Rice (sub), Nori, Crab Salad (sub) (Egg, Fish, Crustacean, Mollusc, Soy, Wheat, Gluten; May contain: TREE NUTS, SULPHITES, LUPIN) cucumber, Seafood stick (Fish, Egg, Soy) Teriyaki Sauce (Kikkoman) (Soybean), Sprouted snow peas, orange fish roe (fish, soy), black fish roe (fish, wehat, gluten), chilli mayo (Sesame, Crustacean (shrimp, crab), egg, soy)	Egg, Fish, Soy, Wheat, Gluten	Nil
Soft Shell Spider Roll	Sushi Rice (sub), Nori, Tuna Salad (Sub) (Fish, Egg, Soy), cucumber, Atlantic Salmon (Fish), Teriyaki Sauce (sub) (Soy, Wheat, Gluten), Mayonnaise (Egg, Soy), Spring Onion, Black Fish Roe (Fish, Wheat, Gluten)	Egg, Fish, Crustacean, Mollusc, Soy, Sesame, Wheat, Gluten; <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN >	Nil
Spicy Seared Salmon Aburi & Prawn roll	Sushi Rice, Nori, Lettuce, Cucumber, Crab Salad (CONTAINS FISH, CRUSTACEAN, MOLLUSC, SOY, WHEAT, GLUTEN, EGG <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN), Spicy Soft Shell Crab (Crustacean, Soy, Wheat, Gluten), Orange Fish Roe (fish, Soy), Chili Mayo (Sesame, Crustacean (shrimp, crab), egg, soy)	Fish, Crustacean (shrimp, crab), Mollusc, egg, soy, Sesame, Wheat, Gluten; May contain: Tree nutsm Sulphites, Lupin	Nil
	Atlantic salmon (fish), sushi rice, Chill Mayo (Sesame, Crustacean (shrimp, crab), egg, soy), Teriyaki Sauce kikkoman (soybean), Sichimi Chili powder (Sesame, Crustacean (Shrimp, Crab)), Spring onion, avocado, Frozen Breaded Prawn (Crustacean, wheat, gluten) , Crab Salad (FISH, CRUSTACEAN, MOLLUSC, SOY, WHEAT, GLUTEN, EGG; <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN>) , Sushi Ebi (Crustacean), Fried Garlic		

Hot Bowls			
Menu Item	Ingredients	ALLERGENS	Statement GF / VEGAN / VEGETARIAN
Crispy Chicken Curry Rice	Cooked rice (sub), Crispy chicken (Sub) (Wheat, Gluten, Soy), Red pickled raddish (Soy, Wheat, Gluten), Curry (Sub) (Milk, Wheat, Gluten, Soy) ; May contain: CRUSTACEAN, FISH, TREE NUTS, SULPHITES, LUPIN AND MOLLUSC	Wheat, Gluten, Soy, Milk ; May contain: Crustacean, Fish, Tree Nuts, Lupin, Sulphites, Mollusc	Nil
Karaage Chicken Curry Rice	Karaage chicken (sub)(Wheat, Gluten, Soy, Mollusc (Oyster)), cooked rice (sub), red pickled radish ((Soy, Wheat, Gluten)), curry (sub) (Milk, Wheat, Gluten, Soy ; May contain: CRUSTACEAN, FISH, TREE NUTS, SULPHITES, LUPIN AND MOLLUSC)	Wheat, Gluten, Soy, Mollusc (Oyster), Milk ; May contain: CRUSTACEAN, FISH, TREE NUTS, SULPHITES, LUPIN	Nil
Crispy Pork Curry Rice	cooked rice, (sub), red pickled raddish (soy, wheat, gluten), curry (sub)(Milk, Wheat, Gluten, Soy ; May contain: CRUSTACEAN, FISH, TREE NUTS, SULPHITES, LUPIN AND MOLLUSC) , FZ PORK SCHNITZEL PANKO (wheat,, gluten)	soy, wheat, gluten, Milk; May contain: CRUSTACEAN, FISH, TREE NUTS, SULPHITES, LUPIN AND MOLLUSC	Nil
Tempura Prawn Curry Rice	Cooked rice (sub), red pickled radish (soy, wheat, gluten), lettuce, curry (sub), frozen breaded prawn	Soy, Wheat, Gluten, Milk, Crustacean May contain: FISH, TREE NUTS, SULPHITES, LUPIN AND MOLLUSC	Nil
Tempura Vege + Tofu Curry Rice	Cooked rice (sub), Tempura frozen Vegetables (Wheat, Gluten, Soy), Agedashi Tofu (soy), pickled red radish (Soy, Wheat, Gluten), Lettuce, Curry (sub) (Milk, Wheat, Gluten, Soy ; May contain: CRUSTACEAN, FISH, TREE NUTS, SULPHITES, LUPIN AND MOLLUSC)	Wheat, Gluten, Soy, Milk; May Contain: CRUSTACEAN, FISH, TREE NUTS, SULPHITES, LUPIN AND MOLLUSC	Vegetarian
Teriyaki Chicken Rice	Cooked rice (sub), Teriyaki chicken (sub) (Soy, Wheat, Gluten) , red pickled radish (soy wheat, gluten), lettuce, shallots, mixed sesame (seasme), teriyaki dressing sauce (teriyaki sauce (sub) (Soy, wheat, gluten), white sugar)	Soy, wheat, Gluten, sesame	Nil
Crispy Chicken Katsudon Rice	Cooked rice (sub), crispy chicken (sub) (Wheat, Gluten, Soy), egg, katsudon soup (sub) (Soy, Wheat, Gluten, Fish) , onion, shallot, red pickled radish (Soy, Wheat, Gluten)	Wheat, Gluten, Soy, Egg, Fish	Nil
Katsudon Prawn Rice	Cooked rice (sub), red pickled radish (soy, wheat, gluten), katsudon soup (Soy, Wheat, Gluten, Fish), shallots, frozen breaded prawn (Crustacean, wheat, gluten), egg, brown onion.	Soy, Wheat, Gluten, Fish, Egg, Crustacean	Nil
Karaage Chicken Rice	Cooked rice (sub), karaage chicken (sub) (Wheat, Gluten, Soy, Mollusc (Oyster)); mayonnaise (Egg, Soybean); BBQ sauce; Lettuce	Wheat, Gluten, Soy, Mollusc (Oyster), Egg	Nil
Honey Chilli Chicken Rice	Cooked rice (sub), karaage chicken (sub) (Wheat, Gluten, Soy, Mollusc (Oyster)), honey chilli sauce (may contain peanuts), lettuce, chilli mayo (Sesame, Crustacean (shrimp, crab), egg, soy)	Wheat, Gluten, Soy, Mollusc (Oyster), Sesame, Crustacean (shrimp, crab), Egg ; may contain peanuts.	Nil
Yuzu Chicken Rice	Cooked rice (sub), karaage chicken (sub) (Wheat, Gluten, Soy, Mollusc (Oyster)), lettuce, yuzu mayo (sub) (egg, soy)	Wheat, Gluten, Egg, Soy, Mollusc (Oyster)	Nil
Beef Yakniku Rice	Cooked rice (sub), brown onion , lettuce, red pickled raddish (soy, wheat, gluten), shallots, vegetable oil, cooked beef (sub) (Soy, wheat, gluten, sesame), mixed sesame (sesame)	Soy, Sesame, Wheat, Gluten	Nil

Miso Salmon Rice	Cooked rice (sub), lettuce, onion, miso glaze (sub)(Fish, Soy (may contain: phenylalanine, wheat, barley, shellfish, tree nuts, lupin and sulphites)), shallots, red pickled radish (soy, wheat, gluten), salmon sliced (fish), mixed sesame (sesame), vegetable oil	Soy, Sesame, Fish, wheat, gluten (may contain: phenylalanine, barley, shellfish, tree nuts, lupin and sulphites)	Nil
Karaage Katsudon	Cooked rice (sub), karaage chicken (sub) (Wheat, Gluten, Soy, Mollusc (Oyster)), egg, katsudon soup (sub) (Soy, Wheat, Gluten, Fish), onion, vegetable oil, spring onion, red pickled radish (Soy, Wheat, Gluten)	Egg, Fish, Mollusc (oyster), Soy, Wheat, Gluten	Nil
Vege Tofu Katsudon	Cooked rice (sub), Frozen Tempura Vegetables (Wheat, Gluten, Soy) , Agedashi Tofu (soy) egg, katsudon soup (sub) (Soy, Wheat, Gluten, Fish) , onion, vegetable oil, spring onion, red pickled radish (Soy, Wheat, Gluten)	Egg, Soy, Fish, Wheat, Gluten	Nil

Noodle Bowls

Menu Item	Ingredients	ALLERGENS	Statement GF / VEGAN / VEGETARIAN
Udon Chicken Curry	REITO TABLEMARK Udon Frozen Noodle (wheat, gluten) , Crispy chicken (sub) (Wheat, Gluten, Soy), Red pickled radish (Soy, Wheat, Gluten), Curry (Sub) (Milk, Wheat, Gluten, Soy ; May contain: CRUSTACEAN, FISH, TREE NUTS, SULPHITES, LUPIN AND MOLLUSC), mixed sesame (sesame)	Milk, Wheat, Gluten, Soy, Sesame; May contain: CRUSTACEAN, FISH, TREE NUTS, SULPHITES, LUPIN AND MOLLUSC	
Udon Noodle Plain	Udon soup (sub)(Soy, Fish, Wheat, Gluten); udon noodles (REITO TABLEMARK Udon 2/4/1.25kg Frozen Noodle) (wheat, gluten); inari (soy); AIJIKAN LARGE Leg Stick (CONTAINS FISH, CRUSTACEAN, MOLLUSC, SOY, WHEAT, GLUTTEN, EGG <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN>); shallots; nori;	Soy, Fish, Wheat, Gluten, Crustacean, Mollusc, Egg <i><may contain: tree nuts, sulphites, lupin></i>	Nil
Stir Fried Noodles - Beef	JB Yellow Ramen Noodles (wheat, gluten); onion , triyaki sauce (sub)(Soy, wheat, gluten), Red pickled radish (soy, wheat, gluten), vegetable oil , mayonnaise (egg, soybean), shallot , mixed sesame (Sesame), cooked beef. (Soy, wheat, gluten, sesame)	Soy, Sesame, Wheat, Gluten, Egg	Nil
Stir Fried Noodles - Chicken	JB Yellow Ramen Noodles (wheat, gluten); onion , teriyaki sauce (sub)(Soy, wheat, gluten), Red pickled radish (soy, wheat, gluten), vegetable oil , mayonnaise (egg, soybean), shallot , mixed sesame (Sesame), Teriyaki chicken (sub)(soy, wheat, gluten)	Soy, Sesame, Wheat, Gluten, Egg	Nil
Stir Fried Noodles - Spicy Salmon	JB Yellow Ramen Noodles (wheat, gluten); onion , teriyaki sauce (sub)(Soy, wheat, gluten), Red pickled radish (soy, wheat, gluten), vegetable oil , chilli mayo (sub) (Sesame, Crustacean (shrimp, crab), egg, soy), shallot , mixed sesame (Sesame), Salmon sliced (fish), shichimi powder (Sesame, Crustacean (Shrimp, Crab)), sischimi pepper (Sesame, Crustacean (Shrimp, Crab))	Soy, Sesame, Wheat, Gluten, Egg, Crustacean (shrimp, crab), Fish,	Nil
Stir Fried Noodles - Teriyaki Salmon	JB Yellow Ramen Noodles (wheat, gluten); onion , teriyaki sauce (sub)(Soy, wheat, gluten), Red pickled radish (soy, wheat, gluten), vegetable oil , mayonnaise (egg, soybean), shallot , mixed sesame (Sesame), Salmon sliced (Fish)	Soy, Sesame, Fish, Egg, Wheat, Gluten	Nil

Salad Bowls

Menu Item	Ingredients	ALLERGENS	Statement GF / VEGAN / VEGETARIAN
Fresh Salmon Poke Bowl (+ homemade teriyaki dressing sauce)	WP Edamame Mukimi 20/454g Frozen Soybean Kernels (soy), avocado , black fish roe (Fish, Wheat, Gluten); salmon fillet (fish), sushi rice (sub), pickled onion (sub), teriyaki dressing sauce (sub)(soy, wheat, gluten), wasabi, pickled ginger .	Soy, Fish, Wheat, Gluten	Nil
Fresh Salmon Poke Bowl (without dressing)	WP Edamame Mukimi 20/454g Frozen Soybean Kernels (soy), avocado , black fish roe (Fish, Wheat, Gluten); salmon fillet (fish), sushi rice (sub), pickled onion (sub), wasabi, pickled ginger .	Soy, Fish, Wheat, Gluten	Nil
Seared Salmon Bowl	Avocado, seaweed salad (sesame), orange fish roe (Fish, Wheat, Gluten), sushi rice (sub) , pickled onion (sub), salmon fillet (fish)	Sesame, Fish, Wheat, Gluten	Nil
Seared Salmon Bowl (+ GF teriyaki dressing)	Avocado, seaweed salad (sesame), orange fish roe (Fish, Wheat, Gluten), sushi rice (sub) , pickled onion (sub), salmon fillet (fish) , GF Teriyaki sauce	Sesame, Fish, Soy, Wheat, Gluten	Nil
Crunchy Chicken Bowl (+ wasabi & yuzu dressing)	Lettuce - Mesclun 'Story', crispy chicken (sub) (Wheat, Gluten, Soy), avocado hass, pickled onion (sub), pickled carrot (sub), cucumber, shallot, wasabi & yuzu dressing (Soy, Wheat, Gluten, Barley)	Soy, Wheat, Gluten, Barley	Nil
Crunchy Chicken Bowl (without dressing)	Lettuce - Mesclun 'Story', crispy chicken (sub) (Wheat, Gluten, Soy), avocado hass, pickled onion (sub), pickled carrot (sub), cucumber, shallot,	Soy, Wheat, Gluten	Nil
Teriyaki Chicken Soba Noodle Salad (+ wasabi & yuzu dressing)	Lettue, teriyaki chicken (sub) (Soy, Wheat, Gluten), avocado, seaweed salad (sesame), alfalfa, pickled carrot, pickled onion, edamame (soy), SUN Soba Frozen Backwheat Noodles (wheat, gluten), Wasabi & Yuzu Dressing (Soy, Wheat, Gluten, Barley)	Soy, Sesame, Wheat, Gluten, Barley	Nil
Teriyaki Chicken Soba Noodle Salad (without dressing)	Lettue, teriyaki chicken (sub) (Soy, Wheat, Gluten), avocado, seaweed salad (sesame), alfalfa, pickled carrot, pickled onion, edamame (soy), SUN Soba Frozen Backwheat Noodles (wheat, gluten)	Soy, Sesame, Wheat, Gluten	Nil

Catering

Menu Item	Ingredients	ALLERGENS	Statement GF / VEGAN / VEGETARIAN
Edamame (Catering only)	Frozen edamame in pods (soy), all purpose seasoning	Soy, Sulphites; May contain: sesame seeds	Gluten Free, Vegan, Vegetarian
Crunchy Pork Seafood Shu-mai (No sauce)	Pork Shumai Frozen Steamed Dim Sum (wheat, gluten, fish, egg, soy, mollusc, crustacean, sesame.); lettuce	wheat, gluten, fish, egg, soy, mollusc, crustacean, sesame	Nil
Crunchy Pork Seafood Shu-mai (+ Honey Chilli Sauce)	Pork Shumai Frozen Steamed Dim Sum (wheat, gluten, fish, egg, soy, mollusc, crustacean, sesame.); lettuce, honey chilli sauce (sub) (May contain peanuts)	wheat, gluten, fish, egg, soy, mollusc, crustacean, sesame; May contain peanuts	Nil
Pork Spring Rolls (No sauce)	KERKO Pork Spring Roll (Wheat, gluten, sesame), lettuce	Sesame, Wheat, Gluten	Nil
Pork Spring Rolls (+ Honey Chilli sauce)	KERKO Pork Spring Roll (Wheat, gluten, sesame); honey chilli sauce (sub) (May contain peanuts)), lettuce	Sesame, Wheat, Gluten; May contain traces of peanuts	Nil
Seaweed Salad (Catering only)	UOGASHI Chuka Wakame 1 Frozen GF Seasoned Seaweed (sesame)	Sesame	Gluten Free, Vegan, Vegetarian
Vege Edamame Taro Balls (No Sauce)	Agedashi Edamame Taro Balls (soy), lettuce	Soy	Gluten Free, Vegan, Vegetarian

Vege Edamame Taro Balls (+ Honey Chilli Sauce)	Agedashi Edamame Taro Balls (soy) , lettuce, honey chilli sauce (sub) (may contain peanuts)	Soy; may contain peanuts	Gluten Free, Vegetarian
Jumbo Octopus Balls (Catering Only)	TEP Takoyaki Frozen Octopus Ball (Wheat, Gluten, Mollusc, Egg, Soy) , Teriyaki Sauce (GF Marinade Sauce KIKKOMAN) (soy); mayonnaise (soy, egg), YAMAKI Hana Katsuo Dried Bonito Shaving (fish)	Wheat, Gluten, Mollusc, Egg, Soy	Nil
Pork Gyoza (Catering only) (no dressing)	NEW Pork Gyoza (Egg, Sesame, Soy, Mollusc (oyster), Wheat, Gluten) ; lettuce,	Egg, Sesame, Soy, Mollusc (oyster), Wheat, Gluten	Nil
Pork Gyoza (+ Soy sauce dressing)	NEW Pork Gyoza (Egg, Sesame, Soy, Mollusc (oyster), Wheat, Gluten) ; lettuce, KIKKOMAN Soy Sauce (Soy, Wheat, Gluten)	Egg, Sesame, Soy, Mollusc (oyster), Wheat, Gluten	Nil
Seafood Gyoza (no dressing)	Prawn Gyoza (Crustacean, sesame, soy, wheat, gluten); lettuce	Crustacean, sesame, soy, wheat, gluten	Nil
Seafood Gyoza (+ soy sauce dressing)	Prawn Gyoza (Crustacean, sesame, soy, wheat, gluten); lettuce, KIKKOMAN Soy Sauce (Soy, Wheat, Gluten)	Crustacean, sesame, soy, wheat, gluten	Nil
Miso Soup (sachet)	Miso Soup sachet (Soy, Fish (Bonito, Tuna, Sardine), Barley)	Soy, Fish (Bonito, Tuna, Sardine), Barley, Gluten	Nil
Fresh Salmon Nigiri (1) (Catering only)	Sushi rice (sub), salmon fillet (fish), pasley	Fish	GF*
Boneless Chicken (No Sauce)	Boneless chicken (wheat, gluten, egg)	Egg, Wheat, Gluten	Nil
Boneless Chicken (+ Yuze Mayo)	Boneless chicken (wheat, gluten, egg) , yuze mayo (sub) (egg, soy)	Egg, Soy, Wheat, Gluten	Nil
Inari - Plain (Catering only)	Cooked rice. (sub), inari (soy),	Soy	GF*, Vegan, Vegetarian
Inari - Seafood (Catering only)	Cooked rice. (sub) , inari (soy) , crab salad (sub) (CONTAINS FISH, CRUSTACEAN, MOLLUSC, SOY, WHEAT, GLUTEN, EGG -MAY CONTAIN TREE NUTS, SULPHITES, LUPIN->), orange fish roe (fish, soy)	Soy, Egg, Fish, Crustacean, Mollusc, Wheat, Gluten ; Mav contain: tree nuts. sulphites. lupin	Nil

Sauces

Menu Item	Ingredients	ALLERGENS	Statement GF / VEGAN / VEGETARIAN
Miso Glaze Sauce	Miso Glaze (sub)	Fish, Soy; may contain: phenylalanine, wheat, barley, shellfish, tree nuts, lupin and sulphites	GF**
Mayo	VEGETABLE OIL (RAPESEED, SOYBEAN , CORN), WATER, GLUCOSE SYRUP, EGG (EGG , EGG YOLKI), VINEGAR, SALT, FLAVOUR ENHANCER (6211, CONCENTRATED LEMON JUICE, SPICE EXTRACT LEAF MUSTARD!)).	Egg, soybean	GF, Vegetarian, Vegan
Teriyaki Sauce	white sugar, soy sauce (shoyu) (Water, Soybeans (15%), Wheat , Salt, Gluten . Contains Soy and Wheat (Gluten) . Contains 3.8% alcohol v/v.); GF Mirin (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup); apple, carrot, onion, celery, cinnamon stick, black pepper, ginger, garlic, orange	Soy, wheat, gluten	Vegan, Vegetarian
Honey Chilli Sauce	Honey chilli sauce (sub)	May contain traces of peanuts	GF, Vegetarian
Wasabi Citrus Dressing	soy sauce (defatted soybeans , salt, wheat soybeans , glucose, seed malt' (wheat, barley)), high fructose corn syrup (starch, water), vinegar(alcohol, water, salt, rice lees of Japanese rice wine), vegetable oils (rapeseed, rice (bran); water, citrus juice (0.7%), mustard, wasabi paste (0.5%), flavouring, yeast extract, Pepper powder, thickener(415), coriander powder. Contains: gluten, wheat, soy	Gluten, Wheat, Barley, Soybean	Vegan, Vegetarian
Sesame Dressing	Water, Sugar, Sunflower oil, Sesame seeds (10%), Soy sauce Soybeans , Wheat, Salt), Rice vinegar, Salt Ethy Cetoitahel Egg yolk preperation (Egg yolk, Sugar), Flavour entaneas Monosodium-glutamate, Disodium inosinate), Emulsifier (Sunse «is o/laty acids), Acids (Lactic acid, Acetic acid), Shitake natcom extract, Yeast extract, Thickener (Kanthan gum, Spics)	Sesame, Soy, Egg	
Miso Yuzu Dressing	Vegetable oil (MOI) , white sugar, sushi vinegar (sub) , MARUKOME Pro Aka Miso Red Soy Bean Paste (Soy; May contain: phenylalanine, wheat, barley, shellfish, fish, tree nuts, lupin and sulphites) , WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine , Honey citron tea (Pecan)	Soy, Pecan; May contain: phenylalanine, wheat, barley, shellfish, fish, tree nuts, lupin and sulphites.)	GF**, Vegetarian, Vegan
Yuzu Mayo	Mayonnaise (VEGETABLE OIL (RAPESEED, SOYBEAN, CORN), WATER, GLUCOSE SYRUP, EGG(EGG, EGG YOLKI), VINEGAR, SALT, FLAVOUR ENHANCER (6211, CONCENTRATED LEMON JUICE, SPICE EXTRACT LEAF MUSTARD!)); Allowrie Honey (100% pure honey) ; -Yuzu kawa slice CITRUS(YUZU) PEEL.	Egg, Soy	Gluten Free, Vegetarian
Yuze Mayo (containing Honey Citron)	Mayonnaise (VEGETABLE OIL (RAPESEED, SOYBEAN, CORN), WATER, GLUCOSE SYRUP, EGG (EGG, EGG YOLKI), VINEGAR, SALT, FLAVOUR ENHANCER (6211, CONCENTRATED LEMON JUICE, SPICE EXTRACT LEAF MUSTARD!)) (Egg, Soy) ;Honey Citron Tea (Pecan): -Yuzu kawa slice CITRUS(YUZU) PEEL.	Egg, Soy, Pecan	Gluten Free, Vegetarian
Soy Sauce Dressing	KKM Pro Pack Shoyu BIB 18L KIKKOMAN Soy Sauce (Soy, wheat, gluten)	Soy, wheat gluten	Vegetarian, Vegan
Homemade Teriyaki Dressing	Teriyaki sauce sub recipe	Soy, wheat, gluten	Vegetarian, Vegan
GF Teriyaki Dressing	KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN	Soybean	Gluten Free, Vegetarian, Vegan

Drinks			
Menu Item	Ingredients	ALLERGENS	Statement GF / VEGAN / VEGETARIAN
Coca Cola No Sugar Can	Carbonated Water, Colour (150d), Food Acids (338, 331), Sweeteners (951, 950), Flavour, Caffeine.	Contains caffeine & phenylalanine	Gluten Free, Vegetarian, Vegan
Coca Cola Classic Can	Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine.	Contains caffeine	Gluten Free, Vegetarian, Vegan
Coca Cola Classic Large	Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine.	Contains caffeine	Gluten Free, Vegetarian, Vegan
Coca Cola Diet Large	Carbonated Water, Colour (150d), Food Acids (338, 330), Sweeteners (951, 950), Flavour, Caffeine.	Contains caffeine & phenylalanine	Gluten Free, Vegetarian, Vegan
Coca Cola No Sugar Large	Carbonated Water, Colour (150d), Food Acids (338, 331), Sweeteners (951, 950), Flavour, Caffeine.	Contains caffeine & phenylalanine	Gluten Free, Vegetarian, Vegan
Coca Cola Vanilla Large	Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine.	Contains caffeine	Gluten Free, Vegetarian, Vegan
Coca Cola Vanilla No Sugar Large	Carbonated Water, Colour (150d), Food Acids (338,332), Sweeteners (951,950). Flavour, Caffeine.	Contains caffeine & phenylalanine	Gluten Free, Vegetarian, Vegan
Pump Water Berry	Water, Cane Sugar, Flavour, Food Acids (330, 340), Salt (Sodium Chloride), Preservative (211), Sweetener (960), Antioxidant (385).		Gluten Free, Vegetarian, Vegan
Pump Water Lemon	Water, Cane Sugar, Flavour, Food Acids (330, 340), Salt (Sodium Chloride), Preservative (211), Sweetener (960), Antioxidant (385).		Gluten Free, Vegetarian, Vegan
Pump Water Natural	Spring Water		Gluten Free, Vegetarian, Vegan
Mount Franklin Sparkling Lime	Carbonated Spring Water, Flavour.		Gluten Free, Vegetarian, Vegan
Mount Franklin Sparkling Natural	Carbonated Australian Spring Water.		Gluten Free, Vegetarian, Vegan
Powerade Blue	Water, Sucrose, Minerals (Potassium Citrate, Magnesium Sulphate, Calcium Chloride, Sodium Citrate, Sodium Chloride, Potassium Phosphate), Food Acid (330), Flavour, Colour (133).		Gluten Free, Vegetarian, Vegan
Powerade Orange	Water, Sucrose, Minerals (Potassium Citrate, Magnesium Sulphate, Calcium Chloride, Sodium Citrate, Sodium Chloride, Potassium Phosphate), Food Acid (330), Flavour, Colours (104, 110).		Gluten Free, Vegetarian, Vegan
Powerade Red	Water, Sucrose, Minerals (Potassium Citrate, Magnesium Sulphate, Calcium Chloride, Sodium Citrate, Sodium Chloride, Potassium Phosphate), Food Acid (330), Flavour, Colour (129), Sweetener (955).		Gluten Free, Vegetarian, Vegan
Powerade Yellow	Water, Sucrose, Minerals (Potassium Citrate, Magnesium Sulphate, Calcium Chloride, Sodium Citrate, Sodium Chloride, Potassium Phosphate), Food Acid (330), Flavour, Colour (102).		Gluten Free, Vegetarian, Vegan
Mount Franklin Water	Australian Spring Water		Gluten Free, Vegetarian, Vegan
SUB Recipes			
Recipe Item	Ingredients	ALLERGENS	Statement GF / VEGAN / VEGETARIAN
Sushi rice	HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt)	Nil	Gluten Free, Vegan, Vegetarian
Sushi Vinegar	TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt), white sugar, salt	Nil	Gluten Free, Vegan, Vegetarian
Curry	Butter, Dairy Farmers (milk), House Java Curry (INGREDIENTS:VEGETABLE OIL(PALM,CANOLA),WHEAT FLOUR,SUGAR,SALT,CURRYPOWDER(7%)SPICES,DRIED TANGERINE PEEL),CORNSTARCH,ONION POWDER(ONIONFLAKE,SOY POWDER,GLUCOSE,MALTOSE),DEXTRIN,GARLIC POWDER(DRIED GARLIC,SOY,GLUCOSE,MALTOSE),FLAVOUR ENHANCER(621),COLOUR(150(a)),YEASTEXTRACT,SOY PASTE POWDER(SOY,SALT,RICE,WATER),SOY,EMULSIFIER(473,322(SOY),471),ACIDITY REGULATOR(296,330),CHILLI,FERMENTED WHEATSEASONING(WHEAT,YEAST EXTRACT,DEXTRIN),FLAVOUR ENHANCER(631,627),ARTIFICIAL AND NATURAL FLAVOUR,)(Contains: Soy, wheat, gluten, milk; May contain: CRUSTACEAN, FISH, TREE NUTS, SULPHITES, LUPIN AND MOLLUSC) Golden Curry Mix (INGREDIENTS: WHEAT FLOUR, VEGETABLE OIL (PALM, HYDROGENATED RAPESEED, SALT, CURRY PONDER(851, A SUGAR. COLOUR /150 (a)) FLAVOUR ENHANCER (621), ACIDITY REGULATOR (2961, BLACK PEPPER, CHILLI, GARLIC, FLAVOUR ENHANCER (627,631), CELERY SEEDS, MUSTARD (CONTAINS WHEAT AND GLUTEN)) ; apple, brown onion , carrot, sweet potato, pumpkin, potato.	Milk, Wheat, Gluten, Soy ; May contain: CRUSTACEAN, FISH, TREE NUTS, SULPHITES, LUPIN AND MOLLUSC	Vegetarian
Crispy Chicken	Chicken smart breast, Bon Chef Panko Bread Crumb (WHEAT FLOUR, SHORTENING (PALM OIL), SALT, YEAST, SUGAR); Chicken breast batter (Shokken batter mix (stabiliser(1 412), corn starch (corn starch, soybean powder), trehalose, salt, thickener (412, 415), spice; WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup); super fine salt, black pepper powder)	Wheat, Gluten, Soy	Nil
Chicken breast batter	Shokken batter mix (stabiliser(1 412), corn starch (corn starch, soybean powder), trehalose, salt, thickener (412, 415), spice; mirin (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup); super fine salt, black pepper powder	Soy	Nil
Chilli Mayo	AJICO Mayonnaise (VEGETABLE OIL (RAPESEED, SOYBEAN, CORN), WATER, GLUCOSE SYRUP, EGG EGG, EGG YOLKI, VINEGAR, SALT, FLAVOUR ENHANCER (6211, CONCENTRATED LEMON JUICE, SPICE EXTRACT LEAF MUSTARD)); SHICHIMI PEPPER 7 SPICE (CHILLI (38%), DRIED TANGERINE PEEL, ROASTED BLACK SESAME, ROASTED WHITE SESAME, GREEN SEAWEED, GINGER, JAPANESE PEPPER <CONTAINS SESAME AND CRUSTACEAN (SHRIMP, CRAB)>	Sesame, Crustacean (shrimp, crab), egg, soy	Gluten free
Kaaraage Marinade	Salt & black pepper powder; Garlic paste (Vegetable oil (Blended Vegetable Oil, Antioxidant (307b), Antifoam (900a)), garlic); BBQ sauce (Sugar, Tomatoes 44% (from Poste, Food Acid (Citric), Rice Flour, Food Acids (Acetic, Citric), Salt, Glucose Syrup, Colour (Coramel (1506h, Thickener (Pectin), Onion 0.5%, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Exiuct; oyster sauce (Water, Sugar, Oyster Extract (11%) Oysters (Mollusc (Water salt) Salt, Modified starch 1442 Flavour Enhancer (621). Wheat Flour, Colour (150a); mirin; sake; Shoyu Soy sauce (Water, Soybeans (15%), Wheat, Salt, Gluten. Contains Soy and Wheat (Gluten). Contains 3.8% alcohol v/v.)	Mollusc (Oyster), Wheat, gluten, soy	Nil
Salt & pepper mix	Salt & black pepper powder	Nil	GF, Vegan, Vegetarian
Garlic paste	Vegetable oil (Blended Vegetable Oil, Antioxidant (307b), Antifoam (900a)), garlic	Nil	GF, Vegan, Vegetarian
Karaage Batter	BIRK AMIDON Katakuriko 25kg Potato Starch Polish; CHICKEN POWDER (Iodised salt, sugar, flavour enhancers (621,635), tapioca flour, garlic powder, fried garlic, vegetable oils, soy sauce powder (contains wheat derivative), hydrolysed plant protein, spice, maltodextrin (from maize), chicken, acidity regulator (331), licorice root extract) ; white pepper; onion powder; plain flour (wheat, gluten)	Wheat, Gluten, Soy	Nil
Karaage Chicken	Chicken maryland; BIRK AMIDON Katakuriko 25kg Potato Starch Polish; CHICKEN POWDER (Iodised salt, sugar, flavour enhancers (621,635), tapioca flour, garlic powder, fried garlic, vegetable oils, soy sauce powder (contains wheat derivative), hydrolysed plant protein, spice, maltodextrin (from maize), chicken, acidity regulator (331), licorice root extract) ; white pepper; onion powder; plain flour; Salt & black pepper powder; Garlic paste (Vegetable oil (Blended Vegetable Oil, Antioxidant (307b), Antifoam (900a)), garlic); BBQ sauce (Sugar, Tomatoes 44% (from Poste, Food Acid (Citric), Rice Flour, Food Acids (Acetic, Citric), Salt, Glucose Syrup, Colour (Coramel (1506h, Thickener (Pectin), Onion 0.5%, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Exiuct; oyster sauce (Water, Sugar, Oyster Extract (11%) Oysters Molluse Water salt) Salt, Modified starch 1442 Flavour Enhancer (621). Wheat Flour, Colour (150a); mirin; sake; Shoyu Soy sauce (Water, Soybeans (15%), Wheat, Salt, Gluten. Contains Soy and Wheat (Gluten). Contains 3.8% alcohol v/v.)	Wheat, Gluten, Soy, Mollusc (Oyster)	Nil
Honey Chilli Sauce	mirin, brown onion; Concentrated Tomatoes (Contains 166g of Tomatoes per 100mL), Sugar, Salt, Food Acid (260), Natural Flavours. Contains 78% Concentrated Tomatoes; Sugar, Water, Red Chili (198%), Garlic, Salt, Thickener (1422), Acidity Regulator (260); water, mustard seeds, sugar salt, food acid (acetic), turmeric, spice extracts, garlic extract. Manufactured on equipment that processed peanuts.; 100% pure honey	May contain traces of peanuts	GF, Vegetarian
Boiled soy sauce	Apple, carrot, brown onion , celery, cinnamon sticks, black pepper, ginger, garlic, orange.; soy sauce (Shoyu) (Water, Soybeans (15%), Wheat, Salt, Gluten. Contains Soy and Wheat (Gluten). Contains 3.8% alcohol v/v.)	Soy, wheat, gluten	Vegetarian, Vegan

Pickled Carrot	Carrot, sea salt, sugar, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt) White sugar; sichimi pepper (CHILLI (38%), DRIED TANGERINE PEEL, ROASTED BLACK SESAME, ROASTED WHITE SESAME, GREEN SEAWEED, GINGER, JAPANESE PEPPER.); BOILED SOY SAUCE (Apple, carrot, brown onion , celery, cinnamon sticks, black pepper, ginger, garlic, orange ; soy sauce (Shoyu) (Water, Soybeans (15%), Wheat, Salt, Gluten. Contains Soy and Wheat (Gluten). Contains 3.8% alcohol v/v.)); Mirin (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup.); Sriracha (INGREDIENTS: Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfite as preservatives, Xanthan Gum) (Contains Sulphite); sesame seeed; sesame oil; teriyaki sauce (Water, Sugar, Naturally Brewed Soy Sauce (Water, Soybeans , Rice, Salt), Thickenner (1442), Colour (150a), Salt, Vinegar, Flavour Enhancers (621, 635), Vegetable Gum (415), Preservative (211).);	N/A	GF, Vegetarian, Vegan
Spicy Tuna Sauce	White Fish Meat (Lizardfish, Threadfin bream) (47%), Water, Modified Tapioca Starch (1420, 1414), Sugar, Sorbitol (420), Salt, Sweet Flavouring, Soybean Oil, Flavour Enhancer (621), Calcium Carbonate (170), Egg Whole, Crab Flavour (Fish), Carmine Color (120), Ribonucleotide (635), Paprika Color (160c). Allergen Contain: Fish, Egg, Soy; Mayonnaise (VEGETABLE OIL (RAPESEED, SOYBEAN , CORN), WATER, GLUCOSE SYRUP, EGG (EGG, EGG YOLKI, VINEGAR, SALT, FLAVOUR ENHANCER (6211, CONCENTRATED LEMON JUICE, SPICE EXTRACT LEAF MUSTARDI)).	Sesame, Crustacean (shrimp, crab), fish, soy, wheat, gluten	Nil
Crab Salad	Sesame oil, Beef marinade (beef knuckle, boiled soy sauce (Apple, carrot, brown onion , celery, cinnamon sticks, black pepper, ginger, garlic, orange.; soy sauce (Shoyu) (Water, Soybeans (15%), Wheat , Salt, Gluten . Contains Soy and Wheat (Gluten) . Contains 3.8% alcohol v/v.)), mirin, sugar, GF sake (Water, Alcohol Glucose, White Rice), black pepper powder)	CONTAINS FISH, CRUSTACEAN, MOLLUSC, SOY, WHEAT, GLUTEN,	Nil
Cooked Beef	Sake ((Water, Alcohol Glucose, White Rice); spring onion; salmon (atlantic)); Teriyaki sauce (Water, Sugar, Naturally Brewed Soy Sauce (Water, Soybeans , Rice, Salt), Thickenner (1442), Colour (150a), Salt, Vinegar, Flavour Enhancers (621, 635), Vegetable Gum (415), Preservative (211).)	Soy, wheat, gluten, sesame	Nil
Teriyaki Salmon	Teriyaki sauce; sichimi (CHILLI (38%), DRIED TANGERINE PEEL, ROASTED BLACK SESAME, ROASTED WHITE SESAME, GREEN SEAWEED, GINGER, JAPANESE PEPPER. «CONTAINS SESAME AND CRUSTACEAN (SHRIMP , CRAB)); brown onion; vegetable oil; salmon; teriyaki sauce (white sugar, soy sauce (shoyu) (Water, Soybeans (15%), Wheat, Salt, Gluten. Contains Soy and Wheat (Gluten) . Contains 3.8% alcohol v/v.); GF Mirin (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup); apple, carrot, onion, celery, cinnamon stick, black pepper, ginger, garlic, orange	Fish, Soy	Nil
Spicy Salmon	white sugar, soy sauce (shoyu) (Water, Soybeans (15%), Wheat , Salt, Gluten . Contains Soy and Wheat (Gluten) . Contains 3.8% alcohol v/v.); GF Mirin (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup); apple, carrot, onion, celery, cinnamon stick, black pepper, ginger, garlic, orange Atlantic salmon (fish), suhi rice (HIME rinse free rice, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt)); chilli mayo (AJICO Mayonnaise (VEGETABLE OIL (RAPESEED, SOYBEAN, CORN), WATER, GLUCOSE SYRUP, EGG(EGG, EGG YOLKI, VINEGAR, SALT, FLAVOUR ENHANCER (6211, CONCENTRATED LEMON JUICE, SPICE EXTRACT LEAF MUSTARDI)); SHICHIMI PEPPER 7 SPICE (CHILLI (38%), DRIED TANGERINE PEEL, ROASTED BLACK SESAME, ROASTED WHITE SESAME, GREEN SEAWEED, GINGER, JAPANESE PEPPER <CONTAINS SESAME AND CRUSTACEAN (SHRIMP , CRAB)>; shallots, sichimi pepper (Sesame, Crustacean (Shrimp, Crab)) , GF teiyaki sauce (sov)	Sesame, Crustacean (SHRIMP , CRAB), fish, soy, wheat, gluten	Vegetarian, Vegan
Teriyaki sauce	Crab salad (sub), avocado, chilli mayo (sub), fried garlic granules, breaded prawn (crustacean, wheat, gluten), teriyaki sauce (soy), sushi ebi (crustacean)	Soy, wheat, gluten	Vegetarian, Vegan
Chilli Mayo Aburi	Black sesame seeds, white sesame seeds Onion, white sugar, sea salt, mayonnaise (VEGETABLE OIL (RAPESEED, SOYBEAN , CORN), WATER, GLUCOSE SYRUP, EGG (EGG, EGG YOLKI, VINEGAR, SALT, FLAVOUR ENHANCER (6211, CONCENTRATED LEMON JUICE, SPICE EXTRACT LEAF MUSTARDI)); Oceanus Tuna Pouch Skipjack (SKIPJACK TUNA (FISH),SALT, VEGETABLE EXTRACT/YELLOW PEA EXTRACT,CARROT EXTRACT), WATER.); Frozen cooked chicken (teriyaki) (Chicken, Soy Sauce, Sugar, Salt, Vegetable Fibre, Potato Starch, Mineral Salt (451, 450), Dehydrated Vegetable Powder(. CONTAINS SOY) ; teriyaki sauce (white sugar, soy sauce (shoyu) (Water, Soybeans (15%), Wheat, Salt, Gluten. Contains Soy and Wheat (Gluten) . Contains 3.8% alcohol v/v.); GF Mirin (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup); apple, carrot, onion, celery, cinnamon stick, black pepper, ginger, garlic, orange) (Soy,wheat, gluten)	Fish, Sesame, Crustacean (shrimp, crab), egg, soy,	GF*
Seared Crispy Spicy Prawn	Teriyaki sauce (white sugar, soy sauce (shoyu) (Water, Soybeans (15%), Wheat , Salt, Gluten . Contains Soy and Wheat (Gluten) . Contains 3.8% alcohol v/v.); GF Mirin (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup); apple, carrot, onion, celery, cinnamon stick, black pepper, ginger, garlic, orange); white sugar	Fish, Sesame, Crustacean (shrimp, crab), egg, soy, Mollusc, Wheat, Gluten <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN> Sesame	Nil Gluten Free, Vegetarian, Vegan
Mixed Sesame	Kombu Tsuyu Soup base kelp (SOY SAUCE(WATER, SOY, WHEAT, SALT,HIGH FRUCTOSE CORNSYRUP WATER, SALT,ETHYL ALCOHOL, SUGAR KELP LAMINARIA JAPONICA) EXTRACT(KELP EXTRACT(KELP,SALT,WATER), HYDROLYSED PROTEIN(BONITO,FRIGATE MACKEREL), GLUCOSE SYRUP, SALT,WATER), VINEGAR, KELP(LAMINARIA JAPONICA) DASHI STOCK(WATER,KELP)YEAST EXTRACTIVEAST,DEXTRIN,SALT),FLAVOUR ENHANCER(631)) (Soy, Wheat, Gluten, Fish); Mirin (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup.); White Sugar	Fish, Egg, Soy	Nil
Tuna Salad	Katsudon soup base (Kombu Tsuyu Soup base kelp (SOY SAUCE(WATER, SOY, WHEAT, SALT,HIGH FRUCTOSE CORNSYRUP WATER, SALT,ETHYL ALCOHOL, SUGAR KELP LAMINARIA JAPONICA) EXTRACT(KELP EXTRACT(KELP,SALT,WATER), HYDROLYSED PROTEIN(BONITO,FRIGATE MACKEREL), GLUCOSE SYRUP, SALT,WATER), VINEGAR, KELP(LAMINARIA JAPONICA) DASHI STOCK(WATER,KELP)YEAST EXTRACTIVEAST,DEXTRIN,SALT),FLAVOUR ENHANCER(631)) (Soy, Wheat, Gluten, Fish); Mirin (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup.); White Sugar) (soy, wheat, gluten, fish); seaweed stock (Kelp soup stock; Dashi No Moto (GLUCOSE,FLAVOUR ENHANCER(621),SALT,DRIED BONITO (fish) POWDER,BONITO (fish) EXTRACT,YEASTEXTRACT(YEAST EXTRACT(YEAST, SWEET POTATO,TAPIOCA,DEXTRIN,SALT,GLUCOSE),GLUCOSE,SALT),FLAVOUR ENHANCER(635)))(fish)	Soy, Wheat, Gluten	Nil
Teriyaki chicken	Kelp soup stock; Dashi No Moto (GLUCOSE,FLAVOUR ENHANCER(621),SALT,DRIED BONITO (fish) POWDER, BONITO (fish) EXTRACT,YEASTEXTRACT(YEAST EXTRACT(YEAST,SWEET POTATO,TAPIOCA,DEXTRIN,SALT,GLUCOSE),GLUCOSE,SALT),FLAVOUR ENHANCER(635)).	Soy, wheat, gluten	Vegetarian, Vegan
Teriyaki dressing sauce	Mayonnaise (VEGETABLE OIL (RAPESEED, SOYBEAN , CORN), WATER, GLUCOSE SYRUP, EGG(EGG, EGG YOLKI, VINEGAR, SALT, FLAVOUR ENHANCER (6211, CONCENTRATED LEMON JUICE, SPICE EXTRACT LEAF MUSTARDI).); Allowrie Honey (100% pure honey) ; :Yuzu kawa slice CITRUS(YUZU) PEEL.	Soy, Wheat, Gluten, Fish	Nil
Katsudon Soup Base	Kombu Tsuyu (SOY SAUCE (WATER, SOY, WHEAT, SALT,HIGH FRUCTOSE CORNSYRUP WATER, SALT,ETHYL ALCOHOL, SUGAR KELP LAMINARIA JAPONICA) EXTRACT(KELP EXTRACT(KELP,SALT,WATER), HYDROLYSED PROTEIN(BONITO,FRIGATE MACKEREL), GLUCOSE SYRUP, SALT,WATER), VINEGAR, KELP(LAMINARIA JAPONICA) DASHI STOCK(WATER,KELP)YEAST EXTRACTIVEAST,DEXTRIN,SALT),FLAVOUR ENHANCER(631)) (Soy, Wheat, Gluten, Fish); Mirin (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup.); White Sugar) (soy, wheat, gluten, fish); seaweed stock (Kelp soup stock; Dashi No Moto (GLUCOSE,FLAVOUR ENHANCER(621),SALT,DRIED BONITO (fish) POWDER,BONITO (fish) EXTRACT,YEASTEXTRACT(YEAST EXTRACT(YEAST, SWEET POTATO,TAPIOCA,DEXTRIN,SALT,GLUCOSE),GLUCOSE,SALT),FLAVOUR ENHANCER(635)))(fish)	Fish	Gluten Free
Katsudon Soup	Mayonaisse (VEGETABLE OIL (RAPESEED, SOYBEAN , CORN), WATER, GLUCOSE SYRUP, EGG(EGG, EGG YOLKI, VINEGAR, SALT, FLAVOUR ENHANCER (6211, CONCENTRATED LEMON JUICE, SPICE EXTRACT LEAF MUSTARDI).); Allowrie Honey (100% pure honey) ; :Yuzu kawa slice CITRUS(YUZU) PEEL.	Egg, Soy	Gluten Free, Vegetarian
Seaweed Stock	Kombu Tsuyu (SOY SAUCE (WATER, SOY, WHEAT, SALT,HIGH FRUCTOSE CORNSYRUP WATER, SALT,ETHYL ALCOHOL, SUGAR KELP LAMINARIA JAPONICA) EXTRACT(KELP EXTRACT(KELP,SALT,WATER), HYDROLYSED PROTEIN(BONITO,FRIGATE MACKEREL), GLUCOSE SYRUP, SALT,WATER), VINEGAR, KELP(LAMINARIA JAPONICA) DASHI STOCK(WATER,KELP)YEAST EXTRACTIVEAST,DEXTRIN,SALT),FLAVOUR ENHANCER(631)) (Soy, Wheat, Gluten, Fish); Mirin (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup.); White Sugar) (soy, wheat, gluten, fish); seaweed stock (Kelp soup stock; Dashi No Moto (GLUCOSE,FLAVOUR ENHANCER(621),SALT,DRIED BONITO (fish) POWDER,BONITO (fish) EXTRACT,YEASTEXTRACT(YEAST EXTRACT(YEAST, SWEET POTATO,TAPIOCA,DEXTRIN,SALT,GLUCOSE),GLUCOSE,SALT),FLAVOUR ENHANCER(635)))(fish)	Soy, Fish, Wheat, Gluten	Nil
Yuze mayo	MARUKOME Pro Aka Miso 10/1kg Red Soy Bean Paste (Water, soybeans, rice, salt, ethyl alcohol. Contains soybeans. May contain: phenylalanine, wheat, barley, shellfish, fish, tree nuts, lupin and sulphites.); WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup.); White Sugar 25kg Manufacturers Sugar 25kg; [SUB] Seaweed Stock (Kelp soup stock; Dashi No Moto (GLUCOSE,FLAVOUR ENHANCER(621),SALT,DRIED BONITO (fish) POWDER,BONITO (fish) EXTRACT,YEASTEXTRACT(YEAST EXTRACT(YEAST,SWEET POTATO, TAPIOCA, DEXTRIN, SALT, GLUCOSE), GLUCOSE,SALT),FLAVOUR ENHANCER(635).)	Fish, Soy (may contain: phenylalanine, wheat, barley, shellfish,	Gluten Free*
Udon Soup Base			
Miso Glaze			

Pickled onion	red onion, sushi vinegar (TAMANOI Sakura Gluten Free Rice Vinegar (WATER, ALCOHOL, RICE, SALT), WINE FOOD Hon Mirin Gluten Free Sweet Cooking Wine (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup), white sugar, salt), white sugar, salt)	Nil	Gluten Free, Vegetarian, Vegan
Teriyaki dressing sauce	Teriyaki sauce (sub) (white sugar, soy sauce (shoyu) (Water, Soybeans (15%), Wheat, Salt, Gluten . Contains Soy and Wheat (Gluten) . Contains 3.8% alcohol v/v.); GF Mirin (Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup); apple, carrot, onion, celery, cinnamon stick, black pepper, ginger, garlic, orange), white sugar.	Soy, Wheat, Gluten	Vegan, Vegetarian
Aburi Salmon 3 pc	Sushi rice (sub) mayonnaise (egg, soybean), spring onion, teiyaki sauce (kikkoman) , salmon (fish)	Soybean, Egg, Fish	Gluten Free
Seared salmon roll	Sushi rice(sub), Nori, cucumber, black fish roe(fish, wheat, gluten) , spring onion, teriyaki sauce (kikkoman) (soy) salmon fillet (fish), crab salad (sub) (CONTAINS FISH, CRUSTACEAN, MOLLUSC, SOY, WHEAT, GLUTEN, EGG <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN->	Fish, Egg, Wheat, Gluten, Crustacean, Mollusc, Soy; <may contain: TREE NUTS, SULPHITES, LUPIN->	Nil
Soicy Salmon (Updtaed Recipe)	Onion, vegetable Oil, atlantic salmon (fish), Kikkoman GF Teriyaki sauce (soy), Shichimi Pepper Powder (Sesame, Crustacean (Shrimp, Crab))	Fish, Soy, Sesame, Crustacean (Shrimp, Crab)	

Ingredients:

Agedashi Tofu	INGREDIENTS:SOYMIK(SOYBEANS,WATER), SOYBEAN OIL,WATER,POTATO STARCH(POTATO, PALOIL, SOYBEAN OIL, EMULSIFIER(472(e), 472(f),STABILIZER (1442, TREHALOSE, 1412, FIRMING AGENT(516). <CONTAINS SOYBEANS>	Soy,	Vegetarian, Vegan
All Purpose Seasoning	Salt, Rice Flour, Paprika, Onion Powder (contains Sulphites), Pepper, Garlic, Vegetable Oil, Basil, Celery Seed, Natural Colour (Paprika Oleoresin). May contain sesame	Sulphites, May contain: sesame seeds	GF, Vegan, Vegetarian
Allowrie Honey	100% pure honey	Nil	Gluten Free, Vegetarian
American Mustard	water, mustard seeds, sugar salt, food acid (acetic), turmeric, spice extracts, garlic extract. Manufactured on equipment that processed peanuts.	May contain peanuts	Gluten Free, Vegetarian, Vegan
BBQ Sauce	Sugar, Tomatoes 44% (from Poste, Food Acid (Citric), Rice Flour, Food Acids (Acetic, Citric), Salt, Glucose Syrup, Colour (Coramel (1506h), Thickener (Pectin), Onion 0.5%, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Exiuct FLYING FISH ROE (CYPSELURUS AGOO AGO), HUMECTANT (420), SUGAR, SALT, FISH SAUCE (ANCHOWY SALT) HYDROLYSED PROTEIN(WHEAT, CORN) FLAVOUR ENHANCER (621), VINEGAR, COLOUR(129, 133, 110) «CONTAINS FISH, WHEAT AND GLUTEN»	Nil	Gluten free, vegetarian, Vegan
Black Fish Roe	Instectents: Chicken, Coating (plain Flour, Modiled Starch (3404), corn Starch, Ta vote tables, - ive, Leavening Agent (5001, Ming I Sal (450, 500), Spices, Wheat Starch, Dehydrated YosetableS, Haver, Herb, sugar, Modied 5, Mineral Sat, EGG Powder, Spice Extract, Vegetable Ol, Potato Starch, Salt, Yeast EXtract, Chrus Extract, Stareh, Denydrated Votetable Powder, Mineral Salt (451). Allergen Warning: Wheat, Gluten, Egg CREAM (MILK), WATER, SALT.	Fish, Wheat, Gluten	Nil
Boneless chicken	Chicken, Soy Sauce, Sugar, Salt, Vegetable Fibre, Potato Starch, Mineral Salt (451, 450), Dehydrated Vegetable Powder. CONTAINS SOY	Wheat, gluten, egg	Nil
Butter (Dairy Farmers)	lodised salt, sugar, flavour enhancers (621,635), tapioca flour, garlic powder, fried garlic, vegetable oils, soy sauce powder (contains wheat derivative), hydrolysed plant protein, spice, maltodextrin (from maize), chicken, acidity regulator (331), licorice root extract.	Milk	Vegetarian, Gluten Free
Chicken (Teriyaki)	Chicken, Soy Sauce, Sugar, Salt, Vegetable Fibre, Potato Starch, Mineral Salt (451, 450), Dehydrated Vegetable Powder. CONTAINS SOY	Soy	GF
Chicken Seasoning	Contains soybean and wheat products	Soy, wheat, gluten	Nil
Chillli Paste	INGREDIENTS: Com syrup. Red pepper mixed seasoning (Red pepper powder, Water, Sat, Gari,Onion), Brown rice. Water, Fermented soybean paste Water, Soybean, Soybean cultured with aspergles oryzas, Roasted soybean powder, Sak, Seed mall, Isomallo oligosacchande, Sea sat, Red pepper powder, Spirits. Yeast extract powder (Yeast extract, Dextrin) , Seed malt (Wheat, Aspergillus oryzae) #Contains Gluten, Soybean, Wheat flour	Gluten, Soybean, Wheat Flour	Vegetarian, Vegan
Cooking Sake Wine	Water, Alcohol Glucose, White Rice	Nil	GF, Vegan, Vegetarian
Cooking Sake Wine	Water, Alcohol Glucose, White Rice	Nil	Gluten Free, Vegetaraian, Vegan
Crab Meat (KANIMI Chunk)	White Fish Meat 51%, Water, Modified Tapioca Starch (1420), EggWhite, Sugar, Salt, Sweet Flavouring, Egg Whole, Soybean Oil, Monosodium Glutama (621), Crab Flavour (Fish), Colours [Carmine (120), Paprika (160c)]. ALLERGEN CONTAIN: FISH, EGG.	Fish, egg, soy, crustacean	Gluten Free
Dashi No moto	NGREDIENTS:GLUCOSE,FLAVOUR ENHANCER(621),SALT,DRIED BONITO POWDER,BONITO EXTRACT,YEASTEXTRACT(YEAST EXTRACT(YEAST,SWEET POTATO,TAPIOCA,DEXTRIN,SALT,GLUCOSE),GLUCOSE,SALT),FLAVOUR ENHANCER(635).	Added from: https://mel.ifconline.com.au/products/marushichi-konbu-tsuyu-1-8l	
Fried garlic granules	garlic, palm oil	Nil	Gluten free, Vegetarian, vegan
Fried onion	Onion, Corn Flour, Palm Oil	Nil	Gluten free, Vegetarian, vegan
Frozen Breaded Prawn	VANNAMEI SHRIMP (40%)(VANNAMEI SHRIMP, SALT, SUGAR), BREAD CRUMBS(WHEAT FLOUR,SHORTENING(PALM OIL), SUGAR, SALT, YEAST, YEAST FOOD(CALCIUMCARBONATE (170), CALCIUM SULPHE(S16), ASCORBIC ACID (300), CORNSTARCH,DEXTROSE,WHEAT GLUTEN, COLOUR(160(c)), SUNFLOWER OIL)) BATTER MIX(WHEAT FLOUR, THICKENER(412),SUGAR,SALT,CORN FLOUR, FLAVOUR ENHANCER(621, 631,627)), MODIFIED STARCH(1420),CALCIUM CARBONATE (170). CONTAINS: CRUSTACEAN, WHEAT, GLUTEN	Crustacean, wheat, gluten	Nil
Frozen Edamame	Soybeans	Soy	Gluten free, Vegetarian, vegan
Frozen Edamame, in pod (Shioyude)	SOY(99%),SALT.	Soy	Gluten free, Vegetarian, vegan
Frozen Ramen Noodles	WHEAT FLOUR(74%), WATER WHEAT PROTEIN, ACIDITY REGELATOR (501, 500, 452) SALT, COLOUR (101).	Wheat, Gluten	Vegetarian, Vegan
Frozen Scallop	(INGREDIENTS: SCALLOP.«COTAINS SHELLFISH)	Shellfish - Mollusc	
Frozen smoked tuna	TUNA (THUNNUS SPP., FISH),ADOURLESS FLAVOURLESS SMOKE	Fish	Gluten Free
Frozen Soba Noodles	WHEAT FLOUR, BUCKWHEAT FLOUR, WATER, SALT.	Wheat, Gluten	Vegetarian, Vegan
Frozen Squid	INGREDIENTS:SQUID EARS (75% (NEON FLVING SQUID. MARERVINEAUCELACIDITYREGULATOR(501,450,331,262), WATER), FRYING BATTER MIX(FRYING BATTER REGULATE FLOURCORN STARCH.THICKENERG412)SALT SPIC DEHARIC POWDER, CHILI POWDER WHITE PEPPER), FLAVOUR ENHANCER(621,635). DEHYDRATED SOS SAIL PERVERTED SOY SAUCEWATER, SO Y, WHEAT SALTRUME W SUGAR GLUCOSE, SOY PROTEIN POWDER, COLOUR(160(D, WHITE BREAD CRUMB WHEAT FLOUR, GLUCOSE,VEGETABLE OIL (PALM OIL, SOY LECITHIN(322),TOCOPHEROLS CONCENTRATE, MIXED(307 (b) (SOY)),SALT, YEAST YEAST, CORN, YEAST FOOD CALCIUM SULPHATE(516) AMMONIUM CHLORIDE(510), CALCIUM PHOSPHATE HYDROXIDE(341), ASCORBIC ACID (300))) BATTER MIX WATER,BATTER MIX THICKENER(A12), CORN STARCH, WHITE SUGAR, SOY. <CONTAINS MOLLUSC, WHEAT, GLUTEN,SOY>	Mollusc, wheat, gluten, soy	Nil
Frozen Tempura Vegetables	Onion. Batter Mix (Wheat Flour, Corn Starch, Baking (Sodium Bicarbonate (E500(1)), Sodium Acid Pyrophosphate (E450(I)), Monocalcium Phosphate (E341 (I))), Salt, Glucose (Tapioca), Carotene Color (E160a(i)), Riboflavin). Carrot, Kale, Soybean Oil. Contains: Wheat (Gluten), Soy	Wheat, Gluten, Soy	Vegetarian, Vegan
Ginger (mini)	Ginger(64.0%), Water(28%), Distilled Vinegar(3.0%), Salt, dcidity Regulator(260,330), Corn Syrup Artificial Sweetener(420(0.1%),951), Preservative(202), Colour(124,110)	Nil	Gluten Free, Vegan, Vegetarian
Golden Curry (SB) Roux Medium Hot	INGREDIENTS: WHEAT FLOUR, VEGETABLE OIL (PALM, HYDROGENATED RAPESEED, SALT, CURRY PONDER(851, A SUGAR. COLOUR /150 (a)) FLAVOUR ENHANCER (621), ACIDITY REGULATOR (2961, BLACK PEPPER, CHILLI, GARLIC, FLAVOUR ENHANCER (627,631) , CELERY SEEDS, MUSTARD <CONTAINS WHEAT AND GLUTEN->	Wheat, Gluten	Vegetarian, Vegan
Heinz tomato sauce	Concentrated Tomatoes (Contains 166g of Tomatoes per 100mL), Sugar, Salt, Food Acid (260), Natural Flavours. Contains 78% Concentrated Tomatoes.	Nil	Gluten Free, Vegetarian, Vegan

HF (RED) Sriracha Sauce	INGREDIENTS: Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfite as preservatives, Xanthan Gum. CONTAINS SULPHITE (SODIUM BISULFITE) INGREDIENTS:VEGETABLE OIL(PALM, CANOLA), WHEAT FLOUR,SUGAR,SALT,CURRYPOWDER(7%)SPICES,DRIED TANGERINE PEEL),CORNSTARCH,ONION POWDER(ONIONFLAKE, SOY POWDER,GLUCOSE,MALTOSE),DEXTRIN,GARLIC POWDER(DRIED GARLIC, SOY ,GLUCOSE,MALTOSE),FLAVOUR ENHANCER(621),COLOUR(150(a)),YEASTEXTRACT, SOY PASTE POWDER(SOY,SALT,RICE,WATER), SOY ,EMULSIFIER(473,322(SOY),471),ACIDITY REGULATOR(296,330),CHILLI,FERMENTED WHEATSEASONING (WHEAT,YEAST EXTRACT,DEXTRIN),FLAVOUR ENHANCER(631,627),ARTIFICIAL AND NATURAL FLAVOUR. Sugared citron, honey, fructose, citric acid, vitamin C, carboxymethylcellulose natrium, carrageenan, pecan , purified water. INGREDIENTS: FRIED BEAN CURD(SOY), RAPESEED OIL, FIRMING AGENT(511)), WATER, SUGAR, SOY SAUCE(WATER, SOY,SALT), RICE STARCH, VINEGAR, SALT, KELP(LAMINARIA JAPONICA). INGREDIENTS: SKIPIACK TUNA,SALT, VEGETABLE EXTRACT/YELLOW PEAEXTRACT,CARROT EXTRACT), WATER. <CONTAINS FISH> INGREDIENTS: VEGETABLE OIL (PALM, CANOLA), WHEAT FLOUR, SUGAR, SALT, CURRY PONDER(7%) (SPICES, DRIED TANGERINE PEELI, CORNSTARCH, ONION PONDER ONION z7(SOY) 4711 ACIDITY REGULATOR 296, 3301, CHILLI, FERMENTED WHEAT SEASONING(WHEAT , YEAST EXTRACT DEXTRIN) , FLAVOUR ENHANCER (631, 627), ARTIFICIAL AND NATURAL FLAVOUR CONTAINS SOY, WHEAT. GLUTEN AND MILKS «MAY CONTAIN CRUSTACEAN. FISH. TREE NUTS. SULPHITES. LUPIN AND MOLLUSC» WATER, GLUCOSE SYRUP, KELP ILAMINARIA JAPONICA! EXTRACT (KELP EXTRACT, HYDROGENATED STARCH HYDROLYSATE, SALT), SALT, KELPILAMINARIA ING GLUCOSE, FERMENTED SEASONING (RICE, KOJI, SALT), SALT, YEAST EXTRACT. SOY SAUCE(WATER, SOY , WHEAT , SALT,HIGH FRUCTOSE CORNSYRUP WATER, SALT,ETHYL ALCOHOL, SUGAR KELP LAMINARIA JAPONICA) EXTRACT(KELP EXTRACT(KELP,SALT,WATER), HYDROLYSED PROTEIN(BONITO ,FRIGATE MACKEREL), GLUCOSE SYRUP, SALT,WATER), VINEGAR, KELP(LAMINARIA JAPONICA) DASHI STOCK(WATER,KELP)YEAST EXTRACT(YEAST,DEXTRIN,SALT),FLAVOUR ENHANCER(631). Squid (Dosidicus gigas), Crawfish (Procambarus clarkin) 22%, Soybean Oil, Water, Sugar, Fish Roe, Sweetener (E420 Stabilizer (E415), Modified Starch (E1422, E1450), Thickener (Tamarind Gum), Soy Protein, Whey Protein, Rice Vinegar, Salt, Flavour Enhancer (E627, E631), Acidity Regulator (E270), Emulsifier (E471, E452), Lactose , Fine Parsley, Moso Bamboo Extracts (Phyllostachys edulis), Pepper Powder, Colours (E102, E110, E120, E129, E1/ Contains: Fish, Crustacean, Milk, Mollusc, Soy Soy VEGETABLE OIL (RAPESEED, SOYBEAN , CORN), WATER, GLUCOSE SYRUP, EGG (EGG , EGG YOLKI), VINEGAR, SALT, FLAVOUR ENHANCER (6211, CONCENTRATED LEMON JUICE, SPICE EXTRACT LEAF MUSTARD!)). Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup.	GF, Vegan, Vegetarian
House Java Curry Meat Free Curry Roux Hot 1Kg		Wheat, Gluten, Soy, Milk ; «MAY CONTAIN CRUSTACEAN, FISH, TRI
Honey Citron Tea		Vegetarian
Inari (Seasoned soybean curd)		Gluten Free, Vegetarian
Japonism Tuna (Tuna Filling Pouch)		Gluten Free, Vegetarian, Vegan
		Gluten Free
JAVA House Curry Mix		Contains: Soy, wheat, gluten, milk; May contain: CRUSTACEAN, FISH, TREE NUTS, SULPHITES, LUPIN AND MOLLUSC
		Vegetarian
Kelp Soup Stock		Nil
		GF, Veegan, Vegetarian
Kombu Tsuyu (MARUSHICHI, Soup Base)		Nil
		Nil
Loabster Salad Mix		Fish, Crustacean, Milk, Mollusc, Soy
		Gluten Free
Mayonnaise		Egg, Soybean
Mirin (WINE FOOD Hon Mirin)		Gluten Free, Vegetarian
Miso Paste, Red (MARUKOME Pro Aka)		GF, Vegan, Vegetarian
	Water, Glucose, Glutinous Rice and White Rice, Alcohol, Syrup.	Soy (May contain: phenylalanine, wheat, barley, shellfish, fish, tre
Miso Soup Sachet		Soy, Fish (Bonito, Tuna, Sardine), Barley
	Water, soybeans, rice, salt, ethyl alcohol. Contains soybeans . May contain: phenylalanine, wheat, barley, shellfish, fish, tree nuts, lupin and sulphites. INGREDIENTS: Powdered Miso (Rice Miso (Soybeans , Rice, Salt), Soy Miso (Soybeans , Salt), Dried Bonito (fish) Powder, Salt, Powdered Yeast Extract, Natural Flavoring, Dried Bonito Extract, Dried Sardine Powder, Powdered Kelp), Dried Wakame Seaweed, Dried Green Onion. CONTAINS: Barley, Soybeans, Bonito Fish, Tuna Fish, Sardine Fish. SEAWEED (Porphyra Yezoensis).	Nil
Nori		Gluten Free, Vegetarian, Vegan
	Batter Mix Wheat Flour, Wheat Starch, Sale Vegetable Protein Wheat , Sessioning Monosodium L-glutamte (E621), Disodium 5-Ribonucleotide (E635), Baking Powder (Sodium Bicarbonate(E500 (i), Disodium Dihydrogen Pyrophosphate (450(0), Calcium Dihydrogen Phosphate (E341(i)), Spice Extract (Pepper, Ginger), Octopus , Cabbage, Fried Flour (Wheat Flour, Corn Starch, Rice Flour, Corn Flour, Salt, Baking Powder (E500(i), E450(1), E341(0), Tapioca Starch) Egg , Green Onion, Ginger, Soy Sauce (Soybean , Wheat , Salt), Soybean Oil. <Contains: Wheat (Gluten), Mollusc, Egg, Soy>	Wheat, Gluten, Mollusc, Egg, Soy
Octopus Balls		Wheat, Gluten, Mollusc, Egg, Soy
	Water, Sugar. Oyster Exact (11%) Oysters Molluse Water salt) Salt, Modiefed starch 1442 Flavour Enhancer (621). Wheat Flour, Colour (150a). INGREDIENTS: WHEAT FLOUR , SHORTENING (PALM OIL), SALT, YEAST, SUGAR. Cabbage, wheat flour, pork (20%), water, onion, oyster sauce (mollusc) [contains soybean extract, wheat , thickener (1422), flavour enhancer (621), colour (150c), preservatives (202, 211)], vegetable oil, egg (3%), sesame oil, salt, flavour enhancer (621), ginger, lard, humectant (1520, 420), emulsifier (322, 475), antioxidant (304), garlic, pepper. Pork Fillet, Breadcrumb (Wheat Flour, Salt, Yeast, (dextrose), batter (wheat flour, salt, vegeatble gum, (412), spices), potato starch , salt, yeast extract, citrus extract, mineral salt (451,450), Dehydrated vegetable powder.. Cabbage, pork(20%), wheat flour, fish cake 8% (fish , wheat starch, egg , soy and modified tapioca starch (1420,1442), colour (120, 160c)), onion, squid (mollusc) (1%), water chestnut. oyster sauce oyster(mollusc) , modified corn starch (1442), flavour enhancer(621), wheat , colour (150c)l lard, prawn (crustacean) (2%), water, vegetable oil (soy), shiitake mushroom, egg , soy sauce , rice wine, corn starch, sesame oil, salt, flavour enhancer (621), pepper, ginger, Contains: wheat, gluten, fish, agg. soy, mollusc, crustacean, sesame.	Nil
Oyster Sauce (PANDA)		Nil
Panko bread crumb		Nil
Pork Gyoza		Vegan, Vegetarian
		Egg, Sesame, Soy, Mollusc (oyster), Wheat, Gluten
PORK SCHNITZEL PANKO		Nil
		Nil
Pork ShuMai		Wheat, Gluten
		wheat, gluten, fish, egg, soy, mollusc, crustacean, sesame.
Pork Spring rolls		Wheat, gluten, sesame
	Pork (50%), Wheaten Flour, Starch, cabbage, Carrot, celery, Onion, Vermicelli, vegetable Oil, sesame oil, sweer Chilli Sauce, garlic salt, Pepper, and Sugar. INGREDIENTS: FLYING FISH ROE(CYPSSELURUS AGOO NEDO) SUGAR, FLAVOUR ENHANCER (521, 635 HYDROLYSED SOY PROTEIN, DEXTRI<-), HUMECTANT (420) SALT, ACIDITY. REGULATOR(325) COLOUR(102.124) <CONTAINS FISH AND SOY> RADISH(62%),WATER,CUCUMBER(8%) EGGPLANT(4%),CORN SYRUP,LOTUS ROOT (2%), VINEGAR(2%), SALT, GINGER(1.5%),PERILLA LEAVES(1.5%) SOY SAUCE(WATER,SOY, WHEAT , WHEAT BRAN ,SALT), FLAVOUR ENHANCER(621),SWEETENER(420) ACIDITY REGULATOR (260,390),SWEETENER (951), PRESERVATIVE(202), SWEETENER(950), COLOUR(102, 124). INGREDIENTS: WATER, ALCOHOL, RICE, SALT.	Fish, Soy
Red Fish Roe		Gluten Free
		Soy, Wheat, Gluten
Red Pickled Radish		Vegetarian, Vegan
		GF, Vegan, Vegetarian
RICE VINEGAR (TAMANOI SAKURA)		N/A
		Crustacean, sesame, soy, wheat, gluten
Seafood Gyoza		Nil
	Filling (67%) [Prawn (70%) (Litopenaeus Vannamei), Cabbage, Onion, Chives, Vegetable Oil (Sesame , Palm), Ginger, Soy Sauce, Modified Starch (1412, 1422), Garlic, Salt, Chicken Essence (Flavour enhancer (621)), Sugar, Acidity Regulator (500), Pepper], Pastry (33%) Wheat Flour, Water, Modified Food Starch (1412), Vegetable Oil (Sesame , Palm), Salt. CONTAINS: Crustacean, Sesame, Soy, Wheat	Fish, Crustacean, Mollusc, Soy, Wheat, Gluten, Egg
Seafood Leg Stick (AJIKAN LARGE Leg Stick)		<MAY CONTAIN TREE NUTS, SULPHITES, LUPIN>
	MANOUR-AUS. CLAMA), CRAS EXTRACT, BIA SANCIONES CEA339), ARO AIRAS, FOTEN, DEXTRIN, CORN OIL), RESORTA SE AGDETIRASCOLOURA), ESG WHITE , FANATO CONDOLDWYVALCOHOL, GLUTOSE STRUP, WATER, RICE, SIEL KURDO ENTRACT, MODIFIED STARCH(1442), CRAB EXTRACTO.S CAN MACTICRAB SHELL, SALT), MALTODEXTRIN, HYDROLYSIS PROTEIN(CORN, WHEAT , SOY , BONITO), SALT, YEAST EXTRACT(BARLEY , WHEAT), HYDROGENATED STARCH HYDROLYSATE), SALT, SUGAR, EGG WHITE POWDER, KELPILAMINARIA JAPONICA)EXTRACT, EGG , FLAVOUR ENHANCER(631), SOY LECITHIN(322). <CONTAINS FISH, CRUSTACEAN, MOLLUSC, SOY, WHEAT, GLUTTEN, EGG> <MAY CONTAIN TREE NUTS, SULPHITES, LUPIN>	Nil
Seafood Stick		Fish, Egg, Soy
Seasoned Shitake Mushroom		Gluten Free
	White Fish Meat (Lizardfish, Threadfin bream) (47%),Water, Modified Tapioca Starch (1420, 1414), Sugar, Sorbitol (420), Salt, Sweet Flavouring, Soybean Oil,Flavour En SUGAR, WATER, DRIED SHITAKE MUSHROOM SOY SAUCE (WATER, SOY, SALT, WHEAT, SALT, KELP (LAMINARIA JAPONICA), VINEGAR. <CONTANS SOY, WHEAT, GLUTEN> SEAWEED (93%),SUGAR, SWEETENER (420), SESAME OIL, VINEGAR, WATER,SALT, SESAME ,CIDER VINEGAR, FLAVOUR ENHANCER(621),RED CHILLI PEPPER,COLOUR(102,133). <CONTAINS SESAME> : Water, Sugar, Sunflower oil, Sesame seeds (10%), Soy sauce Soybeans , Wheat , Salt), Rice vinegar, Salt Ethy Ceto(tahel Egg yolk preperation (Egg yolk, Suger), Flavour entaneas Monosodium-glutamate, Disodium inosinate), Emulsifier (Sunse «is o/faty acids), Acids (Lactic acid, Acetic acid), Shitake natcom extract, Yeast extract, Thickener (Kanthan zum. Spics)	Soy, Wheat, Gluten
Seaweed salad		Sesame
		Gluten Free, Vegan, Vegetarian
Sesane Dressing		Sesame, Soy, Egg
	stabiliser(1 412), corn starch (corn starch), soybean powder), trehalose, salt, thickener (412, 415), spice. CHILLI (38%), DRIED TANGERINE PEEL, ROASTED BLACK SESAME, ROASTED WHITE SESAME, GREEN SEAWEED, GINGER, JAPANESE PEPPER. «CONTAINS SESAME AND CRUSTACEAN (SHRIMP , CRAB)>	Soy bean
Shokken Batter mix		Vegetarian, Vegan, Gluten Free
Sichimi 7 Pepper Spice		Sesame, Crustacean (Shrimp, Crab)
		Gluten Free

Soy Sauce (Shoyu)(45652)	Water, Soybeans (15%), Wheat, Salt, Gluten. Contains Soy and Wheat (Gluten). Contains 3.8% alcohol v/v.	Soy, Wheat, Gluten	Vegetarian, Vegan
Spicy Soft Shell Crab	MANGROVE CRAB (76%) MIXED SEASONING(GARLIC, PEPPER, SUGAR, SOY SAUCE (WATER, SALT, SOY, FLOUR , SUGAR, FLAVOUR ENHANCER(621)) WATER),FRYING BATTER MIX WHEAT FLOUR,POTATO STARCH,CORN FLOUR, RAISING AGENT(500,450,341), TAPIOCA STARCT) CONTAINS : CRUSTACEAN, SOY,WHEAT,GLUTEN.	Crustacean, Soy, Wheat, Gluten	Nil Gluten Free Gluten Free, Vegetarian, Vegan
Sushi Ebi	FARM-RAISED PRAWN, SALT CONTAINS: Crustacea	Crustacea	Nil
Sweet Chilli Sauce	Sugar, Water, Red Chili (198%), Garlic, Salt, Thickener (1422), Acidity Regulator (260)	Nil	Gluten Free Gluten Free, Vegetarian, Vegan
TarTar Prawn	Prawn (Litopenaeus Vannamei) Wheat flour , Shortening, Sugar, Yeast, Salt, Annatto, Flavour Enhancer (621), Water, Modified starch (E1420, E1412), Corn starch, Vegetable Fat, Thickener (E412), Wheat Gluten , Baking Powder (E500t, E450i, E3411)	Prawn, Wheat, Gluten	Nil
Tempura prawn	CONTAINS: Prawn, Wheat, Gluten TEMPURA BATTER MIX(WHEAT FLOUR, STABILISER (1414). SALT.BAKING POWDER(TAPIOCA STARCH.RAISING AGENT (600,460)) WATER),SHRIMP(33%)(SHRIMP AGIDITY REGULATOR(300,500) ,SALT, STABILISER(1400) WATER) SOY OIL. CONTAINS : WHEAT, GLUTEN,CRUSTACEAN.SOY	Wheat, Gluten, Crustacean, Soy	Nil
Teriyaki Sauce (Kikkoman)	Water, Sugar, Naturally Brewed Soy Sauce (Water, Soybeans , Rice, Salt), Thickener (1442), Colour (150a), Salt, Vinegar, Flavour Enhancers (621, 635), Vegetable Gum (415), Preservative (211).	Soybean	Gluten Free, Vegan, Vegetarian
Tomago (Frozen Cooked Egg)	Egg .SUGAR, HUMECTANT(420), SOY OIL . WATER. STARCH HYDROLYSATE(CASSAVA, SWEET POTATO). MODIFIED STARCH(1412). VINEGAR(AL COHOL RICE, SAKE LEES(WATER, RICE KOJI, ETHYL ALCOHOL, GLUCOSE SYRUP,SALT,WATER), SOY SAUCE (WATER,SALT, SOY, WHEAT , HIGH FRUCTOSE CORN SYRUP, RICE),SALT, MODIFIED WHEAT STARCH (1420),SODIUM METAPHOSPHATE(452), SODIUM PYROPHOSPHATE(450),SOUP BASE(SOUP BASE (DRIED BONITO EXTRACT, DRIED FISH STOCK (BONITO, MACKEREL SCAD), KELP(LAMINARIA JAPONICA)), GLUCOSE SYRUP, SALT, HYDROLYSED PROTEIN SOY , CORN, WHEAT, YEAST(BARLEY)) !., FLAVOUR ENHANCER(621),COLOUR(160(a)), FLAVOUR ENHANCER(635),OIL FOR BAKING(SOY). <CONTAINS EGG,SOY, WHEAT, GLUTEN,FISH> <MAY CONTAIN CRUSTACEAN, TREE NUTS, SULPHITES, LUPIN AND MOLLUSC>	Egg, Soy, Fish, Wheat, Gluten, Barley; May contain: crustacean, tree nuts, sulphites, lupin, mollusc	Nil
Tuna (OCEANUS) Skipjack Pouch	INGREDIENTS: SKIPIACK TUNA ,SALT, VEGETABLE EXTRACT/YELLOW PEA EXTRACT,CARROT EXTRACT), WATER. <CONTAINS FISH>	Fish	Gluten Free
Udon Noodles	Noodle flour (domestic production), salt/modified starch	Wheat, Gluten	Gluten free, Vegetarian, Vegan
Vege Edamame Taro Bals	(taro, soy, soy oil, potato starch	Soy	Gluten free, Vegetarian, Vegan
Vegetable Oil	Blended Vegetable Oil, Antioxidant (307b), Antifoam (900a)		
Wasabi & Yuzu dressing	soy sauce (defatted soybeans , salt, wheat, soybeans , glucose, seed malt' (wheat, barley)), high fructose corn syrup (starch, water), vinegar(alcohol, water, salt, rice lees of Japanese rice wine), vegetable oils (rapeseed, rice (bran); water, citrus juice (0.7%), mustard, wasabi paste (0.5%), flavouring, yeast extract, Pepper powder, thickener(415), coriander powder.	Soy, Wheat, Gluten, Barley	Vegetarian, Vegan
Wasabi (mini)	Contains: gluten, wheat, soy, barley WATER, HORSERADISH (20%), SORBITOL (420) HYDROGENATED STARCH HYDROLYSATE, RAPESEED OIL, SALT, CORNSTARCH,MUSTARD, ARTIERCAL FLAVOUR, AGIDITY REGULATOR (330), ANTONIDANT (300), THICKENER (415),COLOUR (102, 133).	Nil	Gluten free, Vegetarian, Vegan
Yellow Pickled Raddish	Raddish, high fructose corn syrup, salt, fermented seasoning (ethyl alcohol, cooking rice wine), sugar, flavour enhancer (621), spirit vinegar (ethyl alcohol), antioxidant 301, acidity regulator (270, 330), preservative 202, colour (102), rice bran	Nil	Gluten free, Vegetarian, Vegan
Yuzu	CITRUS(YUZU) PEEL.	Nil	Gluten free, Vegetarian, Vegan