

# MISO HUNGRY

National Allergy Strategy – Food allergen menu matrix - MISO HUNGRY

UPDATED: 04.06.2024

C indicates menu item CONTAINS the allergen as an ingredient PAL stands for Precautionary Allergen Labelling statement

Menu item											Tree nuts								Gluten containing cereals						
	Milk (dairy)	Egg	Fish	Crustacean	Mollusc	Sesame	Lupin	Peanut	Soy	Sulphites	Almond	Brazil nut	Cashew	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Wheat	Gluten	Barley	Oats	Rye	
<b>SUSHI ROLLS</b>																									
Chicken Avocado Roll		C							C												C	C			
Spicy Chicken Roll		C		C		C			C	C											C	C			
Karaage Chicken Sushi Roll		C			C				C												C	C			
Salmon Avocado Roll			C																						
Prawn Avocado Roll		C		C					C																
Honey Chilli Chicken Roll					C			PAL	C												C	C			
Tempura Prawn Sushi Roll		C		C		C			C												C	C			
Fresh Vege Sushi Roll																									
Egg Sushi Roll		C	C	PAL	PAL		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C	C			
Mushroom Avo Roll									C												C	C			
Plain Avocado Roll																									
Tempura Vegi Roll									C												C	C			
Spicy Tuna Roll			C	C		C			C												C	C			
California Roll		C	C						C																
Crab Salad Roll		C	C	C	C		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C				
Lobster Salad Roll	C		C	C	C				C																
Chilli Mayo Calamari Roll		C		C	C				C												C	C			
Teriyaki Beef Roll						C			C												C	C			
Teriyaki Salmon Roll			C						C																
Seaweed Roll						C			C																
Tofu Roll									C																
Spicy Salmon Roll		C	C	C		C			C																
Tartar Prawn Roll		C		C					C												C	C			
Teriyaki Chicken Roll									C												C	C			
Soft Shell Crab Roll		C		C		C			C												C	C			

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Updated: 07.06.2024

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	Milk (dai)	Egg	Fish	Crustac	Mollusc	Sesame	Lupin	Peanut	Soy	Sulphite	Almond	Brazil nt	Cashew	Hazelnu	Macadaa	Pecan	Pine nut	Pistachi	Walnut	Wheat	Gluten	Barley	Oats	Rye	
																									
<b>SUSHI PACKS</b>																									
Chilli Mayo Aburi Salmon		C	C	C		C			C																
Mixed Sashimi Salmon Tuna			C																						
Sashimi Salmon			C																						
Assorted Sashimi Platter		C	C	C	C				C											C	C				
NEW Salmon Special			C			C																			
NEW Salmon Combo			C						C																
Nigiri - Salmon 3pcs			C																						
Nigiri - Mixed			C	C																					
Assorted Nigiri Box		C	C	C	C		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C	C			
Seared Salmon + Aburi Box		C	C	C	C		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C				
Spicy Seared Salmon Aburi + Prawn Roll Box		C	C	C	C	C			C												C	C			
Spicy Katsu Chicken Maki Box		C		C		C			C												C	C			
Fresh Salmon Maki Box			C						C												C	C			
Tartar Prawn Maki Box		C		C		C			C												C	C			
Vegetarian Maki Box		C	C	PAL	PAL	C	PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C	C		
Tuna Salad Maki Box		C	C			C			C																
Spicy Tuna Maki Box		C	C	C	C	C			C												C	C			
Futomaki Maki Box		C	C	C	C		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C	C		
Baby Roll		C	C	PAL	PAL		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C	C		
Mini Roll - Avocado																									
Mini Roll - Chicken & Avo									C												C	C			
Mini Roll - Salmon			C																						
Seared Salmon Roll		C	C	C	C		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C			
Aburi Salmon		C	C						C																
Karaage Chicken Box		C			C				C												C	C			
Seared Salmon & Aburi		C	C	C	C		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C			
Seared Crispy Spicy Prawn		C	C	C	C	C	PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C			
Inari Plain									C																
Inari Seafood		C	C	C	C		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C			
Seafood Platter		C	C	C	C		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C			
Katsu Box Chicken Avocado		C							C												C	C			
Fresh Salmon Maki Box			C						C												C	C			
Seared California Crab Salad Box		C	C	C	C	C	PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C			
Seared Salmon Tuna Salad Box		C	C						C												C	C			
Soft Shell Spider Roll		C	C	C	C	C	PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C			
Spicy Seared Salmon Aburi & Prawn roll		C	C	C	C	C	PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C			

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	Milk (dairy)	Egg	Fish	Crustacean	Mollusc	Sesame	Lupin	Peanut	Soy	Sulphites	Almond	Brazil nut	Cashew	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Wheat	Gluten	Barley	Oats	Rye	
																									
<b>HOT BOWLS</b>																									
Crispy Chicken Curry Rice	C		PAL	PAL	PAL		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C				
Karaage Chicken Curry Rice	C		PAL	PAL	C		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C				
Crispy Pork Curry Rice	C		PAL	PAL	PAL		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C			
Tempura Prawn Curry Rice	C		PAL	C	PAL		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C			
Tempura Vege + Tofu Curry Rice	C		PAL	PAL	PAL		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C			
Teriyaki Chicken Rice						C			C												C	C			
Crispy Chicken Katsudon Rice		C	C						C												C	C			
Katsudon Prawn Rice		C	C	C					C												C	C			
Karaage Chicken Rice		C			C				C												C	C			
Honey Chilli Chicken Rice		C		C	C	C		PAL	C												C	C			
Yuzu Chicken Rice		C			C				C												C	C			
Beef Yakimiku Rice						C			C												C	C			
Miso Salmon Rice			C	PAL	PAL	C	PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C	PAL		
Karaage Katsudon		C	C		C				C												C	C			
Vege Tofu Katsudon		C	C						C												C	C			
<b>NOODLE BOWLS</b>																									
Udon Chicken Curry	C		PAL	PAL	PAL	C	PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C			
Udon Noodle Plain		C	C	C	C		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C			
Stir Fried Noodles - Beef		C				C			C												C	C			
Stir Fried Noodles - Chicken		C				C			C												C	C			
Stir Fried Noodles - Spicy Salmon		C	C	C		C			C												C	C			
Stir Fried Noodles - Teriyaki Salmon		C	C			C			C												C	C			
<b>SALAD BOWLS</b>																									
Fresh Salmon Poke Bowl (+ homemade teriyaki dressing sauce)			C						C												C	C			
Seared Salmon Bowl (+ GF Teriyaki Dressing)			C			C			C												C	C			
Crunchy Chicken Bowl (+ wasabi & yuzu dressing)									C												C	C	C		
Teriyaki Chicken Soba Noodle Salad (+ wasabi & yuzu dressing)						C			C												C	C	C		
Mixed Seafood Poke Bowl (+ teriyaki dressing)		C	C	C	PAL	C	PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C	C		
Fresh Salmon Poke Bowl (without dressing)			C						C												C	C			
Crunchy Chicken Bowl (without dressing)									C												C	C			
Teriyaki Chicken Soba Noodle Salad (without dressing)						C			C												C	C			
Mixed Seafood Poke Bowl (without dressing)		C	C	C	PAL	C	PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C	C		
Seared Salmon Bowl (without dressing)			C			C			C												C	C			

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<b>SAUCES</b>																									
Miso Glaze Sauce			C	PAL	PAL		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL			
Mayo		C							C												C	C			
Teriyaki Sauce									C												C	C			
Honey Chilli Sauce								PAL																	
Wasabi Citrus Dressing									C												C	C	C		
Sesame Dressing		C				C			C																
Miso Yuzu Dressing			PAL	PAL	PAL		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	C	PAL	PAL	PAL	PAL	PAL	PAL	PAL		
Homemade Teriyaki Dressing									C												C	C			
GF Teriyaki Dressing									C																
Soy Sauce Dressing									C												C	C			
Yuze Mayo Dressing		C							C							C									
<b>DRINKS</b>																									
Coca Cola No Sugar																									
Coca Cola Classic																									
Coca Cola Diet																									
Coca Cola Vanilla																									
Coca Cola Vanilla No Sugar																									
Pump Water Berry																									
Pump Water Lemon																									
Pump Water Natural																									
Mount Franklin Sparkling Lime																									
Mount Franklin Sparkling																									
Powerade Blue																									
Powerade Orange																									
Powerade Red																									
Powerade Yellow																									
Mount Franklin Water																									

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Menu item	Milk (dairy)	Egg	Fish	Crustacean	Mollusc	Sesame	Lupin	Peanut	Soy	Sulphites	Tree nuts										Gluten containing cereals				
											Almond	Brazil nut	Cashew	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Wheat	Gluten	Barley	Oats	Rye	
<b>CATERING ITEMS</b>																									
Edamame (Catering only)						PAL			C	C															
Crunchy Pork Seafood Shu-mai (No Sauce)		C	C	C	C	C			C												C	C			
Pork Spring Rolls (No sauce)						C															C	C			
Seaweed Salad (Catering only)						C																			
Vege Edamame Taro Balls (No Sauce)									C																
Jumbo Octopus Balls (Catering Only)		C			C				C												C	C			
Pork Gyoza (Catering only)		C			C	C			C												C	C			
Seafood Gyoza (Catering Only)				C		C			C												C	C			
Miso Soup (Sachet)			C						C													C	C		
Fresh Salmon Nigiri (1) (Catering only)			C																						
Inari - Plain (Catering only)									C																
Inari - Seafood (Catering only)		C	C	C	C		PAL		C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C				
Boneless Chicken Wings (No Sauce)		C																			C	C			
Seafood Gyoza (+ Soy sauce dressing)				C		C			C												C	C			
Pork Gyoza (+ Soy sauce dressing)		C			C	C			C												C	C			
Pork Spring Rolls (+ Honey Chilli Sauce)						C		PAL													C	C			
Crunchy Pork Seafood Shu-mai (+ Honey Chilli)		C	C	C	C	C		PAL	C												C	C			
Vege Edamame Taro Balls (+ Honey Chilli Sauce)								PAL	C																
Boneless Chicken Wings + Yuzu Mayo		C							C												C	C			

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## Sushi Rolls

Menu Item	Serve Size	Energy (kilojule)	Energy (calories)	
Chicken Avocado Roll	1 roll	819 kJ	196 Cal	
Spicy Chicken Roll	1 roll	773 kJ	185 Cal	
Karaage Chicken Roll	1 roll	1185 kJ	283 Cal	
Fresh Salmon Avo Roll	1 roll	827 kJ	198 Cal	Gluten Free*
Prawn Avocado Roll	1 roll	768 kJ	184 Cal	Gluten Free*
Honey Chilli Chicken Roll	1 roll	1079 kJ	258 Cal	
Tuna Avocado Roll	1 roll	859 kJ	205 Cal	Gluten Free*
Tuna Cucumber Roll	1 roll	806 kJ	193 Cal	Gluten Free*
Tempura Prawn Roll	1 roll	832 kJ	199 Cal	
Fresh Vege Roll	1 roll	640 kJ	153 Cal	Gluten Free*, Vegan, Vegetarian
Egg Roll	1 roll	922 kJ	220 Cal	
Mushroom Avo Roll	1 roll	698 kJ	167 Cal	Vegetarian, Vegan
Plain Avocado Roll	1 roll	740 kJ	177 Cal	Gluten Free*, Vegetarian, Vegan
Tempura Vegi Roll	1 roll	816 kJ	195 Cal	Vegetarian, Vegan
Spicy Tuna Roll	1 roll	608 kJ	145 Cal	
California Roll	1 roll	798 kJ	191 Cal	Gluten Free*
Crab Salad Roll	1 roll	882 kJ	211 Cal	
Lobster Salad Roll	1 roll	777 kJ	186 Cal	Gluten Free*
Chilli Mayo Calamari Roll	1 roll	1195 kJ	286 Cal	
Teriyaki Chicken Roll	1 roll	751 kJ	180 Cal	
Teriyaki Beef Roll	1 roll	670 kJ	160 Cal	
Teriyaki Salmon Roll	1 roll	698 kJ	167 Cal	Gluten Free*
Seaweed Roll	1 roll	669 kJ	160 Cal	Vegan, Vegetarian, Gluten Free*
Tofu Roll	1 roll	786 kJ	188 Cal	Vegan, Vegetarian, Gluten Free*
Spicy Salmon Roll	1 roll	991 kJ	237 Cal	Gluten Free*
Tartar Prawn Roll	1 roll	743 kJ	178 Cal	
Soft Shell Crab Roll	1 roll	820 kJ	196 Cal	

## Sushi Packs

Menu Item	Serve Size	Energy (kilojule)	Energy (calories)	
Chilli Mayo Aburi Salmon	3 pcs	1013 kJ	242 Cal	Gluten Free*
Mixed Sashimi Salmon Tuna	3 pcs	628 kJ	150 Cal	Gluten Free*
Sashimi Salmon	5 pcs	781 kJ	187 Cal	Gluten Free*
Assorted Sashimi Platter	10 pcs	1184 kJ	283 Cal	
Salmon Special		1399 kJ	334 Cal	Gluten Free*
Salmon Combo	9 pcs	1638 kJ	391 Cal	
Nigiri - Salmon 3pcs	3 pcs	667 kJ	160 Cal	Gluten Free*
Nigiri - Mixed	3 pcs	569 kJ	136 Cal	Gluten Free*
Assorted Nigiri Box	6 pcs	1938 kJ	463 Cal	
Seared Salmon & Aburi	7 pcs	2497 kJ	597 Cal	
Spicy Seared Salmon Aburi + Prawn Roll Box	7 pcs	2167 kJ	518 Cal	
Spicy Katsu Chicken Maki Box	8 pcs	2433 kJ	582 Cal	
Tartar Prawn Maki Box	8 pcs	2130 kJ	509 Cal	
Vege Maki Box	8 pcs	2062 kJ	493 Cal	
Tuna Salad Maki Box	8 pcs	2290 kJ	547 Cal	Gluten Free*
Spicy Tuna Maki Box	8 pcs	1983 kJ	474 Cal	
Futomaki Maki Box (L)		2878 kJ	688 Cal	
Futomaki Maki Box 1/2		1340 kJ	320 Cal	
Baby Roll	12 pcs (small)	1791 kJ	428 Cal	

Mini Roll - Avocado	8 pcs (small)	939 kJ	224 Cal	Gluten Free*, Vegan, Vegetarian
Mini Roll - Chicken	8 pcs (small)	881 kJ	211 Cal	
Mini Roll - Assorted	8 pcs (small)	894 kJ	214 Cal	Gluten Free*
Mini Roll Salmon		516 kJ	123 Cal	Gluten Free*
Rainbow Roll - Large	8 pcs	1085 kJ	259 Cal	
Rainbow Roll - Small	4 pcs	542 kJ	130 Cal	
Seared Salmon - Large	8 pcs	1393 kJ	333 Cal	
Seared Salmon - Small	4 pcs	696 kJ	166 Cal	
Aburi Salmon 3 pc	3 pcs	1018 kJ	243 Cal	Gluten Free*
Aburi Salmon 6 pc	6 pcs	2034 kJ	486 Cal	Gluten Free*
Karage Chicken Box Large	8 pcs	2239 kJ	535 Cal	
Karage Chicken Box 1/2	4 pcs	1120 kJ	268 Cal	
Seared crispy spicy prawn large	Large	2747 kJ	657 Cal	
Seared crispy spicy prawn small	Small	1374 kJ	328 Cal	
Inari Plain	1 pc	658 kJ	157 Cal	Gluten Free*, Vegan, Vegetarian
Inari Seafood	1 pc	857 kJ	205 Cal	
Seafood Platter		1571 kJ	375 Cal	
Katsu Box Chicken Avo - Large	8 pcs	2920 kJ	698 Cal	
Katsu Box Chicken Avo - Small	4 pcs	1460 kJ	349 Cal	
NEW Fresh Salmon Maki Box		1845 kJ	441 Cal	
Seared California Crab Salad Box		2963 kJ	708 Cal	
Seared Salmon Tuna Salad Box		2910 kJ	695 Cal	
Soft Shell Spider Roll		2174 kJ	520 Cal	
Spicy Seared Salmon Aburi & Prawn roll		2394 kJ	572 Cal	

### Hot Bowls

Menu Item	Serve Size	Energy (kilojule)	Energy (calories)	
Crispy Chicken Curry Rice	Regular	<b>2935 kJ</b>	702 Cal	
Crispy Chicken Curry Rice	Large	3358 kJ	803 Cal	
Karaage Chicken Curry Rice	Regular	<b>3977 kJ</b>	950 Cal	
Karaage Chicken Curry Rice	Large	4725 kJ	1129 Cal	
Crispy Pork Curry Rice	Regular	<b>3613 kJ</b>	863 Cal	
Crispy Pork Curry Rice	Large	4277 kJ	1022 Cal	
Tempura Prawn Curry Rice	Regular	<b>3098 kJ</b>	740 Cal	
Tempura Prawn Curry Rice	Large	3589 kJ	858 Cal	
Tempura Vege + Tofu Curry Rice	Regular	<b>2987 kJ</b>	714 Cal	Vegetarian
Tempura Vege + Tofu Curry Rice	Large	3516 kJ	840 Cal	Vegetarian
Teriyaki Chicken Rice	Regular	<b>2518 kJ</b>	602 Cal	
Teriyaki Chicken Rice	Large	2850 kJ	681 Cal	
Crispy Chicken Katsudon Rice	Regular	<b>2924 kJ</b>	699 Cal	
Crispy Chicken Katsudon Rice	Large	3159 kJ	755 Cal	
Karaage Katsudon	Regular	<b>4353 kJ</b>	1040 Cal	
Karaage Katsudon	Large	4914 kJ	1174 Cal	
Katsudon Prawn Rice	Regular	<b>2849 kJ</b>	681 Cal	
Katsudon Prawn Rice	Large	3116 kJ	745 Cal	
Katsudon Vege Tofu	Regular	<b>3344 kJ</b>	799 Cal	
Katsudon Vege Tofu	Large	3669 kJ	877 Cal	
Karaage Chicken Rice	Regular	<b>3415 kJ</b>	816 Cal	
Karaage Chicken Rice	Large	3863 kJ	923 Cal	
Honey Chilli Chicken Rice	Regular	<b>4001 kJ</b>	956 Cal	
Honey Chilli Chicken Rice	Large	4476 kJ	1070 Cal	
Yuzu Chicken Rice	Regular	3661 kJ	875 Cal	
Yuzu Chicken Rice	Large	4109 kJ	982 Cal	
Beef Yakiniku Rice	Regular	<b>2635 kJ</b>	630 Cal	
Beef Yakiniku Rice	Large	2907 kJ	695 Cal	
Miso Salmon Rice	Regular	<b>3965 kJ</b>	948 Cal	
Miso Salmon Rice	Large	4271 kJ	1021 Cal	

**Noodle Bowls**

Menu Item	Serve Size	Energy (kilojoule)	Energy (calories)
Udon Chicken Curry	Regular	3213 kJ	768 Cal
Udon Chicken Curry	Large	3636 kJ	869 Cal
Udon Noodle Plain PU/(R)	Regular	2396 kJ	573 Cal
Stir Fried Noodles - Beef (R)	Regular	3188 kJ	762 Cal
Stir Fried Noodles - Beef (L)	Large	3866 kJ	924 Cal
Stir Fried Noodles - Chicken (R)	Regular	3266 kJ	781 Cal
Stir Fried Noodles - Chicken (L)	Large	3944 kJ	943 Cal
Stir Fried Noodles - Spicy Salmon (R)	Regular	3981 kJ	951 Cal
Stir Fried Noodles - Spicy Salmon (L)	Large	4659 kJ	1113 Cal
Stir Fried Noodles - Teriyaki Salmon (R)	Regular	3865 kJ	924 Cal
Stir Fried Noodles - Teriyaki Salmon (L)	Large	4543 kJ	1086 Cal

**Salad Bowls**

Menu Item	Serve Size	Energy (kilojoule)	Energy (calories)
Fresh Salmon Bowl	Regular	2742 kJ	655 Cal
Seared Salmon Bowl	Regular	2525 kJ	604 Cal
Crunchy Chicken Bowl	Regular	1350 kJ	323 Cal
Teriyaki Chicken Soba Noodle Salad	Regular	2436 kJ	582 Cal

**SAUCES**

Menu Item	Serve Size	Energy (kilojoule)	Energy (calories)	
Soy Sauce Dressing	30g	49 kJ	12 Cal	Vegetarian, Vegan
Honey Chilli Sauce	30g	203 kJ	49 Cal	Gluten Free, Vegetarian
Yuzu Mayo	30g	662 kJ	158 Cal	Gluten Free, Vegetarian
Miso Glaze	30g	261 kJ	62 Cal	Gluten Free**
Sesame dressing	30g	413 kJ	99 Cal	Gluten Free
Wasabi Citrus dressing	30g	278 kJ	66 Cal	Vegan, Vegetarian
Mayo	30g	827 kJ	209 Cal	Gluten Free, Vegetarian
Miso Yuze Dressing	30g	620kJ	148 Cal	Gluten Free**, Vegetarian
Homemade Teriyaki Dressing	30g	251 kJ	60 Cal	Vegan, Vegetarian
GF Teriyaki Dressing	30g	175 kJ	42 Cal	Gluten Free, Vegan, Vegetarian

**Drinks**

Menu Item	Serve Size	Energy (kilojoule)	Energy (calories)	
Coca Cola No Sugar Can	375mL	4.5 kJ	1 Cal	Gluten Free*, Vegan, Vegetarian
Coca Cola Classic Can	375mL	675 kJ	161 Cal	Gluten Free*, Vegan, Vegetarian
Coca Cola Classic Large	600mL	1080 kJ	258 Cal	Gluten Free*, Vegan, Vegetarian
Coca Cola Diet Large	600mL	11 kJ	2.7 Cal	Gluten Free*, Vegan, Vegetarian
Coca Cola No Sugar Large	600mL	7 kJ	1.7 Cal	Gluten Free*, Vegan, Vegetarian
Coca Cola Vanilla Large	600mL	1110 kJ	264 Cal	Gluten Free*, Vegan, Vegetarian
Coca Cola Vanilla No Sugar Large	600mL	6 kJ	1.4 Cal	Gluten Free*, Vegan, Vegetarian
Pump Water Berry	750mL	299 kJ	71 Cal	Gluten Free*, Vegan, Vegetarian
Pump Water Lemon	750mL	308 kJ	74 Cal	Gluten Free*, Vegan, Vegetarian
Pump Water Natural	750mL	0 kJ	0 Cal	Gluten Free*, Vegan, Vegetarian
Mount Franklin Sparkling Lime	450mL	9.5 kJ	2.5 Cal	Gluten Free*, Vegan, Vegetarian
Mount Franklin Sparkling Natural	450mL	0 kJ	0 Cal	Gluten Free*, Vegan, Vegetarian
Powerade Blue	600mL	628 kJ	150 Cal	Gluten Free*, Vegan, Vegetarian
Powerade Orange	600mL	620 kJ	148 Cal	Gluten Free*, Vegan, Vegetarian
Powerade Red	600mL	624 kJ	148 Cal	Gluten Free*, Vegan, Vegetarian
Powerade Yellow	600mL	618 kJ	148 Cal	Gluten Free*, Vegan, Vegetarian
Mount Franklin Water	600mL	0 kJ	0 Cal	Gluten Free*, Vegan, Vegetarian

**Catering Menu**

Menu Item	Serve Size	Energy (kilojoule)	Energy (calories)	
Edamame (Catering only)	120g	799 kJ	191 Cal	Gluten free, Vegetarian, Vegan
Crunchy Pork Seafood Shu-mai (Catering Only)	6 pcs	1071 kJ	256 Cal	
Pork Spring Rolls (Catering only)	3 pcs	997 kJ	238 Cal	



Seaweed Salad (Catering only)	80g	345 kJ	82 Cal	Gluten free, Vegetarian, Vegan
Vege Edamame Taro Balls	6pcs	5007 kJ	1197 Cal	Gluten free, Vegetarian, Vegan
Jumbo Octopus Balls (Catering Only)	6 pcs	1431 kJ	342 Cal	
Pork Gyoza (Catering only)	6 pcs	885 kJ	212 Cal	
Seafood Gyoza (Catering Only)	6 pcs	1005 kJ	240 Cal	
Miso Soup (sachet)	1 sachet	104 kJ	25 Cal	
Fresh Salmon Nigiri (1) (Catering only)	1 pc	222 kJ	53 Cal	Gluten Free*
Boneless Chicken with Yuze Sauce	200g + 30g Sai	2254 kJ	539 Cal	
Inari - Plain (Catering only)	1 pc	611 kJ	146 Cal	Gluten free, Vegetarian, Vegan
Inari - Seafood (Catering only)	1 pc	931 kJ	223 Cal	

\*Please note gluten free if provided without

\*\*May contain traces of gluten, wheat &

# MISO HUNGRY

## Sushi Rolls

Menu Item	Allergens	May Contain	Free From Statement
Chicken Avocado Roll	Egg, Soybean, Wheat, Gluten		Nil
Spicy Chicken Roll	Sesame, Crustacean (shrimp, crab), egg, soy, Wheat, Gluten, Sulphites		Nil
Karaage Chicken Roll	Soy, Egg, Mollusc (Oyster), Wheat, Gluten		Nil
Fresh Salmon Avo Roll	Fish		Gluten Free*
Prawn Avocado Roll	Egg, Soy, Crustacea		Gluten Free*
Honey Chilli Chicken Roll	Wheat, Gluten, Soy, Oyster	peanuts	Nil
Tuna Avocado Roll	Egg, Soy, fish		Gluten Free*
Tuna Cucumber Roll	Egg, Soy, fish		Gluten Free*
Tempura Prawn Roll	Sesame, Crustacean (shrimp, crab), egg, soy, wheat, gluten		Nil
Fresh Vege Roll	Contains alcohol		GF*, Vegan, Vegetarian
Egg Roll	Egg, Soy, wheat, gluten, fish	Crustacean, Tree Nuts, Sulphites, Lupin, Mollusc	Nil
Mushroom Avo Roll	Soy, Wheat, Gluten		Vegetarian, Vegan
Plain Avocado Roll	N/A		GF* , Vegetarian, Vegan
Tempura Vegi Roll	Wheat, Gluten, Soy		Vegetarian, Vegan
Spicy Tuna Roll	Sesame, Crustacean (shrimp, crab), fish, soy, wheat, gluten		Nil
California Roll	Fish, egg, soy		Gluten Free*
Crab Salad Roll	Fish, Crustacean, Mollusc, Soy, Wheat, Gluten, Egg	Tree Nuts, Sulphites, Lupin	Nil
Lobster Salad Roll	Fish, Crustacean, Milk, Mollusc, Soy		Gluten Free*
Chilli Mayo Calamari Roll	Sesame, Mollusc, Crustacean (shrimp, crab), egg, soy, wheat, gluten		Nil
Teriyaki Beef Roll	Soy, wheat, gluten, sesame		Nil
Teriyaki Salmon Roll	Fish, Soy		Gluten Free*
Seaweed Roll	Sesame, soy		Gluten Free*, Vegan, Vegetarian
Tofu Roll	Soy		Gluten Free*, Vegan, Vegetarian
Spicy Salmon Roll	Fish, Egg, Soy, Sesame, Crustacean (Shrimp, Crab)		Gluten Free*
Tartar Prawn Roll	Egg, Soybean, Prawn, Wheat, Gluten		Nil
Teriyaki Chicken Roll	Soy, Wheat, GLUTEN		Nil
Spicy Soft Shell Crab Roll	Sesame, Crustacean (shrimp, crab), Egg, Soy, Wheat, Gluten		Nil

## Sushi Packs

Menu Item	Allergens	May contain	Free From Statement
Chilli Mayo Aburi Salmon	Fish, Sesame, Crustacean (shrimp, crab), Egg, Soy		Gluten Free*
Mixed Sashimi Salmon Tuna	Fish		Gluten Free*
Sashimi Salmon	Fish		Gluten Free*
Assorted Sashimi Platter	Fish, Soy, Crustacean, Mollusc, Wheat, Gluten, Egg.	Tree nuts, sulphites, lupin	Nil
Salmon Special	Sesame, Fish		Gluten Free*
Salmon Combo	Fish, Soy, Egg, Wheat, Gluten, Barley;	Crustacean, tree nuts, sulphites, lupin, mollusc	Nil
Nigiri - Salmon 3pcs	Fish		Gluten Free*
Nigiri - Mixed	Fish, Crustacean		Gluten Free*
Assorted Nigiri Box	Fish, egg, soy, crustacean, mollusc, wheat, gluten, barley	Tree nuts, sulphites, lupin	Nil
Seared Salmon + Aburi Box	Egg, Soybean, Fish, Wheat, Gluten, Crustacean, Mollusc	Tree nuts, sulphites, lupin	Nil
Spicy Seared Salmon Aburi + Prawn Roll Box	Fish, Sesame, Crustacean (shrimp, crab), egg, soy, Mollusc, Wheat, Gluten	Tree nuts, sulphites, lupin	Nil
Spicy Katsu Chicken Maki Box	Wheat, Gluten, Soy, Sesame, Crustacean (shrimp, crab), egg		Nil
Tartar Prawn Maki Box	Crustacean (Prawn), Egg, Soy, Wheat, Gluten, Sesame		Nil
Vegetarian Maki Box	Soy, Sesame, Egg, Wheat, Gluten, Fish, Barley	Tree nuts, sulphites, lupin, mollusc	Nil (Contains fish stock & dried bonito)
Tuna Salad Maki Box	Fish, Egg, Soy, Sesame		Gluten Free*
Spicy Tuna Maki Box	Sesame, Crustacean (shrimp, crab), fish, soy, wheat, gluten, egg		Nil
Futomaki Maki Box	Soy, Fish, Crustacean, Mollusc, Wheat, Gluten, Egg, Barley	Tree nuts, sulphites, lupin.	Nil
Baby Roll	Egg, Soy, Fish, Wheat, Gluten, Barley	Crustacean, tree nuts, sulphites, lupin, mollusc )	Nil
Mini Roll - Avocado	Nil		GF*, Vegan, Vegetarian
Mini Roll - Chicken_Avo	Wheat, Gluten, Soy		Nil
Mini Roll Salmon	Fish		Gluten Free*
Mini Roll Assorted	Fish		Gluten Free*
Rainbow Roll	Fish, egg, soy, crustacean, wheat, gluten		Nil

Seared Salmon Roll	Egg, Fish, Crustacean, Mollusc, Soy, Wheat, Gluten	Tree nuts, sulphites, lupin	Nil
Aburi Salmon	Egg, Fish, Soy		Gluten Free*
Karaage Chicken Box	Wheat, Gluten, Soy, Mollusc (Oyster), Egg		Nil
Seared Salmon & Aburi	Egg, Fish, Crustacean, Mollusc, Soy, Wheat, Gluten	Tree nuts, sulphites, lupin	Nil
Seared crispy spicy prawn	Crustacean (shrimp, crab), wheat, gluten, Fish Mollusc, Soy, Egg, sesame	Tree nuts, sulphites, lupin	Nil
Inari - Plain	Soy		GF*, Vegan, Vegetarian
Inari - Seafood	Soy, Egg, Fish, Crustacean, Mollusc, Wheat, Gluten	Tree nuts, sulphites, lupin	Nil
Seafood Platter	Egg, Fish, Crustacean, Mollusc, Soy, Wheat, Gluten	Tree nuts, sulphites, lupin	Nil
Katsu Box Chicken Avocado	Egg, Soy, Wheat, Gluten		Nil
Fresh Salmon Maki Box	Fish, Soy, Wheat, Gluten		Nil
Seared California Crab Salad Box	Egg, Fish, Sesame, Crustacean (Shrimp, Crab), Mollusc, Soy, Wheat, Gluten	Tree nuts, sulphites, lupin	Nil
Seared Salmon Tuna Salad Box	Egg, Fish, Soy, Wheat, Gluten		Nil
Soft Shell Spider Roll	Egg, Fish, Crustacean, Mollusc, Soy, Sesame, Wheat, Gluten	Tree nuts, sulphites, lupin	Nil
Spicy Seared Salmon Aburi & Prawn roll	Fish, Crustacean (shrimp, crab), Mollusc, Egg, Soy, Sesame, Wheat, Gluten	Tree nuts, Sulphites, Lupin	Nil
<b>Hot Bowls</b>			
Menu Item	Allergens	May Contain	Free from statement
Crispy Chicken Curry Rice	Wheat, Gluten, Soy, Milk	Crustacean, Fish, Tree Nuts, Lupin, Sulphites, Mollusc	Nil
Karaage Chicken Curry Rice	Wheat, Gluten, Soy, Mollusc (Oyster), Milk	Crustacean, fish, tree nuts, sulphites, lupin	Nil
Crispy Pork Curry Rice	soy, wheat, gluten, Milk	Crustacean, Fish, Tree Nuts, Lupin, Sulphites, Mollusc	Nil
Tempura Prawn Curry Rice	Soy, Wheat, Gluten, Milk, Crustacean	Crustacean, Fish, Tree Nuts, Lupin, Sulphites, Mollusc	Nil
Tempura Vege + Tofu Curry Rice	Wheat, Gluten, Soy, Milk	Crustacean, Fish, Tree Nuts, Lupin, Sulphites, Mollusc	Vegetarian
Teriyaki Chicken Rice	Soy, wheat, Gluten, sesame		Nil
Crispy Chicken Katsudon Rice	Wheat, Gluten, Soy, Egg, Fish		Nil
Katsudon Prawn Rice	Soy, Wheat, Gluten, Fish, Egg, Crustacean		Nil
Karaage Chicken Rice	Wheat, Gluten, Soy, Mollusc (Oyster), Egg		Nil
Honey Chilli Chicken Rice	Wheat, Gluten, Soy, Mollusc (Oyster), Sesame, Crustacean (shrimp, crab), Egg	Peanuts	Nil
Yuzu Chicken Rice	Wheat, Gluten, Egg, Soy, Mollusc (Oyster)		Nil
Beef Yakiniku Rice	Soy, Sesame, Wheat, Gluten		Nil
Miso Salmon Rice	Soy, Sesame, Fish, wheat, gluten	Phenylalanine, barley, shellfish, tree nuts, lupin, sulphites	Nil
Vege Tofu Katsudon	Egg, Soy, Fish, Wheat, Gluten		Nil
Karaage Katsudon	Egg, Fish, Mollusc (oyster), Soy, Wheat, Gluten		Nil
<b>Noodle Bowls</b>			
Menu Item	Allergens	May Contain	Free from statement
Udon Chicken Curry	Milk, Wheat, Gluten, Soy, Sesame	Crustacean, fish, mollusc, lupin, sulphites, tree nuts	Nil
Udon Noodle Plain	Soy, Fish, Wheat, Gluten, Crustacean, Mollusc, Egg	Tree nuts, sulphites, lupin	Nil
Stir Fried Noodles - Beef	Soy, Sesame, Wheat, Gluten, Egg		Nil
Stir Fried Noodles - Chicken	Soy, Sesame, Wheat, Gluten, Egg		Nil
Stir Fried Noodles - Spicy Salmon	Soy, Sesame, Wheat, Gluten, Egg, Crustacean (shrimp, crab), Fish		Nil
Stir Fried Noodles - Teriyaki Salmon	Soy, Sesame, Fish, Egg, Wheat, Gluten		Nil
<b>Salad Bowls</b>			
Menu Item	Allergens	May Contain	Free from statement
Fresh Salmon Bowl (+ teriyaki dressing sauce)	Fish, Soy, Wheat, Gluten		Nil
Fresh Salmon Bowl (without dressing)	Soy, Fish, Wheat, Gluten		Nil
Seared Salmon Bowl (+ GF Teriyaki Dressing)	Sesame, Fish, Wheat, Gluten		Nil
Seared Salmon Bowl (without dressing)	Sesame, Fish, Soy, Wheat, Gluten		Nil
Crunchy Chicken Bowl (+ wasabi & yuzu dressing)	Soy, Wheat, Gluten, Barley		Nil
Crunchy Chicken Bowl (without dressing)	Soy, Wheat, Gluten		Nil
Teriyaki Chicken Soba Noodle Salad (+ wasabi & yuzu dressing)	Soy, Sesame, Wheat, Gluten, Barley		Nil
Teriyaki Chicken Soba Noodle Salad (without dressing)	Soy, Sesame, Wheat, Gluten		Nil

Mixed seafood poke bowl (+ teriyaki dressing)	Egg, Soy, Sesame, Fish, Wheat, Gluten, Barley, crustacean	Tree nuts, sulphites, lupin, mollusc	Nil
Mixed seafood poke bowl (without dressing)	Egg, Soy, Sesame, Fish, Wheat, Gluten, Barley, crustacean	Tree nuts, sulphites, lupin, mollusc	Nil
<b>Catering Menu</b>			
<b>Menu Item</b>	<b>Allergens</b>	<b>May Contain</b>	<b>Free from statement</b>
Edamame (Catering only)	Soy, Sulphites	Sesame seeds	Gluten free, Vegetarian, Vegan
Crunchy Pork Seafood Shu-mai (No Sauce)	wheat, gluten, fish, egg, soy, mollusc, crustacean, sesame		Nil
Crunchy Pork Seafood Shu-mai (+ Honey Chilli Sauce)	wheat, gluten, fish, egg, soy, mollusc, crustacean, sesame	Peanuts	Nil
Pork Spring Rolls (No Sauce)	Sesame, Wheat, Gluten		Nil
Pork Spring Rolls (+ Honey Chilli Sauce)	Sesame, Wheat, Gluten	Peanuts	Nil
Seaweed Salad (Catering only)	Sesame		Gluten free, Vegetarian, Vegan
Vege Edamame Taro Balls (No Sauce)	Soy		Gluten free, Vegetarian, Vegan
Vege Edamame Taro Balls (+ Honey Chilli Sauce)	Soy	Peanuts	Gluten free, Vegetarian
Jumbo Octopus Balls (Catering Only)	Wheat, Gluten, Mollusc, Egg, Soy		Nil
Pork Gyoza (+ soy sauce dressing)	Egg, Sesame, Soy, Mollusc (oyster), Wheat, Gluten		Nil
Pork Gyoza (No dressing)	Egg, Sesame, Soy, Mollusc (oyster), Wheat, Gluten		Nil
Seafood Gyoza (No dressing)	Crustacean, sesame, soy, wheat, gluten		Nil
Seafood Gyoza (+ Soy sauce dressing)	Crustacean, sesame, soy, wheat, gluten		Nil
Miso Soup (sachet)	Soy, Fish (Bonito, Tuna, Sardine), Barley, Gluten		Nil
Fresh Salmon Nigiri (1) (Catering only)	Fish		Gluten Free*
Boneless Chicken (No Sauce)	Egg, Wheat, Gluten		Nil
Boneless Chicken (+ Yuzu Mayo)	Egg, Soy, Wheat, Gluten		Nil
Inari - Plain (Catering only)	Soy		Gluten free, Vegetarian, Vegan
Inari - Seafood (Catering only)	Soy, Egg, Fish, Crustacean, Mollusc, Wheat, Gluten	Tree nuts, sulphites, lupin	Nil
<b>Sauces &amp; Dressings</b>			
<b>Menu Item</b>	<b>Allergens</b>	<b>May Contain</b>	<b>Free from statement</b>
Miso Glaze	Fish, soy	Phenylalanine, wheat, barley, shellfish, tree nuts, lupin, sulphites	Gluten Free**
Mayo	Egg, soybean		Gluten Free, Vegetarian
Teriyaki Sauce	Soy, wheat, gluten		Vegan, Vegetarian
Honey Chilli Sauce		Peanuts	Gluten Free, Vegetarian
Wasabi Citrus Dressing	Gluten, Wheat, Barley, Soybean		Vegan, Vegetarian
Sesame Dressing	Sesame, Soy, Egg		Gluten Free
Miso Yuzu Dressing	Soy, Pecan	Phenylalanine, wheat, barley, shellfish, fish, tree nuts, lupin, sulphites	Gluten Free**, Vegetarian
Soy sauce Dressing	Soy, wheat, gluten		Vegetarian, Vegan
Yuzu Mayo	Egg, soy		Gluten Free, Vegetarian
Yuzu Mayo (Honey Citron)	Egg, Soy, Pecan		Gluten Free, Vegetarian
Homeade Teriyaki Dressing	Soy, wheat, gluten		Vegetarian, Vegan
GF Teriyaki Dressing	Soy		Gluten Free, Vegetarian, Vegan
*Please note gluten free if provided <b>without</b> soy sauce			
**May contain traces of gluten, wheat & barley not suitable for coeliac or wheat / barley allergies.			