

























National Allergy Strategy – Food allergen menu matrix - MISO HUNGRY

UPDATED: 10th July 2025

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
																								
Aburi																								
Unagi Eel Aburi		C	C						C											C	C			
Plain Salmon Aburi		C	C						C															
Spicy Salmon Aburi		C	C	C		C			C	C														
Cheese Salmon Aburi	C	C	C						C	C														
Teriyaki Salmon Aburi		C	C						C															
Plain Tamago Aburi		C	C						C											C	C			
Spicy Tamago Aburi		C	C	C		C			C	C										C	C			
Cheese Tamago Aburi	C	C	C						C	C										C	C			
Plain Scallop Aburi					C																			
Cheese Scallop Aburi	C	C			C				C	C														
Prawn Ebi Aburi		C		C					C															
Cheese Ebi Aburi	C	C		C					C	C														
Spicy Ebi Aburi		C		C		C			C	C														
Avo																								
Avo Salmon			C																					
Avo Tuna		C	C						C															
Avo Tempura Vege									C											C	C			
Catering																								
Miso Cold Mini Box			C			C			C											C	C			
Cheese																								
Cheese Crab	C	C	C	C	C		PAL		C	C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C			
Spicy Cheese Crab	C	C	C	C	C	C	PAL		C	C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C			
Cheese Prawn	C	C		C					C	C										C	C			
Spicy Cheese Prawn	C	C		C		C			C	C										C	C			
Cheese Karaage	C	C			C				C	C										C	C			
Spicy Cheese Karaage	C	C		C	C	C			C	C										C	C			
Cheese Katsu	C	C							C	C										C	C			
Spicy Cheese Katsu	C	C		C		C			C	C										C	C			

Aburi (updated 11.08.2025)		
Menu Item	Serve Size	Energy (kilojule)
Plain Tamago Aburi	2pc	457
Spicy Tamago Aburi	2pc	445
Cheese Tamago Aburi	2pc	430
Cheese Ebi Aburi	2pc	281
Spicy Ebi Aburi	2pc	296
Prawn Ebi Aburi	2 pc	332
Unagi Eel Aburi	2 pc	417
Spicy Salmon Aburi	2pc	461
Cheese Salmon Aburi	2pc	446
Plain Salmon Aburi	2 pc	467
Teriyaki Salmon Aburi	2 pc	496
Plain Scallop Aburi	2 pc	149
Cheese Scallop Aburi		273
Chicken Aburi	2 pc	820
Salmon Aburi	2 pc	657
Avo		
Menu Item	Serve Size	Energy (kilojule)
Avo Salmon		664
Avo Tuna		682
Avo Tempura Vege		666
Catering		
Menu Item	Serve Size	Energy (kilojule)
Miso Cold Mini Box, contains:		
- 4x Small Crispy chicken salad bowl	1 serve =	439
- 4x Small Fresh salmon poke bowl	1 serve =	665
- 3x Small Seared salmon poke bowl	1 serve =	653
Cheese Maki (updated 11/8/25)		
Menu Item	Serve Size	Energy (kilojule)
Cheese Crab		697
Spicy Cheese Crab		790
Cheese Prawn		879
Spicy Cheese Prawn		972
Cheese Karaage		991
Spicy Cheese Karaage		1084
Cheese Katsu		1021
Spicy Cheese Katsu		1113
Chef Special		
Menu Item	Serve Size	Energy (kilojule)
Rainbow		2171
Seared Crispy Spicy Prawn		2814
Seared Salmon		2874
Futomaki		3034

FutoMaki (updated 21.08.2025)		
Menu Item	Serve Size	Energy (kilojule)
FutoMaki Prawn	2 pc	762
Spicy FutoMaki Prawn	2 pc	852
FutoMaki Crab	2 pc	790
Spicy FutoMaki Crab	2 pc	882
FutoMaki Salmon	2 pc	782
Spicy FutoMaki Salmon	2 pc	873
Hand Roll (updated 11.08.2025)		
Menu Item	Serve Size	Energy (kilojule)
California Hand Roll	1 roll	677
Salmon Avo Hand Roll	1 roll	822
Tempura Prawn Avo Hand Roll	1 roll	697
Tempura Vege Hand Roll	1 roll	825
Chicken Avo Hand Roll	1 roll	800
Inari (Updated 11.08.2025)		
Menu Item	Serve Size	Energy (kilojule)
Combo Salad Inari	2 pc	592
Seaweed Salad Inari	2 pc	444
Tuna Salad Inari	2 pc	581
Crab Salad Inari	2 pc	597
Lobster Salad Inari	2 pc	528
Inside Out Rolls (updated 21.08.2025)		
Menu Item	Serve Size	Energy (kilojule)
Avocado Cucumber IO	3 pcs	571
Tempura Vege IO	3 pcs	375
Fresh Vege IO	3 pcs	594
Prawn Avo IO	3 pcs	737
Tempura Prawn IO	3 pcs	402
Tuna Cucumber IO	3 pcs	426
Tuna Avocado IO	3 pcs	541
California IO	3 pcs	405
Teriyaki Chicken IO	3 pcs	503
Honey Chilli Chicken IO	3 pcs	664
Karage Chicken IO	3 pcs	735
Chicken Avo IO	3 pcs	596
Spicy Chicken IO	3 pcs	549
Salmon Avo IO	3 pcs	455
Crab IO	3 pcs	438
Lobster IO	3 pcs	414
Kids Meal (updated 21.08.2025)		
Menu Item	Serve Size	Energy (kilojule)
Set 3 kids	265g	2048
Set 2 kids	300g	2163
Set 1 kids	280g	2171

Mini Rolls (updated 21.08.2025)		
Menu Item	Serve Size	Energy (kilojule)
Crab Stick Mini Roll		795
Lobster Mini Roll		965
Avocado Mini Roll		881
Cucumber Mini Roll		670
Fresh Salmon Mini Roll		939
Tuna Mini Roll		791
Cooked Tuna Mini Roll		844
Chicken Teriyaki Mini Roll		1031
Crispy Chicken Mini Roll		1005
Mini Volcano Rolls (updated 21.08.2025)		
Menu Item	Serve Size	Energy (kilojule)
Mini Vacano Crab		2155
Mini Vacano Tuna		2087
Mini Vacano Katsu		1987
Mini Vacano Karaage		2126
NEW		
Menu Item	Serve Size	Energy (kilojule)
Spring Roll		1739
Fried Tofu		842
Nigiri		
Menu Item	Serve Size	Energy (kilojule)
Avo Nigiri	2 pc	548
Tempura Vege Nigiri Mayo	2 pc	744
Tempura Vege Nigiri	2 pc	569
Chicken Nigiri	2 pc	430
Chicken Nigiri Cheese	2 pc	556
Chicken Nigiri Teriyaki	2 pc	605
Chicken Nigiri Spicy Mayo	2 oc	571
Chicken Avo Nigiri Mayo	2 pc	633
Tempura Prawn Avo Nigiri	2 pc	949
Tempura Prawn Nigiri Spicy Mayo	2 pc	914
Tempura Prawn Nigiri	2 pc	775
Tuna Nigiri	2 pc	356
Calamari Nigiri	2 pc	444
Prawn Ebi Nigiri	2 pc	457
Scallop Nigiri	2 pc	391
Salmon Nigiri	2 pc	450
Tamago Nigiri	2 pc	432
Kingfish Nigiri	2 pc	424
Ika Nigiri	2 pc	352
Rose Rolls (updated 21.08.2025)		
Menu Item	Serve Size	Energy (kilojule)

Salmon & Prawn Rose Roll		711
Salmon & Crab Rose Roll		909
Grilled Scallop Rose Roll		713
Plain Salmon Rose Roll		721
Salmon Avo Rose Roll		767
Spicy Salmon Rose Roll		744
Cheese Salmon & Crab Rose Roll		1033
Cheese Salmon & Prawn Rose Roll		828
Cheese Grilled Scallop		837
Cheese Spicy Salmon		892
Cheese Salmon Avo		915
Sashimi		
Menu Item	Serve Size	Energy (kilojule)
Deluxe Sashimi		654
Salmon Tuna Sashimi		604
Tuna Sashimi		381
Salmon Sashimi		752
Seasoning		
Menu Item	Serve Size	Energy (kilojule)
Spicy Set	10g	302
Teri+Mayo Set	10g	175
Cheese Set	10g	76
Ships		
Menu Item	Serve Size	Energy (kilojule)
Crab Ship		750
Seaweed ship		444
Lobster Ship		703
Salmon Ship		1153
Tuna Ship		705
Snack		
Menu Item	Serve Size	Energy (kilojule)
Ika Shu-mai	2 pc	851
Karaage Chicken	100g	1557
Tempura Vege	4 pc	992
Calamari Bites	75g	1045
Onion Rings	95g	979
Lotus Chips	95g	658
Chips	85g	500
Spring Roll	2 pc	1739
Fried Tofu	8 pc	842
Takeaway		
Menu Item	Serve Size	Energy (kilojule)
Loaded Fries		2752

Volcano (updated 21.08.2025)		
Menu Item	Serve Size	Energy (kilojule)
Crab Salad		4465
Teriyaki Volcano		2590
Karaage Volcano		3380
Crispy Chicken Volcano		2701
Deluxe Seared Salmon & Chicken Volcano		3112
Katsu Volcano		3159

Aburi			
Menu Item	Allergens	May Contain	Free From Statement
Unagi Eel Aburi	egg, fish, soy, wheat, gluten		nil
Plain Scallop Aburi	mollusc		gluten free*
Cheese Scallop Aburi	milk, egg, mollusc, soy, sulphites		nil
Prawn Ebi Aburi	egg, soy, crustacean		nil
Cheese Ebi Aburi	milk, egg, crustacean, soy, sulphites		gluten free*
Spicy Ebi Aburi	soy, egg, sesame, crustacean, sulphites		gluten free*
Plain Salmon Aburi	egg, soy, fish		nil
Spicy Salmon Aburi	egg, soy, fish, sesame, crustacean, sulphites		gluten free*
Cheese Salmon Aburi	milk, egg, fish, soy, sulphites		gluten free*
Teriyaki Salmon Aburi	egg, fish, soy		gluten free*
Plain Tamago Aburi	egg, fish, soy, wheat, gluten		nil
Spicy Tamago Aburi	egg, fish, crustacean, soy, sesame, sulphites, wheat, gluten		nil
Cheese Tamago	milk, egg, fish, soy, sulphites, wheat, gluten		nil
Avo			
Menu Item	Allergens	May Contain	Free From Statement
Avo Salmon	fish		gluten free*
Avo Tuna	soy, egg, fish		gluten free*
Avo Tempura Vege	soy, wheat, gluten		vegetarian, vegan
Catering			
Menu Item	Allergens	May Contain	Free From Statement
Miso Cold Mini Box, contains:	fish, soy, sesame, wheat, gluten		nil
- 4x Small Crispy chicken salad bowl	soy, wheat, gluten		nil
- 4x Small Fresh salmon poke bowl	fish, soy, wheat, gluten		nil
- 3x Small Seared salmon poke bowl	fish, soy, sesame, wheat, gluten		nil
Cheese			
Menu Item	Allergens	May Contain	Free From Statement
Cheese Crab	milk, egg, fish, crustacean, mollusc, soy, sulphites, wheat, gluten	Tree nuts, lupin	nil
Spicy Cheese Crab	gluten	tree nuts, lupin	nil
Cheese Prawn	milk, egg, soy, sulphites, crustacean, wheat, gluten		nil
Spicy Cheese Prawn	milk, egg, crustacean, soy, sulphites, sesame, wheat, gluten		nil
Cheese Karaage	milk, egg, soy, mollusc, sulphites, wheat, gluten		nil
Spicy Cheese Karaage	milk, egg, crustacean, mollusc, soy, sesame, sulphites, wheat, gluten		nil
Cheese Katsu	milk, egg, soy, sulphites, wheat, gluten		nil
Spicy Cheese Katsu	milk, egg, crustacean, soy, sesame, sulphites, wheat, gluten		nil
Chef Special			
Menu Item	Allergens	May Contain	Free From Statement
Rainbow	fish, egg, soy, crustacean, wheat, gluten		nil
Seared Crispy Spicy Prawn	egg, fish, crustacean, mollusc, soy, sulphites, sesame, wheat, gluten	tree nuts, lupin	nil
Seared Salmon	egg, fish, crustacean, mollusc, soy, wheat, gluten	tree nuts, sulphites, lupin	nil
Futomaki	egg, fish, crustacean, mollusc, soy, wheat, gluten	tree nuts, sulphites, lupin	nil
Futomaki			
Menu Item	Allergens	May Contain	Free From Statement
FutoMaki Prawn	egg, fish, crustacean, soy, wheat, gluten		nil
Spicy FutoMaki Prawn	egg, fish, crustacean, soy, sesame, sulphites, wheat, gluten		nil
FutoMaki Crab	egg, fish, crustacean, mollusc, soy, wheat, gluten	tree nuts, sulphites, lupin	nil
Spicy FutoMaki Crab	egg, fish, crustacean, mollusc, soy, sesame, sulphites, wheat, gluten	tree nuts, lupin	nil
FutoMaki Salmon	egg, fish, soy, wheat, gluten		nil
Spicy FutoMaki Salmon	egg, fish, crustacean, soy, sesame, sulphites, wheat, gluten		nil
Hand Roll			
Menu Item	Allergens	May Contain	Free From Statement
California Hand Roll	fish, egg, crustacean, soy, wheat, gluten		nil
Salmon Avo Hand Roll	egg, fish, soy		gluten free*
Tempura Prawn Avo Hand Roll	crustacean, egg, soy, wheat, gluten		nil
Tempura Vege Hand Roll	egg, soy, wheat, gluten		nil
Chicken Avo Hand Roll	egg, soy, wheat, gluten		nil
Inari			
Menu Item	Allergens	May Contain	Free From Statement
Combo Salad Inari	milk, egg, fish, crustacean, mollusc, soy, wheat, gluten	tree nuts, sulphites, lupin	nil
Seaweed Salad Inari	soy, sesame		vegetarian, vegan, gluten free
Tuna Salad Inari	soy, egg, fish, wheat, gluten		nil
Crab Salad Inari	egg, fish, crustacean, mollusc, soy, wheat, gluten	tree nuts, sulphites, lupin	nil
Lobster Salad Inari	fish, crustacean, milk, mollusc, soy, wheat, gluten		nil
Inside Out Rolls			
Menu Item	Allergens	May Contain	Free From Statement
Avocado Cucumber IO			vegetarian, vegan, gluten free*
Tempura Vege IO	soy, wheat, gluten		vegetarian, vegan
Fresh Vege IO			vegetarian, vegan, gluten free*
Prawn Avo IO	egg, crustacean, soy		gluten free*
Tempura Prawn IO	soy, egg, sesame, crustacean, sulphites, wheat, gluten		nil
Tuna Cucumber IO	egg, fish, soy, sesame		gluten free*
Tuna Avocado IO	soy, egg, fish		gluten free*
California IO	fish, egg, wheat, gluten, soy, crustacean		nil
Teriyaki Chicken IO	soy, sesame, wheat, gluten		nil
Honey Chilli Chicken IO	mollusc, soy, wheat, gluten	peanuts	nil
Karage Chicken IO	egg, soy, mollusc, wheat, gluten	peanuts	nil
Chicken Avo IO	egg, soy, wheat, gluten		nil
Spicy Chicken	soy, egg, sesame, crustacean, sulphites, wheat, gluten		nil
Salmon Avo IO	fish, soy, wheat, gluten		nil
Crab IO	egg, fish, crustacean, mollusc, soy, wheat, gluten	tree nuts, sulphites, lupin	nil
Lobster IO	milk, fish, crustacean, mollusc, soy		gluten free*
Kids Meals			
Menu Item	Allergens	May Contain	Free From Statement
Set 3 kids	crustacean, egg, soy, wheat, gluten	milk, sulphites, barley, oats, rye	nil

Set 2 kids	soy, wheat, gluten	milk, sulphites, barley, oats, rye	nil
Set 1 kids	mollusc, soy, wheat, gluten	milk, sulphites, barley, oats, rye	nil
Mini Roll			
Menu Item	Allergens	May Contain	Free From Statement
Crab Stick Mini Roll	fish, egg		gluten free
Lobster Mini Roll	milk, fish, crustacean, mollusc, soy		gluten free
Avocado Mini Roll			vegetarian, vegan, gluten free
Cucumber Mini Roll			vegetarian, vegan, gluten free
Salmon Mini Roll	fish		gluten free
Tuna Mini Roll	fish		gluten free
Chicken Teriyaki Mini Roll	soy, wheat, gluten		nil
Crispy Chicken Mini Roll	wheat, gluten		nil
Mini Vacano Rolls			
Menu Item	Allergens	May Contain	Free From Statement
Mini Vacano Crab	milk, egg, fish, crustacean, mollusc, soy, sulphites, wheat, gluten	tree nuts, lupin	nil
Mini Vacano Tuna	milk, egg, fish, soy, sulphites		gluten free
Mini Vacano Katsu	milk, egg, soy, sulphites, wheat, gluten		nil
Mini Vacano Karaage	milk, egg, mollusc, soy, sulphites, wheat, gluten		nil
NEW			
Menu Item	Allergens	May Contain	Free From Statement
Spring Rolls	sesame, soy, wheat, gluten	peanuts	nil
Fried Tofu	soy, egg	crustacean, fish, mollusc, tree nuts, sulphites, lupin, wheat, gluten	Vegetarian, gluten free**
Nigiri			
Menu Item	Allergens	May Contain	Free From Statement
Avo Nigiri	wheat, gluten		vegetarian, vegan, gluten free
Tempura Vege Avo Mayo Nigiri	egg, soy, wheat, gluten		vegetarian
Tempura Vege Nigiri	soy, wheat, gluten		vegetarian
Chicken Nigiri	wheat, gluten		nil
Chicken Nigiri Cheese	milk, egg, soy, sulphites, wheat, gluten		nil
Chicken Nigiri Teriyaki	egg, soy, wheat, gluten		nil
Chicken Nigiri Spicy Mayo	egg, soy, sesame, crustacean, sulphites, wheat, gluten		nil
Chicken Nigiri Avo Mayo	egg, soy, wheat, gluten		nil
Tempura Prawn Avo Nigiri	egg, crustacean, soy, wheat, gluten		nil
Tempura Prawn Nigiri	crustacean, wheat, gluten		nil
Tempura Prawn Nigiri Spicy Mayo	soy, egg, sesame, crustacean, sulphites, wheat, gluten		nil
Tuna Nigiri	fish, wheat, gluten		nil
Calamari Nigiri	mollusc, fish, wheat, gluten		nil
Prawn Ebi Nigiri	egg, soy, crustacean		gluten free
Scallop Nigiri	fish, mollusc, wheat, gluten		nil
Salmon Nigiri	fish, wheat, gluten		nil
Tamago Nigiri	egg, fish, soy, wheat, gluten		nil
Kingfish Nigiri	fish		nil
Nigiri			
Menu Item	Allergens	May Contain	Free From Statement
Salmon & Prawn Rose Roll	fish, egg, soy, crustacean		gluten free
Salmon & Crab Rose Roll	egg, fish, crustacean, mollusc, soy, wheat, gluten	Tree nuts, sulphites, lupin	nil
Grilled Scallop Rose Roll	egg, fish, mollusc, soy		gluten free
Plain Salmon Rose Roll	egg, soy, fish		gluten free
Salmon Avo Rose Roll	egg, fish, soy		gluten free
Spicy Salmon Rose Roll	egg, fish, crustacean, soy, sesame		gluten free
Cheese Salmon & Crab Rose Roll	milk, egg, fish, crustacean, mollusc, soy, sulphites, wheat, gluten	Tree nuts, lupin	nil
Cheese Salmon & Prawn Rose Roll	milk, egg, fish, crustacean, soy, sulphites		gluten free
Cheese Grilled Scallop Rose Roll	milk, egg, fish, mollusc, soy, sulphites		gluten free
Cheese Spicy Salmon	milk, egg, fish, crustacean, soy, sulphites, sesame		gluten free
Cheese Salmon Avo	milk, egg, fish, soy, sulphites,		gluten free
Sashimi			
Menu Item	Allergens	May Contain	Free From Statement
Deluxe Sashimi	fish, mollusc		gluten free*
Salmon Tuna Sashimi	fish		gluten free*
Tuna Sashimi	fish		gluten free*
Salmon Sashimi	fish		gluten free*
Seasoning			
Menu Item	Allergens	May Contain	Free From Statement
Spicy Set	soy, egg, sesame, crustacean, sulphites		gluten free*
Teri+Mayo Set	egg, soy		gluten free*, vegetarian
Cheese Set	milk, egg, soy, sulphites		gluten free*, vegetarian
Ships			
Menu Item	Allergens	May Contain	Free From Statement
Crab Ship	egg, fish, crustacean, mollusc, soy, wheat, gluten	tree nuts, sulphites, lupin	nil
Seaweed ship	sesame		gluten free*, vegetarian, vegan
Lobster Ship	fish, crustacean, milk, mollusc, soy		gluten free*
Salmon Ship	egg, fish, soy		gluten free*
Tuna Ship	egg, fish, soy		gluten free*
Snack			
Menu Item	Allergens	May Contain	Free From Statement
Ika Shu-mai	egg, soy, mollusc, fish, wheat, gluten		nil
Karaage Chicken	egg, mollusc, soy, wheat, gluten		nil
Tempura Vege	soy, egg, sesame, crustacean, sulphites, wheat, gluten		nil
Calamari Bites	soy, egg, sesame, mollusc, crustacean, sulphites, wheat, gluten		nil
Onion Ring	egg, milk, soy, wheat, gluten	fish, mollusc, crustacean, tree nuts, sesame	vegetarian
Lotus Chips	egg, soy		gluten free, vegetarian, vegan
Chips		milk, sulphites, gluten, wheat, barley, oats, rye	gluten free**, vegetarian, vegan
Spring Roll	sesame, soy, wheat, gluten	peanuts	nil
Fried Tofu	soy, egg	crustacean, fish, mollusc, tree nuts, sulphites, lupin, wheat, gluten	Vegetarian, gluten free**
Takeaway			
Menu Item	Allergens	May Contain	Free From Statement

Loaded Fries	milk, egg, soy, wheat, gluten	sulphites, barley, oats, rye	
Volcano			
Menu Item	Allergens	May Contain	Free From Statement
Crab Salad	egg, fish, crustacean, mollusc, soy, wheat, gluten	tree nuts, sulphites, lupin	nil
Karaage Volcano	milk, egg, mollusc, soy, sulphites, wheat, gluten		nil
Crispy Chicken Volcano	milk, egg, soy, sulphites, wheat, gluten		nil
Katsu Volcano	milk, egg, soy, sulphites, wheat, gluten		nil
Deluxe Seared Salmon & Chicken	milk, egg, fish, soy, sulphites, wheat, gluten		nil
<p>*Please note gluten free if provided <u>without</u> soy sauce</p> <p>**May contain traces of gluten, wheat & barley not suitable for coeliac or wheat / barley allergies.</p>			

Aburi (updated 21.08.2025)

Menu Item	Ingredients
Unagi Eel Aburi	Sushi Rice KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (soy, egg) onion Unagi Kabayaki Slice 8g 50/160g Frozen Slice Eel 20pc/Tray (fish, soy, wheat, gluten)
Plain Scallop Aburi	Sushi Rice. Hotate Hokkaido 5S 10/1kg Frozen Maruhiro Scallop 61~80 (mollusc) Onion
Cheese Scallop Aburi	Sushi Rice. Hotate Hokkaido 5S 10/1kg Frozen Maruhiro Scallop 61~80 (mollusc) Cheese sauce (sub recipe) (milk, egg, soy, sulphites) Onion
Prawn Ebi Aburi	Sushi Rice. KM Sushi Ebi 5L VM VT 2/20/30pc Frozen Boiled Vannemei (Crustacean) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) onion
Cheese Ebi Aburi	Sushi Rice. KM Sushi Ebi 5L VM VT 2/20/30pc Frozen Boiled Vannemei (Crustacean) Cheese sauce (sub recipe) (milk, egg, soy, sulphites) onion
Spicy Ebi Aburi	Sushi Rice. KM Sushi Ebi 5L VM VT 2/20/30pc Frozen Boiled Vannemei (Crustacean) Chilli Matyo sub recipe (Soy, Egg, Sesame, Crustacean, Sulphites) onion
Plain Salmon Aburi	Sushi Rice. salmon fillet (fish) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (soy, egg) Shallots
Spicy Salmon Aburi	Sushi Rice. salmon fillet (fish) Chilli Mayo sub recipe (Soy, Egg, Sesame, Crustacean, Sulphites) Onion

Cheese Salmon Aburi	Sushi Rice. salmon fillet (fish) Cheese sauce sub recipe (milk, egg, soy, sulphites) Onion
Teriyaki Salmon Aburi	Sushi Rice. salmon fillet (fish) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (soy, egg) onion
Plain Tamago Aburi	Sushi Rice. AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (soy, egg) UOGASHI AtsuyakiTamago 24/500g Frozen Cooked Egg for Sushi (Egg, fish, soy, wheat, gluten) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy)
Spicy Tamago Aburi	Sushi Rice. Chilli Mayo Sub Recipe (Soy, Egg, Sesame, Crustacean, Sulphites) UOGASHI AtsuyakiTamago 24/500g Frozen Cooked Egg for Sushi (Egg, fish, soy, wheat, gluten)
Cheese Tamago	Sushi Rice. UOGASHI AtsuyakiTamago 24/500g Frozen Cooked Egg for Sushi (Egg, fish, soy, wheat, gluten) Cheese mayo sauce sub recipe (milk, egg, soy, sulphites)

Avo

Menu Item	Ingredients
Avo Salmon	Cut Nori Deluxe 48/100sheet 16.5cm Sushi Rice. salmon fillet (fish) Cucumber - Continental 4.5kg Avocados - Hass Bulk Pickled Onion.
Avo Tuna	Cut Nori Deluxe 48/100sheet 16.5cm Sushi Rice. Tuna Salad. (soy, egg, fish) Avocados - Hass Bulk Cucumber - Continental 4.5kg Pickled Onion.

Avo Tempura Vege	Cut Nori Deluxe 48/100sheet 16.5cm Sushi Rice. TEP Nigiri Yasai Kakiage 9/20p Frozen Veg. Tempura 15g 4x8cm (Soy, Wheat, Gluten) Cucumber - Continental 4.5kg Avocados - Hass Bulk Pickled Onion.
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Catering

Menu Item	Ingredients
Miso Cold Mini Box, contains:	Lettuce - Mesclun 'Story' 1.5kg Chicken Breast Schnitzel Panko (FRESH B/OFF SCHNITZEL PANKO) (wheat, gluten) WP Edamame Mukimi 20/454g Frozen Soybean Kernels (soy) Avocados - Hass Bulk Pickled Onion (sub recipe) Pickled Carrot (sub recipe) Sushi Rice (sub recipe) salmon fillet (fish) DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe (fish, wheat, gluten) Shallots UOGASHI Chuka Wakame 1 Frozen GF Seasoned Seaweed (sesame)
- 4x Small Crispy chicken salad bowl	Lettuce - Mesclun 'Story' 1.5kg Chicken Breast Schnitzel Panko (FRESH B/OFF SCHNITZEL PANKO) (wheat, gluten) WP Edamame Mukimi 20/454g Frozen Soybean Kernels (soy) Avocadoes - Hass Bulk Pickled Onion [sub] Pickled Carrot [sub]
- 4x Small Fresh salmon poke bowl	Sushi Rice Salmon Fillet (fish) WP Edamame Mukimi 20/454g Frozen Soybean Kernels (soy) Avocado Pickled Onion DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe (fish, wheat, gluten) Diced Shallot
- 3x Small Seared salmon poke bowl	Sushi Rice Salmon Fillet (fish) UOGASHI Chuka Wakame 1 Frozen GF Seasoned Seaweed (sesame) Avocado Pic

Cheese (updated 22.08.2025)

Menu Item	Ingredients
Cheese Crab	Cut Nori Deluxe 48/100sheet 16.5cm Sushi Rice. Crab Salad (Fish, Crustacean, Mollusc, Soy, Wheat, Gluten, Egg) (may contain: Tree nuts, sulphites, lupin) KIBUN Kanikama 18cm 10/1kg Frozen JFC Seafood Stick 35pc (Fish, egg, wheat, gluten, soy, crustacean) Processed Sliced Cheese 72pc (soy, milk) Cheese mayo sauce sub recipe (milk, egg, soy, sulphites) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy)
Spicy Cheese Crab	Cut Nori Deluxe 48/100sheet 16.5cm Sushi Rice. Crab Salad (Fish, Crustacean, Mollusc, Soy, Wheat, Gluten, Egg) (may contain: Tree nuts, sulphites, lupin) KIBUN Kanikama 18cm 10/1kg Frozen JFC Seafood Stick 35pc (Fish, egg, wheat, gluten, soy, crustacean) Processed Sliced Cheese 72pc (soy, milk) Cheese mayo sauce sub recipe (milk, egg, soy, sulphites) Chilli Mayo sub recipe (Soy, Egg, Sesame, Crustacean, Sulphites) HOUSE Nanami Togarashi 20/300g Shichimi Pepper 7-spice (Sesame, Crustacen) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy)
Cheese Prawn	Cut Nori Deluxe 48/100sheet 16.5cm Sushi Rice. Avocados - Hass Bulk Cucumber - Continental 4.5kg O Cha Fried Garlic 10/1kg Fried Garlic Processed Sliced Cheese 72pc (soy, milk) Cheese mayo sauce sub recipe (milk, egg, soy, sulphites) SIFCO Ebi Fry 25g 6/30pc Frozen Breaded Prawn (41-50) (Crustacean, Wheat, Gluten)
Spicy Cheese Prawn	Cut Nori Deluxe 48/100sheet 16.5cm Sushi Rice SIFCO Ebi Fry 25g 6/30pc Frozen Breaded Prawn (41-50) (Crustacean, Wheat, Gluten) Avocados - Hass Bulk Cucumber - Continental 4.5kg Processed Sliced Cheese 72pc (milk, soy) Cheese mayo sauce sub recipe (milk, egg, soy, sulphites) Chilli Mayo sub recipe (Soy, Egg, Sesame, Crustacean, Sulphites) HOUSE Nanami Togarashi 20/300g Shichimi Pepper 7-spice (Sesame, Crustacen) O Cha Fried Garlic 10/1kg Fried Garlic

Cheese Karaage	<p>Cut Nori Deluxe 48/100sheet 16.5cm Sushi Rice Karaage Chicken (Mollusc (oyster), Soy, Wheat, Gluten) Crispy Onion Regular 10/1kg Fried Onion Holland No MSG (wheat, gluten) Processed Sliced Cheese 72pc (milk, soy) Cheese mayo sauce sub recipe (milk, egg, soy, sulphites)</p>
Spicy Cheese Karaage	<p>Cut Nori Deluxe 48/100sheet 16.5cm Sushi Rice Karaage Chicken (Mollusc (oyster), Soy, Wheat, Gluten) Crispy Onion Regular 10/1kg Fried Onion Holland No MSG (wheat, gluten) Processed Sliced Cheese 72pc (milk, soy) Cheese mayo sauce sub recipe (milk, egg, soy, sulphites) Chilli Mayo sub recipe (Soy, Egg, Sesame, Crustacean, Sulphites) HOUSE Nanami Togarashi 20/300g Shichimi Pepper 7-spice (Sesame, Crustacen) O Cha Fried Garlic 10/1kg Fried Garlic</p>
Cheese Katsu	<p>Cut Nori Deluxe 48/100sheet 16.5cm Sushi Rice CHICKEN BREAST SCHNITZEL PANKO 150G 5KG (wheat, gluten) Avocados - Hass Bulk Cucumber - Continental 4.5kg O Cha Fried Garlic 10/1kg Fried Garlic Processed Sliced Cheese 72pc (milk, soy) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) Cheese mayo sauce sub recipe (milk, egg, soy, sulphites)</p>
Spicy Cheese Katsu	<p>Cut Nori Deluxe 48/100sheet 16.5cm Sushi Rice CHICKEN BREAST SCHNITZEL PANKO 150G 5KG (wheat, gluten) Avocados - Hass Bulk Cucumber - Continental 4.5kg O Cha Fried Garlic 10/1kg Fried Garlic Processed Sliced Cheese 72pc (milk, soy) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) Cheese mayo sauce sub recipe (milk, egg, soy, sulphites) Chilli Mayo sub recipe (Soy, Egg, Sesame, Crustacean, Sulphites) HOUSE Nanami Togarashi 20/300g Shichimi Pepper 7-spice (Sesame, Crustacen)</p>

Menu Item	Ingredients
Rainbow	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice KIBUN Kanikama 18cm 10/1kg Frozen JFC Seafood Stick 35pc (Fish, egg, wheat, gluten, soy, crustacean) Avocados - Hass Bulk Cucumber - Continental 4.5kg salmon fillet (fish) CP Maguro 5 Star 5kg Frozen Smoked Tuna IND (fish) KM Sushi Ebi 5L VM VT 2/20/30pc Frozen Boiled Vannemei (Crustacean) DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe (Fish, Wheat, Gluten)
Seared Crispy Spicy Prawn	Crab Salad (Egg, Fish, Crustacean, Mollusc, Soy, Wheat, Gluten) (may contain: Tree nuts, sulphites, lupin) Chilli Mayo (Soy, Egg, Sesame, Crustacean, Sulphites) JB Fried Garlic Granules 20/500g Fried Garlic 2.5*2.5 SIFCO Ebi Fry 25g 6/30pc Frozen Breaded Prawn (41-50) (Crustacean, Wheat, Gluten) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) Sushi Rice 25 NAGAI Deluxe 48/100sheet Roasted Seaweed Nori KM Sushi Ebi 5L VM VT 2/20/30pc Frozen Boiled Vannemei (Crustacean) Avocados - Hass Bulk
Seared Salmon	Crab Salad 25 (Egg, Fish, Crustacean, Mollusc, Soy, Wheat, Gluten) (may contain: Tree nuts, sulphites, lupin) Cucumber - Continental 4.5kg Sushi Rice 25 DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe (fish, wheat, gluten) Shallots KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) salmon fillet (fish) NAGAI Deluxe 48/100sheet Roasted Seaweed Nori
Futomaki	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 DAIKYO GF Tawara Inari 40pc 20/900g Seasoned Soybean Curd Gluten Free (soy) salmon fillet (fish) Crab Salad 25 (Egg, Fish, Crustacean, Mollusc, Soy, Wheat, Gluten) (may contain: Tree nuts, sulphites, lupin) UOGASHI AtsuyakiTamago 24/500g Frozen Cooked Egg for Sushi (Egg, fish, soy, wheat, gluten) Avocados - Hass Bulk Cucumber - Continental 4.5kg

Futomaki (updated 22.08.2023)

Menu Item	Ingredients
FutoMaki Prawn	Cut Nori Deluxe 48/100sheet 16.5cm Sushi Rice 25 SIFCO Ebi Fry 25g 6/30pc Frozen Breaded Prawn (41-50) (Crustacean, Wheat, Gluten) Avocados - Hass Bulk Cucumber - Continental 4.5kg UOGASHI AtsuyakiTamago 24/500g Frozen Cooked Egg for Sushi (egg, fish, soy, wheat, gluten) DAIKYO GF Tawara Inari 40pc 20/900g Seasoned Soybean Curd Gluten Free (soy) DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe (fish, wheat, gluten)
Spicy FutoMaki Prawn	Cut Nori Deluxe 48/100sheet 16.5cm Sushi Rice 25 SIFCO Ebi Fry 25g 6/30pc Frozen Breaded Prawn (41-50) (Crustacean, Wheat, Gluten) Avocados - Hass Bulk Cucumber - Continental 4.5kg UOGASHI AtsuyakiTamago 24/500g Frozen Cooked Egg for Sushi (egg, fish, soy, wheat, gluten) DAIKYO GF Tawara Inari 40pc 20/900g Seasoned Soybean Curd Gluten Free (soy) DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe (fish, wheat, gluten) Chilli Mayo sub recipe (Soy, Egg, Sesame, Crustacean, Sulphites) HOUSE Nanami Togarashi 20/300g Shichimi Pepper 7-spice (Sesame, Crustacean)
FutoMaki Crab	Cut Nori Deluxe 48/100sheet 16.5cm Sushi Rice 25 Crab Salad (Egg, Fish, Crustacean, Mollusc, Soy, Wheat, Gluten) (may contain: tree nuts, sulphites, lupin KIBUN Kanikama 18cm 10/1kg Frozen JFC Seafood Stick 35pc (Fish, egg, wheat, gluten, soy, crustacean) Avocados - Hass Bulk Cucumber - Continental 4.5kg UOGASHI AtsuyakiTamago 24/500g Frozen Cooked Egg for Sushi (egg, fish, soy, wheat, gluten) DAIKYO GF Tawara Inari 40pc 20/900g Seasoned Soybean Curd Gluten Free (soy) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy)

Spicy FutoMaki Crab	<p>Cut Nori Deluxe 48/100sheet 16.5cm Sushi Rice 25 Crab salad (Egg, Fish, Crustacean, Mollusc, Soy, Wheat, Gluten) (may contain: tree nuts, sulphites, lupin). KIBUN Kanikama 18cm 10/1kg Frozen JFC Seafood Stick 35pc (Fish, egg, wheat, gluten, soy, crustacean) Avocados - Hass Bulk Cucumber - Continental 4.5kg UOGASHI AtsuyakiTamago 24/500g Frozen Cooked Egg for Sushi (egg, fish, soy, wheat, gluten) DAIKYO GF Tawara Inari 40pc 20/900g Seasoned Soybean Curd Gluten Free (soy) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy) Chilli Mayo sub recipe (Soy, Egg, Sesame, Crustacean, Sulphites) HOUSE Nanami Togarashi 20/300g Shichimi Pepper 7-spice (Sesame, Crustacean)</p>
FutoMaki Salmon	<p>Cut Nori Deluxe 48/100sheet 16.5cm Sushi Rice 25 salmon fillet (fish) Avocados - Hass Bulk Cucumber - Continental 4.5kg UOGASHI AtsuyakiTamago 24/500g Frozen Cooked Egg for Sushi (egg, fish, soy, wheat, gluten) DAIKYO GF Tawara Inari 40pc 20/900g Seasoned Soybean Curd Gluten Free (soy) DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe (fish, wheat, gluten)</p>
Spicy FutoMaki Salmon	<p>Cut Nori Deluxe 48/100sheet 16.5cm Sushi Rice 25 salmon fillet (fish) Avocados - Hass Bulk Cucumber - Continental 4.5kg UOGASHI AtsuyakiTamago 24/500g Frozen Cooked Egg for Sushi (egg, fish, soy, wheat, gluten) DAIKYO GF Tawara Inari 40pc 20/900g Seasoned Soybean Curd Gluten Free (soy) DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe (fish, wheat, gluten) Chilli Mayo sub recipe (Soy, Egg, Sesame, Crustacean, Sulphites) HOUSE Nanami Togarashi 20/300g Shichimi Pepper 7-spice (Sesame, Crustacean)</p>

Hand Roll (updated 22.08.2025)

Menu Item

Ingredients

California Hand Roll	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 Avocados - Hass Bulk KIBUN Kanikama 18cm 10/1kg Frozen JFC Seafood Stick 35pc (fish, egg, wheat, gluten, soy, crustacean) Cucumber - Continental 4.5kg AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy)
Salmon Avo Hand Roll	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 salmon fillet (fish) Avocados - Hass Bulk AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy)
Tempura Prawn Avo Hand Roll	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 Ebi Tempura XL 38g 10/10pc (crustacean, egg, wheat, gluten) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (soy, egg) Peeled Avo 25
Tempura Vege Hand Roll	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 TEP Nigiri Yasai Kakiage 9/20p Frozen Veg. Tempura 15g 4x8cm (soy, wheat, gluten) Avocados - Hass Bulk AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy)
Chicken Avo Hand Roll	NAGAI Deluxe 48/100 sheet Roasted Seaweed Nori Sushi Rice 25 AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) Peeled Avo 25 CHICKEN BREAST SCHNITZEL PANKO 150G 5KG (wheat, gluten)

Inari (updated 21.08.2025)

Menu Item	Ingredients
Combo Salad Inari	Sushi Rice 25 DAIKYO GF Tawara Inari 40pc 20/900g Seasoned Soybean Curd Gluten Free (soy) Crab Salad 25 (Fish, Crustacean, Mollusc, Soy, Wheat, Gluten, Egg) (may contain: tree nuts, sulphites, lupin) New RJ Lobster Salad 20/500g Frozen Seasoned Lobster Mix (Fish, Crustacean, Milk, Mollusc, Soy) DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe (fish, wheat, gluten) Onions - Brown

Seaweed Salad Inari	Sushi Rice 25 DAIKYO GF Tawara Inari 40pc 20/900g Seasoned Soybean Curd Gluten Free (soy) UOGASHI Chuka Wakame 1 Frozen GF Seasoned Seaweed (sesame)
Tuna Salad Inari	Sushi Rice 25 DAIKYO GF Tawara Inari 40pc 20/900g Seasoned Soybean Curd Gluten Free (soy) DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe (fish, wheat, gluten) Onions - Brown Tuna Salad 25 (soy, egg, fish)
Crab Salad Inari	Sushi Rice 25 DAIKYO GF Tawara Inari 40pc 20/900g Seasoned Soybean Curd Gluten Free (soy) DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe (fish, wheat, gluten) Crab Salad 25 (Fish, Crustacean, Mollusc, Soy, Wheat, Gluten, Egg) (may contain: tree nuts, sulphites, lupin)
Lobster Salad Inari	Sushi Rice 25 New RJ Lobster Salad 20/500g Frozen Seasoned Lobster Mix (fish, crustacean, milk, mollusc, soy) DAIKYO GF Tawara Inari 40pc 20/900g Seasoned Soybean Curd Gluten Free (soy) DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe (fish, wheat, gluten) Onions - Brown

Inside Out Rolls (updated 22.08.2025)

Menu Item	Ingredients
Avocado Cucumber IO	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 Peeled Avo 25 Peeled Cucumber 25
Tempura Vege IO	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 TEP Nigiri Yasai Kakiage 9/20p Frozen Veg. Tempura 15g 4x8cm (Soy, Wheat, Gluten) Peeled Cucumber 25 Crispy Onion Regular 10/1kg Fried Onion Holland No MSG (wheat, gluten)

Fresh Vege IO	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 Avocados - Hass Bulk Cucumber - Continental 4.5kg Lettuce - Coral Green MIYAZAKI Takuwan L GF 20/450g Yellow Pickled Radish ave 450g Pickled Carrot
Prawn Avo IO	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 Avocados - Hass Bulk KM Sushi Ebi 5L VM VT 2/20/30pc Frozen Boiled Vannemei (Crustacean) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy)
Tempura Prawn IO	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 SIFCO Ebi Fry 25g 6/30pc Frozen Breaded Prawn (41-50) (Crustacean, Wheat, Gluten) Lettuce - Coral Green Chilli Mayo 25 (Soy, Egg, Sesame, Crustacean, Sulphites)
Tuna Cucumber IO	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 Tuna Salad 25 (soy, egg, fish) Peeled Cucumber 25 Mixed Sesame (sesame)
Tuna Avocado IO	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 Tuna Salad 25 (soy, egg, fish) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) Peeled Avo 25
California IO	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 KIBUN Kanikama 18cm 10/1kg Frozen JFC Seafood Stick 35pc (fish, egg, wheat, gluten, soy, crustacean) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) Peeled Avo 25 Peeled Cucumber 25

Teriyaki Chicken IO	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 Teriyaki Chicken (soy, wheat, gluten) Cucumber - Continental 4.5kg Mixed sesame (seasme)
Honey Chilli Chicken IO	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 MHC Honey Chilli Sauce(4.5L) (may contain peanuts) Karaage Chicken 25 (Mollusc (oyster), Soy, Wheat, Gluten)
Karage Chicken IO	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 MSF' BBQ SAUCE 3*4.7KG (may contain peanuts) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) Karaage Chicken 25 (Mollusc (oyster), Soy, Wheat, Gluten)
Chicken Avo IO	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) CHICKEN BREAST SCHNITZEL PANKO 150G 5KG (wheat, gluten) Peeled Avo 25
Spicy Chicken	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori CHICKEN BREAST SCHNITZEL PANKO 150G 5KG (wheat, gluten) Sushi Rice 25 Peeled Cucumber 25 HF (RED) SRIRACHA SCE 12*714M (Sulphites) Chilli Mayo 25 (Soy, Egg, Sesame, Crustacean, Sulphites) HOUSE Nanami Togarashi 20/300g Shichimi Pepper 7-spice (Sesame, Crustacean)
Salmon Avo IO	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 salmon fillet (fish) Peeled Avo 25 DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe (fish, wheat, gluten) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy)

Crab IO	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 crab salad (Fish, Crustacean, Mollusc, Soy, Wheat, Gluten, Egg) (may contain: Tree nuts, sulphites, lupin) cucumber DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe (fish, wheat, gluten)
Lobster IO	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 New RJ Lobster Salad 20/500g Frozen Seasoned Lobster Mix (Fish, Crustacean, Milk, Mollusc, Soy) cucumber DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy)

Kids Meal (updated 22.08.2025)

Menu Item	Ingredients
Set 3 kids	Cooked Rice 25 Ebi Tempura XL 38g 10/10pc (crustacean, egg, wheat, gluten) WP Shioyude Edamame 10/454g Frz Boiled Soybeans in Pod GF (soy) Surecrisp Extra Crisp Chips (may contain: milk, sulphites, gluten, wheat, barley, oats, rye)
Set 2 kids	Cooked Rice 25 Crispy Chicken. (wheat, gluten) WP Shioyude Edamame 10/454g Frz Boiled Soybeans in Pod GF (soy) Surecrisp Extra Crisp Chips 10mm 6x2kg (may contain: milk, sulphites, gluten, wheat, barley, oats, rye)
Set 1 kids	Cooked Rice 25 Karaage Chicken 25 (Mollusc (oyster), Soy, Wheat, Gluten) WP Shioyude Edamame 10/454g Frz Boiled Soybeans in Pod GF (soy) Surecrisp Extra Crisp Chips (may contain: milk, sulphites, gluten, wheat, barley, oats, rye)

Mini Roll (updated 21.08.2025)

Menu Item	Ingredients
Crab Stick Mini Roll	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 KIBUN Kanimi Chunk 40/250g Frozen Fish Cake (fish, egg)
Lobster Mini Roll	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 New RJ Lobster Salad 20/500g Frozen Seasoned Lobster Mix (Fish, Crustacean, Milk, Mollusc, Soy)

Avocado Mini Roll	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 Avocados - Hass Bulk
Cucumber Mini Roll	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 Cucumber - Continental 4.5kg
Salmon Mini Roll	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 salmon fillet (fish)
Tuna Mini Roll	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 CP Maguro 5 Star 5kg Frozen Smoked Tuna IND (fish)
Chicken Teriyaki Mini Roll	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 Teriyaki chicken (sub recipe) (soy, wheat, gluten)
Crispy Chicken Mini Roll	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 CHICKEN BREAST SCHNITZEL PANKO 150G 5KG (wheat, gluten)

Mini Vacano Rolls (updated 21.08.2025)

Menu Item	Ingredients
Mini Vacano Crab	NAGAI Deluxe Half Cut 48/200 Sheet Nori Dried Seaweed Sushi Rice 25 Mixed lettuce Crab Salad 25 (Fish, Crustacean, Mollusc, Soy, Wheat, Gluten, Egg) (may contain: Tree nuts, sulphites, lupin) cheese sauce (milk, egg, soy, sulphites) Vacano Mayo (sub recipe) (egg, soy) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy)

Mini Vacano Tuna	NAGAI Deluxe Half Cut 48/200 Sheet Nori Dried Seaweed Sushi Rice 25 Mixed lettuce Tuna Salad 25 (soy, egg, fish) cheese sauce (milk, egg, soy, sulphites) Vacano Mayo (egg, soy) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy)
Mini Vacano Katsu	NAGAI Deluxe Half Cut 48/200 Sheet Nori Dried Seaweed Sushi Rice 25 Mixed lettuce CHICKEN BREAST SCHNITZEL PANKO 150G 5KG (wheat, gluten) cheese sauce (milk, egg, soy, sulphites) Vacano Mayo (egg, soy) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy)
Mini Vacano Karaage	NAGAI Deluxe Half Cut 48/200 Sheet Nori Dried Seaweed Sushi Rice 25 Mixed lettuce Karaage Chicken 25 (Mollusc (oyster), Soy, Wheat, Gluten) cheese sauce (milk, egg, soy, sulphites) Vacano Mayo (egg, soy) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy)

NEW

Menu Item	Ingredients
Spring Rolls	KERKO Pork Spring Roll 12/12pc Frozen Pork Spring Roll 32g (sesame, soy, wheat, gluten) Honey Chilli Sauce Sub 25 (may contain: peanuts)
Fried Tofu	AJIKAN Kinu Atsuage Tofu Shikaku 2/6/1kg (soy) (may contain: crustacean, fish, mollusc, tree nuts, sulphites, lupin, wheat, gluten) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (soy, egg)

Nigiri

Menu Item	Ingredients
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Avo Nigiri	Sushi Rice 25 Avocados - Hass Bulk Crispy Onion Regular 10/1kg Fried Onion Holland No MSG (wheat, gluten) NAGAI Deluxe 48/100sheet Roasted Seaweed Nori
Tempura Vege Avo Mayo Nigiri	Sushi Rice 25 TEP Nigiri Yasai Kakiage 9/20p Frozen Veg. Tempura 15g (Soy, Wheat, Gluten) Avocados - Hass Bulk AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) Crispy Onion Regular 10/1kg Fried Onion Holland No MSG (wheat, gluten) NAGAI Deluxe 48/100sheet Roasted Seaweed Nori
Tempura Vege Nigiri	Sushi Rice 25 TEP Nigiri Yasai Kakiage 9/20p Frozen Veg. Tempura 15g (Soy, Wheat, Gluten) Crispy Onion Regular 10/1kg Fried Onion Holland No MSG (wheat, gluten) NAGAI Deluxe 48/100sheet Roasted Seaweed Nori
Chicken Nigiri	Sushi Rice 25 Crispy Chicken. (wheat, gluten) NAGAI Deluxe 48/100sheet Roasted Seaweed Nori
Chicken Nigiri Cheese	Sushi Rice 25 Crispy Chicken. (wheat, gluten) Cheese Sauce (sub) (milk, egg, soy, sulphites) Onion NAGAI Deluxe 48/100sheet Roasted Seaweed Nori
Chicken Nigiri Teriyaki	Sushi Rice 25 Crispy Chicken. (wheat, gluten) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) Shallot NAGAI Deluxe 48/100sheet Roasted Seaweed Nori
Chicken Nigiri Spicy Mayo	Sushi Rice 25 Crispy Chicken. (wheat, gluten) Chilli Mayo sub recipe (soy, egg, sesame, crustacean, sulphites) Onion NAGAI Deluxe 48/100sheet Roasted Seaweed Nori

Chicken Nigiri Avo Mayo	Sushi Rice 25 Crispy Chicken. (wheat, gluten) Avocados - Hass Bulk AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) NAGAI Deluxe 48/100sheet Roasted Seaweed Nori
Tempura Prawn Avo Nigiri	Sushi Rice 25 SIFCO Ebi Fry 25g 6/30pc Frozen Breaded Prawn (41-50) (Crustacean, Wheat, Gluten) Avocados - Hass Bulk AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) NAGAI Deluxe 48/100sheet Roasted Seaweed Nori
Tempura Prawn Nigiri	Sushi Rice 25 SIFCO Ebi Fry 25g 6/30pc Frozen Breaded Prawn (41-50) (Crustacean, Wheat, Gluten) NAGAI Deluxe 48/100sheet Roasted Seaweed Nori
Tempura Prawn Nigiri Spicy Mayo	Sushi Rice 25 SIFCO Ebi Fry 25g 6/30pc Frozen Breaded Prawn (41-50) (Crustacean, Wheat, Gluten) Chilli mayo sub recipe (Soy, Egg, Sesame, Crustacean, Sulphites) NAGAI Deluxe 48/100sheet Roasted Seaweed Nori
Tuna Nigiri	Sushi Rice 25 CP Maguro 5 Star 5kg Frozen Smoked Tuna IND (fish) DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe (Fish, Wheat, Gluten)
Calamari Nigiri	Sushi Rice 25 FROZEN OCTOPUS (SLICE TAKO) "A JIRUSHI" (mollusc) Onions - Brown
Prawn Ebi Nigiri	Sushi Rice 25 KM Sushi Ebi 5L VM VT 2/20/30pc Frozen Boiled Vannemei (Crustacean) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) Onions - Brown
Scallop Nigiri	Sushi Rice 25 Hotate Hokkaido 5S 10/1kg Frozen Maruhiro Scallop 61~80 (mollusc) DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe (Fish, Wheat, Gluten)
Salmon Nigiri	sushi Rice 25 salmon fillet (fish) DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe (fish, wheat, gluten) Onion

Tamago Nigiri	Sushi Rice 25 UOGASHI Atsuyaki Tamago 24/500g Frozen Cooked Egg for Sushi (egg, fish, soy, wheat, gluten) NAGAI Deluxe Half Cut 48/200 Sheet Nori Dried Seaweed
Kingfish Nigiri	Sushi Rice 25 Kingfish Skin On Wing On (fish)

Rose Rolls (updated 21.08.2025)

Menu Item	Ingredients
Salmon & Prawn Rose Roll	Sushi Rice 25 salmon fillet (fish) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy) KM Sushi Ebi 5L VM VT 2/20/30pc Frozen Boiled Vannemei (Crustacean)
Salmon & Crab Rose Roll	Sushi Rice 25 salmon fillet (fish) Crab Salad 25 (Fish, Crustacean, Mollusc, Soy, Wheat, Gluten, Egg) (may contain: Tree nuts, sulphites, lupin) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy)
Grilled Scallop Rose Roll	Sushi Rice 25 salmon fillet (fish) Hotate Hokkaido 5S 10/1kg Frozen Maruhiro Scallop 61~80 (mollusc) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy)
Plain Salmon Rose Roll	Sushi Rice 25 salmon fillet (fish) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy) Vacano sauce (sub) (egg, soy)
Salmon Avo Rose Roll	Sushi Rice 25salmon fillet (fish) Peeled Avo KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (s
Spicy Salmon Rose Roll	Sushi Rice 25salmon fillet (fish) Spicy Salmon sub recipe (fish, crustacean, soy, sesame) KKM Sushi Teriyaki

Cheese Salmon & Crab Rose Roll	<p>Sushi Rice 25 salmon fillet (fish) Crab Salad 25 (Fish, Crustacean, Mollusc, Soy, Wheat, Gluten, Egg) (may contain: Tree nuts, sulphites, lupin) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy) Cheese Sauce (sub) (milk, egg, soy, sulphites)</p>
Cheese Salmon & Prawn Rose Roll	<p>Sushi Rice 25 salmon fillet (fish) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy) KM Sushi Ebi 5L VM VT 2/20/30pc Frozen Boiled Vannemei (Crustacean) Cheese Sauce (sub) (milk, egg, soy, sulphites)</p>
Cheese Grilled Scallop Rose Roll	<p>Sushi Rice 25 salmon fillet (fish) Hotate Hokkaido 5S 10/1kg Frozen Maruhiro Scallop 61~80 (mollusc) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy) Cheese Sauce (sub) (milk, egg, soy, sulphites)</p>
Cheese Spicy Salmon	<p>Sushi Rice 25 salmon fillet (fish) Spicy Salmon sub recipe (fish, crustacean, soy, sesame) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy) Cheese Sauce (sub) (milk, egg, soy, sulphites)</p>
Cheese Salmon Avo	<p>Sushi Rice 25 salmon fillet (fish) Peeled Avo KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) Cheese Sauce (sub) (milk, egg, soy, sulphites) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy)</p>

Sashimi

Menu Item	Ingredients
Deluxe Sashimi	Lettuce - Mesclun 'Story' 1.5kg Lemons Alfalfa salmon fillet (fish) CP Maguro 5 Star 5kg Frozen Smoked Tuna IND (fish) Hotate Hokkaido 5S 10/1kg Frozen Maruhiro Scallop 61~80 (mollusc)
Salmon Tuna Sashimi	Lettuce - Mesclun 'Story' 1.5kg Lemons Alfalfa CP Maguro 5 Star 5kg Frozen Smoked Tuna IND (fish) salmon fillet (fish)
Tuna Sashimi	Lettuce - Mesclun 'Story' 1.5kg Lemons Alfalfa CP Maguro 5 Star 5kg Frozen Smoked Tuna IND (fish)
Salmon Sashimi	salmon fillet (fish) Lettuce - Mesclun 'Story' 1.5kg Lemons Alfalfa

Seasoning

Menu Item	Ingredients
Spicy Set	Chilli Mayo 25 (Soy, Egg, Sesame, Crustacean, Sulphites) HOUSE Nanami Togarashi 20/300g Shichimi Pepper 7-spice (Sesame, Crustacean)
Teri+Mayo Set	KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy)
Cheese Set	cheese sauce (sub recipe) (milk, egg, soy, sulphites)

Ships

Menu Item	Ingredients
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Crab Ship	Sushi Rice 25 Crab Salad 25 (Fish, Crustacean, Mollusc, Soy, Wheat, Gluten, Egg) (may contain: Tree nuts, sulphites, lupin) NAGAI Deluxe 48/100sheet Roasted Seaweed Nori DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy)
Seaweed ship	Sushi Rice 25 UOGASHI Chuka Wakame 1 Frozen GF Seasoned Seaweed (Sesame) NAGAI Deluxe 48/100sheet Roasted Seaweed Nori
Lobster Ship	Sushi Rice 25 New RJ Lobster Salad 20/500g Frozen Seasoned Lobster Mix (Fish, Crustacean, Milk, Mollusc, Soy) NAGAI Deluxe 48/100sheet Roasted Seaweed Nori DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy)
Salmon Ship	Sushi Rice 25 salmon fillet (fish) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) NAGAI Deluxe 48/100sheet Roasted Seaweed Nori DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy)
Tuna Ship	Sushi Rice 25 Tuna Salad 25 (soy, egg, fish) NAGAI Deluxe 48/100sheet Roasted Seaweed Nori DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy)

Snack (updated 22.08.2025)

Menu Item	Ingredients
Ika Shu-mai	AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) SIFCO Ikasumi Shumai 20/420g (mollusc, fish, wheat, gluten)
Karaage Chicken	Karaage Chicken 25 (Mollusc (oyster), Soy, Wheat, Gluten) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy)
Tempura Vege	TEP Nigiri Yasai Kakiage 9/20p Frozen Veg. Tempura 15g 4x8cm (Soy, Wheat, Gluten) Chilli Mayo (Soy, Egg, Sesame, Crustacean, Sulphites)
Calamari Bites	Ika Karaage Bite 6/1kg Frozen Squid Bite WAGAYA (mollusc, soy, wheat, gluten) Chilli Mayo 25 (Soy, Egg, Sesame, Crustacean, Sulphites)
Onion Ring	Beer Battered Onion Rings 1kg (wheat, gluten, soy, milk) (may contain: fish, mollusc, crustacean, egg, tree nuts, sesame) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy)

Lotus Chips	FC Renkon Slice 3mm 1011Kg Frozen Sliced Lotus Root 3mm AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy)
Chips	Surecrisp Extra Crisp Chips (milk, sulphites, gluten, wheat, barley, oats, rye) seaweed seasoning (seaweed, salt, sugar)
Spring Roll	KERKO Pork Spring Roll 12/12pc Frozen Pork Spring Roll 32g (sesame, soy, wheat, gluten) Honey Chilli Sauce Sub 25 (may contain: Peanuts)
Fried Tofu	AJIKAN Kinu Atsuage Tofu Shikaku 2/6/1kg (soy) (may contain: crustacean, fish, mollusc, tree nuts, sulphites, lupin, wheat, gluten) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (soy, egg)

Takeaway

Menu Item	Ingredients
Loaded Fries	Surecrisp Extra Crisp Chips (may contain: milk, sulphites, gluten, wheat, barley, oats, rye) CHICKEN BREAST SCHNITZEL PANKO 150G 5KG (wheat, gluten) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) Processed Sliced Cheese 72pc (Soy, milk) Shallots

Volcano

Menu Item	Ingredients
Crab Salad	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 Crab Salad 25 (Fish, Crustacean, Mollusc, Soy, Wheat, Gluten, Egg) (may contain: Tree nuts, sulphites, lupin) OOOOOId Mayo (sub recipe) (egg, soy) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (Fish, Soy)
Karaage Volcano	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 Crispy Chicken (FRESH B/OFF SCHNITZEL PANKO) (wheat, gluten) Karaage Chicken (Mollusc (oyster), Soy, Wheat, Gluten) Processed Sliced Cheese 72pc (milk, soy) Cheese Sauce (sub) (milk, egg, soy, sulphites) Volcano Mayo (sub) (egg, soy) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) Crispy Onion Regular 10/1kg Fried Onion Holland No MSG (wheat, gluten)

Crispy Chicken Volcano	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) Processed Sliced Cheese 72pc (milk, soy) Cheese Sauce (sub) (milk, egg, soy, sulphites) Volcano Mayo (sub) (egg, soy) Fried garlic (O Cha Fried Garlic) Crispy Chicken (FRESH B/OFF SCHNITZEL PANKO) (wheat, gluten)
Katsu Volcano	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 Crispy Chicken (FRESH B/OFF SCHNITZEL PANKO) (wheat, gluten) Processed Sliced Cheese 72pc (milk, soy) Cheese Sauce (sub) (milk, egg, soy, sulphites) Volcano Mayo (sub) (egg, soy) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) Fried garlic (O Cha Fried Garlic)
Deluxe Seared Salmon & Chicken	NAGAI Deluxe 48/100sheet Roasted Seaweed Nori Sushi Rice 25 Crispy Chicken (FRESH B/OFF SCHNITZEL PANKO) (wheat, gluten) Salmon (fish) Processed Sliced Cheese 72pc (milk, soy) Cheese Sauce (sub) (milk, egg, soy, sulphites) Volcano Mayo (sub) (egg, soy) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy) DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe (fish, soy)

[SUB] Recipes	
Menu Item	Ingredients
Sushi Rice	HIME Rinse Free Rice 20kg Premium Taiwanese Short GrainSushi Vinegar
Sushi Vinegar	WINE FOOD Hon Mirin 18L Gluten Free Sweet Cooking Wine Alc 14%White Sugar 25kg Manufacturers Sugar 25
Pickled Onion	Onions, red[SUB] Sushi Vinegar
Pickled Carrot	MERMAID Super Fine Salt 25kg Powdery SaltWhite Sugar 25kg Manufacturers Sugar 25kg[SUB] Sush
Tuna Salad	Onions - BrownWhite Sugar 25kg Manufacturers Sugar 25kg AJICO Mayonnaise 10/1kg Gluten Free 6.4% E

Crab Salad	AJIKAN LARGE Leg Stick 12/840g Frozen Fish Cake 20pc (Fish, Crustacean, Mollusc, Soy, Wheat, Gluten, Egg); (May contain: Tree nuts, sulphites, lupin) AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (Soy, Egg) KIBUN Kanikama 18cm 10/1kg Frozen JFC Seafood Stick 35pc (Fish, egg, wheat, gluten, soy, crustacean) GC' PINEAPPLE (PCS) 12*450G
Karaage Chicken	Karaage Marinade Sub recipe (Mollusc (oyster), Soy, Wheat, Gluten)Karaage Batter Sub recipe (Soy,
Chilli Mayo	AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (Soy, Egg)HOUSE Nanami Togarashi 20/300g S
Mixed Sesame	MITAKE Irigoma Kuro 12/1kg Roasted Black Sesame SeedMITAKE Irigoma Shiro 12/1kg Roasted Whit
Teriyaki Chicken	FZ F/COOKED CHICKEN M/ON TERIYAKI1.5KG(5) R/W RTE MELCO MHC Teriyaki Sauce(4.5L) (soy, wheat, gluten)
Teriyaki Sauce	White Sugar 25kg Manufacturers Sugar 25kg Mixed Vegetables (Teriyaki) KKM Pro Pack Shoyu BIB 18L KIKKOMAN Soy Sauce (soy, wheat, gluten) WINE FOOD Hon Mirin 18L Gluten Free Sweet Cooking Wine Alc 14%
Mixed Vegetables (teriyaki)	Apples - Granny Smith Onions - Brown Celery MCCORMICK CINNAMON STICKS 225GM PG'BLACK PEPPER CORN 10*1KG Ginger Garlic - Peeled Oranges Carrots 20kg
Honey Chilli Sauce	WINE FOOD Hon Mirin 18L Gluten Free Sweet Cooking Wine Alc 14%Onions - BrownMSF' AMERICAN MUSTARI
Vacano Mayo	AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) Korean Spicy Sauce White Sugar 25kg Manufacturers Sugar 25kg
OOOOOOld Mayo	AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) Korean Spicy Sauce White Sugar 25kg Manufacturers Sugar 25kg
Cheese Sauce	AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk (egg, soy) Lemon Juice 1L (Sulphites) BUNDABERG White Sugar 25kg Essentials parmesan cheese 100g (milk)

Spicy Salmon	HOUSE Nanami Togarashi 20/300g Shichimi Pepper 7-spice (Sesame, Crustacean) Onions - Brown MOI Vegetable Oil Bib 20L Cooking Oil Bag in Box no tap salmon sliced (fish) KKM Sushi Teriyaki Sauce 6/2L GF Marinade Sauce KIKKOMAN (soy)
Seaweed seasoning	seaweed, salt, sugar
INGREDIENTS	
Ingredient	Ingredients
AJICO Mayonnaise 10/1kg Gluten Free 6.4% Egg Yolk	Vegetable oil (rapeseed, Soybean , Corn), Water, Glucose syrup, Egg (Egg, Egg yolk), Vinegar, Salt, Flavour enhancer (621), Concentrated lemon juice, Spice extract (leaf mustard), Contains Soybeans and Egg
KKM Sushi Teriyaki Sauce 6/2L GF Marinade 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). Contains Soy.
DAIEI Kuro Tobiko 12/500g Frozen Black Flying Fish Roe	FLYING FISH ROE (CYPSELURUS AGOO AGO), HUMECTANT (420), SUGAR, SALT, FISH SAUCE (ANCHOVY SALT) HYDROLYSED PROTEIN(WHEAT, CORN) FLAVOUR ENHANCER (621), VINEGAR, COLOUR(129, 133, 110) «CONTAINS FISH, WHEAT AND GLUTEN»
Chicken Breast Schnitzel Panko (FRESH B/OFF SCHNITZEL PANKO)	CHICKEN BREAST, YEAST, BAKERS YEAST, SALT, WHEAT FLOUR , DEXTROS, WATER ADDED (THIAMIN&ACID ADDED) CONTAINS: WHEAT & GLUTEN
KM Sushi Ebi (Frozen Boiled Vannemei)	FARM-RAISED PRAWN, SALT; CONTAINS: Crustacea
NAGAI Deluxe 48/100sheet Roasted Seaweed Nori	SEAWEED(Porphyrta Yezoensis).
TEP Nigiri Yasai Kakiage 9/20p Frozen Veg. Tempura 15g 4x8cm	Ingredient: Onion, Batter Mix (Wheat Flour, Corn Starch, Baking Powder (Sodium Bicarbonate (E500(i)), Sodium Acid Pyrophosphate (E450(i)), Monocalcium Phosphate (E341(i)), Salt, Glucose (Tapioca), Carotene Color (E160a(i)), Riboflavin), Carrot, Predust Mixed (Wheat Flour, Corn Starch, Baking Powder (E500(ii), E450(i), E341 (i)), Salt, Glucose (Tapioca), E160a(ii), Riboflavin), Kale, Soybean Oil .
WP Edamame Mukimi 20/454g Frozen Soybean Kernels	Soy
UOGASHI Chuka Wakame (Frozen GF Seasoned Seaweed)	INGREDIENTS: SEAWEED(93%),SUGAR, SWEETENER(420), SESAME OIL , VINEGAR, WATER, SALT, SESAME ,CIDER VINEGAR, FLAVOUR ENHANCER(621),RED CHILLI PEPPER,COLOUR(102,133). <CONTAINS SESAME>

DAIEI Tobikko 12/500g Frozen GF Flying Fish Roe	INGREDIENTS: FLYING FISH ROE (CYPSELURUS AGOO NEDO) SUGAR, FLAVOUR ENHANCER (521, 635 HYDROLYSED SOY PROTEIN, DEXTRI<), HUMECTANT (420) SALT, ACIDITY. REGULATOR(325) COLOUR(102.124) <CONTAINS FISH AND SOY>
KIBUN Kanikama 18cm 10/1kg Frozen JFC Seafood Stick 35pc	White Fish Meat (Lizardfish, Threadfin bream) (47%), Water, Modified Tapioca Starch (1420), Wheat Starch, Sugar, Sorbitol (420), Salt, Sweet Flavouring. Soybean Oil. Flavour Enhancer (621). Calcium Carbonate (170). Egg Whole, Crab Flavour, Carmine Color (120). Ribonucleotide (635). Paprika Color(160c). Allergen Contain: Fish, Egg Product, Wheat Product, Soy Product, Crustacean Product.
Fried garlic (O Cha Fried Garlic)	garlic, palm oil
Frozen Breaded Prawn (41-50) SIFCO Ebi Fry 25g	INGREDIENTS: VANNAMEI SHRIMP (40%)(VANNAMEI SHRIMP ,SALT,SUGAR), BREADCRUMBS (WHEAT FLOUR,SHORTENING(PALM OIL),SUGAR,SALT,YEAST,YEAST FOOD(CALCIUM CARBONATE(170),CALCIUM SULPHATE(516),ASCORBIC ACID(300),CORNSTARCH,DEXTRROSE, WHEAT GLUTEN ,COLOUR(160(c)),SUNFLOWER OIL)), BATTERMIX (WHEAT FLOUR,THICKENER(412),SUGAR,SALT,CORN FLOUR,FLAVOUR ENHANCER(621,631,627)),MODIFIED STARCH(1420),CALCIUM CARBONATE(170).
Processed Sliced Cheese 72pc	
Crispy Onion Regular 10/1kg Fried Onion Holland No MSG	Onion (75%), Vegetable Oil (Palm), Wheat flour , Salt. Contains wheat, gluten
CP Maguro 5 Star 5kg Frozen Smoked Tuna IND	TUNA (THUNNUS SPP., FISH), ODOURLESS FLAVOURLESS SMOKE
JB Fried Garlic Granules 20/500g Fried Garlic 2.5*2.5	Garlic, corn starch, palm oil
DAIKYO GF Tawara Inari (Seasoned Soybean Curd, Gluten Free)	FRIED BEAN CURD(SOY , RAPESEED OIL, FIRMING AGENT(511)), WATER, SUGAR, SOY SAUCE (WATER, SOY,SALT), RICE STARCH, VINEGAR, SALT, KELP(LAMINARIA JAPONICA).
UOGASHI AtsuyakiTamago 24/500g Frozen Cooked Egg for Sushi	EGG ,SUGAR,WATER, SOYBEAN OIL, HUMECTANT (420), GLUCOSE. MALTODEXTRIN,MODIFIED CORN STARCH,VINEGAR(WATER, ALCOHOL, SALT, RICE,SAKE LEES), SOY SAUCE (WATER, SALT, SOY . BEANS, WHEAT ,RICE,SEED MOLD), SALT, MODIFIED WHEAT STARCH, SOUP BASE(GLUCOSE SYRUP. DRIED BONITO EXTRACT,DRIED BONITO SHAVINGS, SALT, HYDROLYSED PROTEIN/ SOY -BEANS,CORN, WHEAT ,YEAST). DRIED HORSE MACKEREL , KELP(LAMINARIA JAPONICA)). ANTIOXIDANT(452) FLAVOURENHANCER(621,635), COLOUR (160a), RAPESEED OIL. ANTIOXIDANT (450). «CONTAINS EGG, SOYBEANS, WHEAT AND FISH»
Ebi Tempura XL 38g 10/10pc	prawn, pal oil, wheat flour, water, modified starch, starch , baking powder, wheat protein, whole egg powder, emulsifier, salt, calcinated shell calcium, seasoning (flavour enhancer, white pepper) vegetable fat, food colour

KOREAN Spicy Sauce	water, dextrin starch syrup, Oleoresin capcicum (red pepper extract),
KERKO Pork Spring Roll 12/12pc Frozen Pork Spring Roll	Pork (50%), Wheat n Flour, Starch, Cabbage, Carrot, Celery, Onion, Vermicelli, Vegetale Oil, Sesame Oil, Sweet Chilli Sauce, Soy Sauce, Garlic, Salt, Pepper, and Sugar
Tofu - AIJIKAN Kinu Atsuage Tofu Shikaku	WATER, SOY11 0%) , VEGETABLE OIL (SOY. RAPESEED MODIFIED STARCH14421 . FIRMINGAGENT (511), STABIL
SIFCO Ikasumi Shumai 20/420g	SWORDTIP SQUIIIX MOLLUSC), WRAPPER(WHEAT FLOUR,WATER,THICKENER(1440, 1420), SOY OIL(HIGHLY REFINED). WHEAT GLUTEN , SALT), FILLING MIX WHEAT FLOUR, POTATO STARCH, SUGAR, ONION, SALT, WHITE PEPPER, FLAVOUR ENHANCER (621), CUTTLEFISH INK(MOLLUSC), WATER). FISH PASTE (PURPLE SPOTTED BIGEYE(FISH), SUGAR, HUMECTANT (451, 450)). CONTAINS: MOLLUSC, WHEAT, GLUTEN, FISH
Hotate Hokkaido 5S 10/1kg Frozen Maruhiro Scallop 61~80	SCALLOP MOLLUSC! «CONTAINS MOLLUSC»
Ika Karaage Bite 6/1kg Frozen Squid Bite WAGAYA	SQUID MOLLUSC (74%) FRYING BATTER MIX (FRYING BATTER MIX (WHEAT FLOUR,CORNSTARCH, THICKENER(1412). SALT, SPICES (WHITE PEPPER POWDER, CHILLI PEPPER POWDER, GARLIC POWDER), FLAVOUR ENHANCER(621,031.827), DEHYDRATED SOY SAUCE(SOY SAUCE (WATER,SOY, WHEAT, SOY PROTEIN DEXTRIN, SALT.SUGAR, COLOUR(150(5) FLAVOUR ENHANCER(621,631,627) WHITE SUGAR, GLUCOSE,SOY PROTEIN POWDER, COLOUR(160(c).POTATO STARCH). BATTER MIX (WATER,BATTER MIX(THICKENER(1412),CORNSTARCH,WHITE SUGAR, SOY FLOUR, WHEAT FLOUR,SALT. THICKENER(412,415(SOY),SPICES(BLACK PEPPER POWDER)),SPRINKLE FLOUR(THICKENER(1420)PERILLA OIL EMULSIFIER (471)).ACIDITY REGULATOR(501 450,331,262) <CONTAINS MOLLUSC, WHEAT, GLUTEN,SOY >
JFC Renkon Slice 3mm 1011Kg Frozen Sliced Lotus Root 3mm	LOTUS ROOT.,CITRIC ACID(330) ,SALT.
Masterfoods All purpose Seasoning 1000g	Salt, Rice Flour, Paprika 5%, Onion 4%, Black Pepper 2%, Garlic 1.5%, Vegetable Oil, Basil 0.3%, Celery Seed, Natural Colour (Paprika Oleoresin). May contain sesame seeds.
Unagi Kabayaki Slice 8g 50/160g Frozen Slice Eel 20pc/Tray	INGREDIENTS: EEL,SOY SAUCE(WATER, SOYBEANS, WHEAT ,SALT,ALCOHOL),WATER, SUGAR, FERMEN TED SEASONING(WATER,RICE, ALCOHOL),GLUCOSE SYRUP ,HIGH FRUCTOSE CORN SYRUP THICKENER(1440) ALCOHOL, THICKENER(415), SALT, COLOUR(150(a), 160(b)). <CONTAINS FISH SOYBEANS AND WHEAT >
KIBUN Kanimi Chunk 40/250g Frozen Fish Cake	White Fish Meat 51%, Water, Modified Tapioca Starch, (1420), Egg White, Sugar, Salt, Sweet Flavouring, Egg Whole, Fully refined soybean oil, Monosodium Glutamate (621), Crab Flavour (Fish) Colours [Carmine (120), Paprika (160c)]. CONTAINS: Fish, Egg.
Lemon juice	Reconstituted lemon juice (99.9%), acidity regulator (ascorbic acid), natural flavour, preservative (223)(sulphites). Contalns: Sulphites .
Essentials parmesan cheese 1000g	Pastuerised Milk (97%), Salt, Starter Culture, Enzyme (Non Animal Rennet).
FROZEN OCTOPUS (SLICE TAKO) "A JIRUSHI"	INGREDIENTS: BIG BLUE OCTOPUS (MOLLUSC),SALT, ANTIOXIDANT (300.301!.«CONTAINS MOLLUSC

ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
egg, fish, soy, wheat, gluten		nil
mollusc		gluten free
milk, egg, mollusc, soy, sulphites		nil
egg, soy, crustacean		nil
milk, egg, crustacean, soy, sulphites		gluten free
soy, egg, sesame, crustacean, sulphites		gluten free
egg, soy, fish		nil
egg, soy, fish, sesame, crustacean, sulphites		gluten free

milk, egg, fish, soy, sulphites		gluten free
egg, fish, soy		gluten free
egg, fish, soy, wheat, gluten		nil
egg, fish, crustacean, soy, sesame, sulphites, wheat, gluten		nil
milk, egg, fish, soy, sulphites, wheat, gluten		nil

ALLERGENS		
ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
fish		gluten free
soy, egg, fish		gluten free

soy, wheat, gluten		vegetarian, vegan
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ALLERGENS

ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
fish, soy, sesame, wheat , gluten		nil
soy, wheat, gluten		nil
fish, soy, wheat, gluten		nil
fish, soy, sesame, wheat , gluten		nil

ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
milk, egg, fish, crustacean, mollusc, soy, sulphites, wheat, gluten	Tree nuts, lupin	nil
milk, egg, fish, crustacean, mollusc, soy, sesame, sulphites, wheat, gluten	tree nuts, lupin	nil
milk, egg, soy, sulphites, crustacean, wheat, gluten		nil
milk, egg, crustacean, soy, sulphites, sesame, wheat, gluten		nil

milk, egg, soy, mollusc, sulphites, wheat, gluten		nil
milk, egg, crustacean, mollusc, soy, sesame, sulphites, wheat, gluten		nil
milk, egg, soy, sulphites, wheat, gluten		nil
milk, egg, crustacean, soy, sesame, sulphites, wheat, gluten		nil



ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
fish, egg, soy, crustacean, wheat, gluten		nil
egg, fish, crustacean, mollusc, soy, sulphites, sesame, wheat, gluten	tree nuts, lupin	nil
egg, fish, crustacean, mollusc, soy, wheat, gluten	tree nuts, sulphites, lupin	nil
egg, fish, crustacean, mollusc, soy, wheat, gluten	tree nuts, sulphites, lupin	nil

ALLERGENS**May contain****Statement GF / VEGAN / VEGETARIAN**

egg, fish, crustacean, soy, wheat, gluten

nil

egg, fish, crustacean, soy, sesame, sulphites, wheat, gluten

nil

egg, fish, crustacean, mollusc, soy, wheat, gluten

tree nuts, sulphites, lupin

nil

egg, fish, crustacean, mollusc, soy, sesame, sulphites, wheat, gluten	tree nuts, lupin	nil
egg, fish, soy, wheat, gluten		nil
egg, fish, crustacean soy, sesame, sulphites, wheat, gluten		nil

ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
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fish, egg, crustacean, soy, wheat, gluten		nil
egg, fish, soy		gluten free*
crustacean, egg, soy, wheat, gluten		nil
egg, soy, wheat, gluten		nil
egg, soy, wheat, gluten		nil

ALLERGENS		
ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
<p>milk, egg, fish, crustacean, mollusc, soy, wheat, gluten</p>	<p>tree nuts, sulphites, lupin</p>	<p>nil</p>

soy, sesame		vegetarian, vegan, gluten free
soy, egg, fish, wheat, gluten		nil
egg, fish, crustacean, mollusc, soy, wheat, gluten	tree nuts, sulphites, lupin	nil
fish, crustacean, milk, mollusc, soy, wheat, gluten		nil

ALLERGENS		
ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
		vegetarian, vegan, gluten free*
soy, wheat, gluten		vegetarian, vegan

		vegetarian, vegan, gluten free*
egg, crustacean, soy		gluten free*
soy, egg, sesame, crustacean, sulphites, wheat, gluten		nil
egg, fish, soy, sesame		gluten free*
soy, egg, fish		gluten free*
fish, egg, wheat, gluten, soy, crustacean		nil

soy, sesame, wheat, gluten		nil
mollusc, soy, wheat, gluten	peanuts	nil
egg, soy, mollusc, wheat, gluten	peanuts	nil
egg, soy, wheat, gluten		nil
soy, egg, sesame, crustacean, sulphites, wheat, gluten		nil
fish, soy, wheat, gluten		nil

egg, fish, crustacean, mollusc, soy, wheat, gluten	tree nuts, sulphites, lupin	nil
milk, fish, crustacean, mollusc, soy		gluten free*

ALLERGENS		
ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
crustacean, egg, soy, wheat, gluten	milk, sulphites, barley, oats, rye	nil
soy, wheat, gluten	milk, sulphites, barley, oats, rye	nil
mollusc, soy, wheat, gluten	milk, sulphites, barley, oats, rye	nil

ALLERGENS		
ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
fish, egg		gluten free
milk, fish, crustacean, mollusc, soy		gluten free

		vegetarian, vegan, gluten free
		vegetarian, vegan, gluten free
fish		gluten free
fish		gluten free
soy, wheat, gluten		nil
wheat, gluten		nil

ALLERGENS		
ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
milk, egg, fish, crustacean, mollusc, soy, sulphites, wheat, gluten	tree nuts, lupin	nil

milk, egg, fish, soy, sulphites		gluten free
milk, egg, soy, sulphites, wheat, gluten		nil
milk, egg, mollusc, soy, sulphites, wheat, gluten		nil

ALLERGENS		
ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
sesame, soy, wheat, gluten	peanuts	nil
soy, egg	crustacean, fish, mollusc, tree nuts, sulphites, lupin, wheat, gluten	Vegetarian, gluten free**

ALLERGENS		
ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN

wheat, gluten		vegetarian, vegan, gluten free
egg, soy, wheat, gluten		vegetarian
soy, wheat, gluten		vegetarian
wheat, gluten		nil
milk, egg, soy, sulphites, wheat, gluten		nil
egg, soy, wheat, gluten		nil
egg, soy, sesame, crustacean, sulphites, wheat, gluten		nil

egg, soy, wheat, gluten		nil
egg, crustacean, soy, wheat, gluten		nil
crustacean, wheat, gluten		nil
soy, egg, sesame, crustacean, sulphites, wheat, gluten		nil
fish, wheat, gluten		nil
mollusc, fish, wheat, gluten		nil
egg, soy, crustacean		gluten free
fish, mollusc, wheat, gluten		nil
fish, wheat, gluten		nil

egg, fish, soy, wheat, gluten		nil
fish		nil

ALLERGENS		
ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
fish, egg, soy, crustacean		gluten free
egg, fish, crustacean, mollusc, soy, wheat, gluten	Tree nuts, sulphites, lupin	nil
egg, fish, mollusc, soy		gluten free
egg, soy, fish		gluten free
egg, fish, soy		gluten free
egg, fish, crustacean, soy, sesame		gluten free

milk, egg, fish, crustacean, mollusc, soy, sulphites, wheat, gluten	Tree nuts, lupin	nil
milk, egg, fish, crustacean, soy, sulphites		gluten free
milk, egg, fish, mollusc, soy, sulphites		gluten free
milk, egg, fish, crustacean, soy, sulphites, sesame		gluten free
milk, egg, fish, soy, sulphites,		gluten free

ALLERGENS		
ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
fish, mollusc		gluten free
fish		gluten free
fish		gluten free
fish		gluten free

ALLERGENS		
ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
soy, egg, sesame, crustacean, sulphites		gluten free
egg, soy		gluten free, vegetarian
milk, egg, soy, sulphites		gluten free, vegetarian

ALLERGENS		
ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN

egg, fish, crustacean, mollusc, soy, wheat, gluten	tree nuts, sulphites, lupin	nil
sesame		gluten free, vegetarian, vegan
fish, crustacean, milk, mollusc, soy		gluten free
egg, fish, soy		gluten free
egg, fish, soy		gluten free

ALLERGENS		
ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
egg, soy, mollusc, fish, wheat, gluten		nil
egg, mollusc, soy, wheat, gluten		nil
soy, egg, sesame, crustacean, sulphites, wheat, gluten		nil
soy, egg, sesame, mollusc, crustacean, sulphites, wheat, gluten		nil
egg, milk, soy, wheat, gluten	fish, mollusc, crustacean, tree nuts, sesame	vegetarian

egg, soy		gluten free, vegetarian, vegan
	milk, sulphites, gluten, wheat, barley, oats, rye	gluten free**, vegetarian, vegan
sesame, soy, wheat, gluten	peanuts	nil
soy, egg	crustacean, fish, mollusc, tree nuts, sulphites, lupin, wheat, gluten	Vegetarian, gluten free**

ALLERGENS		
ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
milk, egg, soy, wheat, gluten	sulphites, barley, oats, rye	

ALLERGENS		
ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
egg, fish, crustacean, mollusc, soy, wheat, gluten	tree nuts, sulphites, lupin	nil
milk, egg, mollusc, soy, sulphites, wheat, gluten		nil

milk, egg, soy, sulphites, wheat, gluten		nil
milk, egg, soy, sulphites, wheat, gluten		nil
milk, egg, fish, soy, sulphites, wheat, gluten		nil

ALLERGENS		
ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
nil		Vegetarian, Vegan, Gluten Free
nil		Vegetarian, Vegan, Gluten Free
nil		Vegetarian, Vegan, Gluten Free
nil		Vegetarian, Vegan, Gluten Free
soy, egg, fish		gluten free

Fish, Crustacean, Mollusc, Soy, Wheat, Gluten, Egg	Tree nuts, sulphites, lupin	
Mollusc (oyster), Soy, Wheat, Gluten		
Soy, Egg, Sesame, Crustacean, Sulphites		Gluten Free, Vegetarian
sesame		Vegetarian, Vegan, Gluten Free
soy, wheat, gluten		
soy, wheat, gluten		Vegetarian, Vegan
		Vegetarian, Vegan, Gluten Free
D 6*2.5K (may contain peanuts) HEINZ TOMATO SAUCE G/FRE 3*4L PT'SWET CHIL SCE	Peanuts	Gluten free, vegetarian
egg, soy		Gluten free, vegetarian
egg, soy		Gluten free, vegetarian
milk, egg, soy, sulphites		Gluten free, vegetarian

fish, crustacean, soy, sesame		
ALLERGENS	May contain	Statement GF / VEGAN / VEGETARIAN
Soy, Egg		Vegetarian, Gluten Free
Soy		Vegan, Vegetarian, Gluten Free
Fish, Wheat, Gluten		
Wheat, gluten		
Crustacean		Gluten Free
		Gluten free, vegetarian, vegan
Soy, Wheat, Gluten		Vegetarian, Vegan
soy		Vegetarian, Vegan, Gluten Free
Sesame		Vegan, Vegetarian, Gluten Free

Fish, Soy		Gluten Free
Fish, egg, wheat, gluten, soy, crustacean		
		Vegetarian, Vegan, Gluten Free
Crustacean, Wheat, Gluten		nil
Soy, milk		
wheat, gluten		Vegetarian, Vegan
Fish		Gluten Free
		Vegetarian, Vegan, Gluten Free
Soy		Gluten Free, Vegetarian, Vegan
Egg, fish, soy, wheat, gluten		
crustacean, egg, wheat, gluten		

Fish, Crustacean, Milk, Mollusc, Soy		Gluten Free
		Gluten Free, Vegetarian, Vegan
sesame		Gluten Free, Vegetarian, Vegan
sesame		Gluten Free, Vegetarian, Vegan
soy, wheat, gluten		vegetarian, vegan
		Vegetarian, Vegan, GF
	Peanuts	Gluten Free, Vegetarian, Vegan
		Gluten Free, Vegetarian
		Gluten Free, Vegetarian, Vegan
		Gluten Free, Vegetarian, Vegan
	Peanuts	Gluten Free, Vegetarian, Vegan
Sulphites		Vegetarian, Vegan, Gluten free
Sesame, Crustacean		Gluten free
Soy		
	milk, sulphites, gluten, wheat, barley, oats, rye	Vegetarian, Vegan**, Gluten free**
wheat, gluten, soy, milk	fish, mollusc, crustacean, egg. tree nuts, sesame	vegetarian, vegan**

sesame, soy, wheat, gluten		
Soy	crustacean, fish, mollusc, tree nuts, sulphites, lupin, wheat, gluten	
mollusc, fish, wheat, gluten		nil
mollusc		gluten free
mollusc, soy, wheat, gluten		nil
		gluten free, vegetarian, vegan
	Seaseme	Vegetarian, Vegan, GF
fish, soy, wheat, gluten		nil
fish, egg		gluten free
Sulphites		Vegetarian, Vegan, GF
milk		gluten free, vegetarian
mollusc		gluten free

Nutrition Health and Related Claims

Dietary Fibre

*Dietary fibre	A serving of the food contains at least 2 g of *dietary fibre unless the claim is about low or reduced dietary fibre.	Good source	A serving of the food contains at least 4 g of *dietary fibre.
		Excellent source	A serving of the food contains at least 7 g of *dietary fibre.
		Increased	(a) The *reference food contains at least 2 g of *dietary fibre per serving; and (b) the food contains at least 25% more *dietary fibre than in the same amount of reference food.

Protein

Protein	The food contains at least 5 g of protein/serving unless the claim is about low or reduced protein.	Good Source	The food contains at least 10 g of protein/serving.
		Increased	(a) The food contains at least 25% more protein than in the same amount of *reference food; and (b) the reference food meets the general claim conditions for a nutrition content claim about protein.
