

nutritional information

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INTRODUCTION

INTRODUCTION

In 2003, Dong Hyun Kim, an entrepreneur with a vision, opened the first Wasabi branch in Embankment, London. He was convinced Londoners would fall in love with sushi and he wanted to offer an efficient takeaway service, as a healthy lunchtime alternative to the humble sandwich.

With a bright, clean, modern Japanese style, Wasabi proved immediately popular with hungry Londoners in search of something new, different and healthy.

Quality is vitally important to Wasabi. Our chefs meet regularly to discuss changes and improvements to the menu ensuring food quality is never compromised. All fresh ingredients are delivered daily to the branches.

All recipes are bespoke to Wasabi. From creating a new menu, to sourcing ingredients and preparing recipes, everything in Wasabi is prepared daily in our kitchens.

WASABI NUTRITION

Food allergy and intolerance: before ordering, please speak to our staff about your requirements.

Wasabi nutritional information is obtained from testing in accredited laboratories and information provided from Wasabi suppliers.

Every care and attention has been taken to ensure all information in this document is as accurate as possible at the time of printing.

Nutrition information values are based per 100g. As most of our products are made fresh daily, all nutrition figures are given as averages only.

All portion sizes are stated as accurate as possible but as most of our products are served fresh on site, some values may vary slightly.

Any item that contains alcohol refers to different types of cooking wine that has been used during cooking only.

Condiments (soy sauce sachet, wasabi paste sachet, pickled ginger sachet) served with any sushi and salad box sets are not calculated in the overall nutritional value for each set. For further information on sauce nutrition, please see sauce page.

SALMON

We only ever use sustainably sourced Scottish or Norwegian salmon giving our sushi the freshest, sweetest taste!

MADE FRESH DAILY

Our sushi is made from scratch every day using the freshest and finest ingredients. We take our motto very seriously and never keep any food back for the next day, ensuring the food you get from Wasabi is always at its best.

TUNA

Tuna is a great source of omega 3 and is said to help lower cholesterol and blood pressure which is why we use sustainably sourced line caught yellowfin tuna in our dishes.

hosomaki

Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total Salt (g) per 100g	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Avocado hosomaki	168	703	57	3.3	31.4	3.2	0.83	34	∅	∕	∕	∅	∅	∅	
Cucumber hosomaki	153	640	55	3.3	33.2	0.8	0.69	36	∅	∕	∕	∅	∅	∅	SS
Salmon hosomaki	216	904	74	4.8	33.7	6.9	0.70	34	∕	∅	∅	∅	∅	∅	F
Tuna hosomaki	152	636	52	6.5	30.2	0.6	0.77	34	∕	∅	∅	∅	∅	∅	F
Inari & red pepper hosomaki	146	591	150	3.7	23.3	4.2	1.12	34	∅	∕	∕	∅	∅	∕	S, WG

Product	Energy (Kcal) per 100g	Energy (kJ) per 100g	Energy (Kcal) per portion	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total Salt (g) per 100g	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
California roll	177	741	56	6.3	28.4	4.2	0.49	32	Y	N	N	N	N	Y	C, E, F, SS, S, WG
Fried prawn roll	215	900	62	4.7	28.9	8.9	0.68	29	N	N	N	Y	N	Y	C, E, SS, WG, Mi, S
Salmon & masago roll	159	665	48	6.9	24.4	3.8	0.57	30	Y	N	N	Y	N	Y	F, S, WG
Surimi crabmeat & cucumber roll	172	720	54	3.5	31.2	3.7	0.69	31	N	N	N	N	Y	Y	F, C, S, E, SS, WG, So2
Tofu roll	138	577	44	3.0	26.0	2.4	0.57	32	N	Y	Y	N	N	Y	S, WG
Salmon teriyaki roll	150	610	250	5.9	18.5	5.8	1.09	28	N	N	N	N	Y	Y	F, S, SS, WG

nigiri

Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total Salt (g) per 100g	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Japanese omelette nigiri	166	695	48	6.2	30.2	2.3	0.58	29	∅	∕	∅	∅	∅	∅	E
Salmon nigiri	180	753	52	11.0	24.6	4.2	0.57	29	∕	∅	∅	∅	∅	∅	F
Shrimp nigiri	151	632	38	5.1	31.6	0.5	0.60	25	∅	∅	∅	∅	∅	∅	C
Tofu nigiri	187	782	45	6.1	33.5	3.2	0.75	24	∅	∕	∕	∅	∅	∕	S, WG
Tuna nigiri	149	623	43	12.4	22.9	0.9	0.61	29	∕	∅	∅	∅	∅	∅	F

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (Pn), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

gunkan

Product	Energy (Kcal) per 100g	Energy (kJ) per 100g	Energy (Kcal) per portion	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total Salt (g) per 100g	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Salmon sesame gunkan	106	444	32	9.8	24.8	5.1	0.51	30	Y	N	N	N	N	N	F, SS, S
Surimi crabmeat gunkan	189	791	57	4.9	30.7	5.2	1.00	30	N	N	N	N	Y	Y	C, E, F, Mu, S, So2, WG

onigiri

Product	Energy (kcal) per 100g	Energy (kJ) per 100g	Energy (kcal) per portion	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total Salt (g) per 100g	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Chicken teriyaki onigiri	164	686	180	7.9	28.1	2.2	0.88	110	∅	∅	∅	∅	∅	∅	SS, S, So2, WG
Salmon teriyaki onigiri	163	682	179	9.1	26.8	2.2	0.68	110	∅	∅	∅	∅	∅	∅	F, SS, S, WG
Seaweed onigiri	132	552	145	3.1	28.0	0.8	0.85	110	∅	∅	∅	∅	∅	∅	SS, S, WG
Edamame & butternut squash onigiri	131	533	145	3.4	22.0	3.3	1.70	110	∅	∅	∅	∅	∅	∅	S
Chicken katsu & kimchee onigiri	134	547	155	4.6	19.4	4.3	1.19	115	∅	∅	∅	∅	∅	∅	C, F, S, So2, SS, WG
Tuna & mustard onigiri	120	502	132	6.8	17.6	2.5	0.64	110	∅	∅	∅	∅	∅	∅	E, F, Mu, WG

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sushi set boxes

Product	Energy (Kcal) per100g	Energy (KJ) per100g	Energy (Kcal) per portion	Total Protein (g) per100g	Total Carbohydrate (g) per100g	Total Fat (g) per100g	Total Salt (g) per100g	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Chumaki set	187	782	497	6.3	25.3	6.8	0.55	266	Y	N	N	Y	Y	Y	C, E, F, Mu, Mi, SS, S, So2, WG	WG, S, Mu
Harmony set	199	833	768	6.6	28.2	6.6	0.67	386	Y	N	N	Y	Y	Y	C, E, F, Mu, Mi, SS, S, So2, WG	WG, S, Mu
Mini hosomaki set	180	753	434	6.6	27.7	4.7	0.77	241	Y	N	N	Y	N	N	F, SS, S	WG, S, Mu
Mixed maki set	182	761	491	6.0	27.4	5.4	0.79	270	Y	N	N	Y	Y	Y	C, E, F, Mu, Mi, SS, S, So2, WG	WG, S, Mu
Rainbow set	179	749	652	8.3	24.3	5.4	0.24	364	Y	N	N	Y	Y	Y	C, E, F, Mu, Mi, SS, S, WG, So2	WG, S, Mu
Salmon nigiri set	149	623	358	6.8	22.0	3.7	0.53	240	Y	N	N	Y	N	N	F, SS, S	WG, S, Mu
Sashimi set	98	409	161	14.4	2.4	3.4	0.25	165	Y	N	N	N	N	Y	F, SS, S, WG	BG, WG, S, Mu
Tokyo salmon set	163	669	615	8.3	16.6	7.1	2.17	376	Y	N	N	N	N	Y	F, S, WG	WG, S, Mu
Mini Tokyo salmon set	167	681	375	7.3	16.7	7.8	0.90	225	Y	N	N	N	N	Y	F, S, WG	WG, S, Mu
Osaka set	152	623	472	7.7	16.3	6.3	0.90	310	Y	N	N	N	N	Y	F, C, S, E, So2, WG, SS	WG, S, Mu

Please note condiments in this set are not calculated in nutritional value : see sauce & dressing page for information

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

sushi set boxes

Product	Energy (Kcal) per100g	Energy (HJ) per100g	Energy (Kcal) per portion	Total Protein (g) per100g	Total Carbohydrate (g) per100g	Total Fat (g) per100g	Total Salt (g) per100g	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Wasabi special bento	189	791	638	8.1	23.4	7.0	0.94	338	Y	N	N	Y	Y	Y	C, E, F, Mu, S, So2, WG	WG, S, Mu
Yasai roll set	134	561	494	2.3	24.9	2.8	0.48	369	N	Y	Y	Y	N	Y	SS, S, WG	WG, S, Mu
Salmon teriyaki roll set	152	636	410	4.7	24.2	3.4	0.73	270	Y	N	N	Y	Y	Y	S, WG, SS, F	WG, S, Mu
Crispy Ebi Roll	228	930	781	6.5	28.1	10	0.93	342	N	N	N	Y	N	Y	S, WG, E, Mu, C, SS, Mi	S, Mu, WG
Chicken katsu roll set	145	591	336	6.2	18.1	5.3	1.19	232	N	N	N	N	N	Y	WG, SS, S	S, Mu, WG
Veggie roll set	109	443	239	2.7	17.6	3.1	0.73	219	N	Y	Y	N	N	Y	WG, S	S, Mu, WG
Tofu pocket roll set	139	564	143	3.4	21.0	4.6	0.99	103	N	Y	Y	N	N	Y	WG, S	S, Mu, WG
Salmon hosomaki set	159	648	259	6.2	21.1	5.5	1.02	163	Y	N	N	N	N	N	F	WG, S, Mu
Avocado hosomaki set	159	647	263	3.2	21.6	6.7	0.99	165	N	Y	Y	N	N	N	n/a	WG, S, Mu
Cucumber hosomaki set	124	500	204	3.0	21.5	2.8	0.99	165	N	Y	Y	N	N	N	n/a	WG, S, Mu

Please note condiments in this set are not calculated in nutritional value : see sauce & dressing page for information

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

sushi set boxes

Product	Energy (Kcal) per100g	Energy (KJ) per100g	Energy (Kcal) per portion	Total Protein (g) per100g	Total Carbohydrate (g) per100g	Total Fat (g) per100g	Total Salt (g) per100g	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Spicy Salmon Roll	147	602	375	6.9	16.4	6.0	0.96	255	∅	∅	∅	∅	∕	∅	F, SS, S, So2	WG, S, Mu
Spicy Yasai Roll	110	448	280	3.3	17.5	3.0	0.89	254	∅	∕	∕	∅	∕	∕	S, WG, So2	WG, S, Mu

Please note condiments in this set are not calculated in nutritional value : see sauce & dressing page for information

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

sushi set boxes - brown rice

Product	Energy (Kcal) per100g	Energy (KJ) per100g	Energy (Kcal) per portion	Total Protein (g) per100g	Total Carbohydrate (g) per100g	Total Fat (g) per100g	Total Salt (g) per100g	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Chumaki set	179	749	476	6.6	22.0	7.2	0.48	266	Y	N	N	Y	Y	Y	C, E, F, Mu, Mi, SS, S, So2, WG	WG, S, Mu
Salmon nigiri set	142	594	341	8.4	16.0	4.9	0.83	240	Y	N	N	Y	N	N	F, SS, S	WG, S, Mu
Rainbow set	181	757	659	8.7	22.1	6.4	0.97	364	Y	N	N	Y	Y	Y	C, E, F, Mu, Mi, SS, S, So2, WG	WG, S, Mu
Yasai roll set	124	519	458	3.2	20.3	3.4	0.43	369	N	Y	Y	Y	N	Y	SS, S, WG	WG, S, Mu
Harmony set	186	778	718	6.7	26.3	6.0	1.31	386	Y	N	N	Y	Y	Y	C, E, F, Mu, Mi, SS, S, So2, WG	WG, S, Mu

Please note condiments in this set are not calculated in nutritional value : see sauce & dressing page for information

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

salad set boxes

Product	Energy (Kcal) per100g	Energy (KJ) per100g	Energy (Kcal) per portion	Total Protein (g) per100g	Total Carbohydrate (g) per100g	Total Fat (g) per100g	Total Salt (g) per100g	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Chicken katsu salad	145	598	502	9.5	10.3	7.4	0.73	345	∅	∅	∅	Y	∅	Y	E, SS, S, WG	
Chirashi bowl	128	525	676	7.3	13.2	5.1	0.99	528	Y	∅	∅	∅	∅	Y	F, C, S, E, So2, SS, WG, BG, Mu	WG, S, Mu, BG
Salmon teriyaki salad	135	550	482	5.5	14.4	6.1	0.46	358	∅	∅	∅	∅	Y	Y	F, WG, S, SS, BG, Mu	WG, S, Mu, BG
Tofu teriyaki salad	159	649	568	6.0	14.7	8.4	0.46	358	∅	Y	Y	∅	Y	Y	WG, BG, S, Mu, SS	WG, S, Mu, BG

Please note condiments in this set are not calculated in nutritional value : see sauce & dressing page for information

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (Tn), Peanut (Pn), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

party sets

Product	Energy (Kcal)	Energy (kJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Salt (g)	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Matsuri platter	-	-	-	-	-	-	-	Y	N	N	Y	Y	Y	WG, S, Mu, BG	WG, S, Mu
Crispy matsuri platter	-	-	-	-	-	-	-	Y	N	N	Y	Y	Y	F, C, S, E, WG, So2, SS, Mi	WG, S, Mu
Tsudoi platter	-	-	-	-	-	-	-	Y	N	N	Y	Y	Y	F, C, S, E, WG, So2, SS, Mi	WG, S, Mu
Yasai platter	-	-	-	-	-	-	-	N	Y	Y	Y	N	Y	WG, S, SS	WG, S, Mu
Crispy yasai platter	-	-	-	-	-	-	-	N	Y	Y	Y	N	Y	WG, S, SS	WG, S, Mu

EDAMAME

DID YOU KNOW Edamame is rich in calcium, iron, zinc and vitamin B and considered a 'superfood'? Found in our salads and sushi sets, edamame is a versatile soybean served as part of your Wasabi meal or as a healthy snack. Go on and pop some pods!

NORI

Nori is naturally high in vitamins A, B & C, rich in zinc and iron and virtually fat free. Light and tasty, nori is found in most of our sushi offerings, creating healthy, wholesome delights.

Please note condiments in this set are not calculated in nutritional value : see sauce & dressing page for information

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

OPTIONAL SAUCE & DRESSING

sauce & dressing

Product	Energy (kcal) per100g	Energy (kJ) per100g	Energy (kcal) per portion - pot/ sachet	Energy (kcal) per portion - for counter salad	Total Protein (g) per100g	Total Carbohydrate (g) per100g	Total Fat (g) per100g	Total Salt (g) per100g	Portion size (g) - pot/ sachet	Portion size (g) - for counter salad	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Chilli mayo sauce	238	996	95	n/a	0.5	41.6	7.7	2.10	40	n/a	Y	N	N	N	N	E
Chinese chilli sauce	105	439	42	n/a	1.0	5.2	0.0	5.00	40	n/a	Y	Y	N	N	N	So2
Sweet chilli sauce	162	679	65	49	0.4	37.8	0.2	2.58	40	30	Y	Y	N	n	n	
Japanese BBQ sauce	122	510	49	n/a	0.4	28.7	0.1	6.25	40	n/a	Y	Y	Y	N	N	
Japanese dressing	268	1121	107	80	2.5	22.0	19.0	4.4	40	30	Y	Y	N	N	Y	BG, S, Mu, WG
Teriyaki sauce	230	962	92	n/a	4.0	56.0	0.0	1.72	40	n/a	Y	Y	N	Y	Y	S, WG
Balsamic vinegar olive oil	694	2904	n/a	174	0.0	4.0	74.9	0.00	n/a	25	Y	Y	N	Y	N	So2
Goma dressing	303	1268	n/a	91	4.2	22.0	2.2	2.70	n/a	30	Y	Y	N	Y	Y	BG, Pn, S, SS, WG
Horean chilli sauce	215	900	65	65	3.3	49.1	0.0	4.73	30	30	Y	Y	N	Y	Y	SS, S, WG

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (Tn), Peanut (Pn), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

OPTIONAL SAUCE & DRESSING

sauce & dressing

Product	Energy (Kcal) per100g	Energy (KJ) per100g	Energy (Kcal) per portion - pot / sachet	Energy (Kcal) per portion - for counter salad	Total Protein (g) per100g	Total Carbohydrate (g) per100g	Total Fat (g) per100g	Total Salt (g) per100g	Portion size (g) - pot / sachet	Portion size (g) - for counter salad	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Ginger sachet	11	46	1	n/a	0.19	0.83	0.24	2.10	5	n/a	Y	Y	N	N	N	
Soy sauce sachet	77	322	8	n/a	10.0	3.2	0.0	16.90	10	n/a	Y	Y	N	N	Y	S, WG
Sweet soy sauce sachet	137	573	14	n/a	8.3	20.0	0.0	15.70	10	n/a	Y	Y	N	N	Y	S, WG
Gluten free soy sauce sachet	57	238	6	n/a	10.0	2.0	0.0	16.40	10	n/a	Y	Y	N	N	N	S
Reduced salt soy sauce sachet	107	450	11	n/a	9.7	6.9	0.0	9.10	10	n/a	Y	Y	N	Y	Y	S, WG
Wasabi sachet	256	1071	13	n/a	3.8	38.0	9.2	5.80	5	n/a	Y	Y	N	N	N	Mu

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (Tn), Peanut (Pn), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)



Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total salt per 100g (g) per 100g	Portion size (g) without added stock	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Chicken gyoza tanmen	49	205	231	1.3	9.0	0.9	0.30	470	⊘	⊘	⊕	⊕	⊕	E, F, SS, S, WG
Spicy chicken tanmen	94	393	482	6.2	10.2	2.8	0.55	513	⊘	⊘	⊕	⊘	⊕	E, SS, S, WG, F, So2
Salmon teriyaki tanmen	95	397	449	4.6	11.5	3.0	0.48	473	⊘	⊘	⊕	⊘	⊕	SS, S, WG, F
Veg tanmen	55	230	268	1.2	9.3	1.4	0.40	488	⊕	⊕	⊕	⊘	⊕	SS, S, WG



Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total salt per 100g (g) per 100g	Portion size (g) without added stock	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Chicken gyoza soumen	60	250	114	2.2	9.0	1.7	0.41	191	⊘	⊘	⊕	⊕	⊕	F, E, SS, S, WG
Spicy chicken soumen	95	397	210	8.0	9.5	2.6	0.65	221	⊘	⊘	⊕	⊘	⊕	F, E, SS, S, WG
Veg soumen	56	234	124	1.7	9.4	1.3	0.65	222	⊕	⊕	⊕	⊘	⊕	S, WG

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

NOODLE SOUP スープヌードル



Product	Energy (Kcal) per 100g	Energy (kJ) per 100g	Energy (Kcal) per portion	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total salt per 100g (g) per 100g	Portion size (g) without added water	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Miso soup	16	66	8	0.5	1.2	1.0	0.76	53	∅	∅	∩	∩	∩	F, S, WG
Miso sachet	19	77	1	1.1	1.6	0.5	1.17	8	∅	∅	∩	∅	∩	F, S, WG

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)



bain marie / hot cabinet

Product	Energy (kcal) per 100g	Energy (kJ) per 100g	Energy (kcal) per portion standard	Energy (kcal) per portion large	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total Salt (g) per 100g	Portion size (g) standard	Portion size (g) large	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Chicken Curry & Rice	149	625	851	1224	6.4	23.9	3.1	0.40	570	820	∅	∅	∅	∅	∅	S, WG
Chicken Curry & Chicken yakisoba	139	583	794	1143	9.2	14.1	5.1	0.78	570	820	∅	∅	∅	∅	∅	BG, S, SS, So2, WG
Chicken Curry & Veg Yakisoba	159	664	905	1302	8.9	16.4	6.4	0.63	570	820	∅	∅	∅	∅	∅	BG, S, SS, So2, WG
Chicken Hatsu Curry & Rice	158	661	1121	1302	6.1	20.8	5.6	0.67	710	825	∅	∅	∅	∅	∅	S, WG
Chicken Hatsu Curry & Chicken yakisoba	155	649	1098	1276	8.3	12.9	7.3	0.97	710	825	∅	∅	∅	∅	∅	BG, S, SS, So2, WG
Chicken Hatsu Curry & veg Yakisoba	180	754	1279	1485	8.1	14.7	8.3	0.80	710	825	∅	∅	∅	∅	∅	BG, S, SS, So2, WG
Chicken Hatsu Yakisoba Bento	158	660	716	n/a	9.6	16.7	5.8	1.14	455	n/a	∅	∅	∅	∅	∅	BG, S, SS, So2, WG
Chicken Teriyaki & Chicken yakisoba	119	497	737	975	8.1	13.2	3.7	1.26	620	820	∅	∅	∅	∅	∅	BG, S, SS, So2, WG
Chicken Teriyaki & Rice	128	536	794	1050	5.6	22.2	1.9	0.91	620	820	∅	∅	∅	∅	∅	S, SS, So2, WG
Chicken Teriyaki & Veg yakisoba	137	572	848	1121	7.9	15.3	4.9	1.12	620	820	∅	∅	∅	∅	∅	BG, S, SS, So2, WG

HOT FOOD ホットフード



bain marie / hot cabinet

Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion standard	Energy (Kcal) per portion large	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total Salt (g) per 100g	Portion size (g) standard	Portion size (g) large	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Spicy Chicken & Chicken yakisoba	131	547	810	1072	8.9	12.6	4.9	0.83	620	820	∅	∅	∩	∩	∩	BG, S, SS, So2, WG
Spicy Chicken & Rice	140	585	867	1147	6.4	21.7	3.1	0.48	620	820	∅	∅	∩	∩	∩	S, SS, WG
Spicy Chicken & Veg yakisoba	149	622	921	1218	8.7	14.7	6.1	0.69	620	820	∅	∅	∩	∩	∩	BG, S, SS, So2, WG
Sweet Chilli Chicken & Rice	206	864	1280	1693	7.0	30.9	6.1	0.53	620	820	∅	∅	∩	∩	∩	S, SS, BG, WG
Sweet Chilli Chicken & Chicken yakisoba	197	826	1223	1618	9.5	21.8	8.0	0.88	620	820	∅	∅	∩	∩	∩	BG, S, SS, So2, WG
Sweet Chilli Chicken & Veg yakisoba	215	900	1334	1764	9.3	23.9	9.1	0.74	620	820	∅	∅	∩	∩	∩	BG, S, SS, So2, WG
Salmon Teriyaki & Rice	229	959	1146	1582	8.5	27.1	9.6	0.74	500	690	∅	∅	∩	∩	∩	F, S, SS, WG

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

bain marie / hot cabinet

Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion standard	Energy (Kcal) per portion large	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total Salt (g) per 100g	Portion size (g) standard	Portion size (g) large	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Tofu Curry & Rice	166	693	944	1358	2.7	22.7	7.1	0.56	570	820	Y	Y	Y	Y	Y	S, WG
Tofu Curry & Chicken yakisoba	156	651	887	1277	5.4	12.8	9.2	0.94	570	820	N	N	Y	Y	Y	BG, S, SS, So2, WG
Tofu Curry & Veg yakisoba	175	733	998	1436	5.2	15.2	10.4	0.79	570	820	Y	Y	Y	Y	Y	BG, S, SS, So2, WG
Sweet Chilli Tofu & Chicken yakisoba	165	689	938	1350	6.4	23.4	5.0	0.82	570	820	N	N	Y	Y	Y	BG, S, SS, So2, WG
Sweet Chilli Tofu & Rice	175	730	995	1432	3.6	33.3	3.0	0.44	570	820	Y	Y	Y	Y	Y	S, SS, BG, WG
Sweet Chilli Tofu & Veg yakisoba	184	770	1049	1509	6.1	25.7	6.2	0.67	570	820	Y	Y	Y	Y	Y	BG, S, SS, So2, WG
Chicken Yakisoba	142	594	639	781	7.9	16.9	4.7	0.93	450	550	N	N	Y	Y	Y	BG, S, SS, So2, WG
Vegetable Yakisoba	183	766	824	1007	7.4	21.8	7.3	0.61	450	550	Y	Y	Y	Y	Y	BG, S, SS, So2, WG
Pork Bulgogi & Rice	131	534	746	1074	6.1	18	3.8	1.17	570	820	N	N	Y	Y	Y	WG, SS, S
Pork Bulgogi & Veg Yakisoba	164	670	935	1344	9.1	21.3	4.7	1.30	570	820	N	N	Y	Y	Y	BG, WG, SS, S, So2

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

bain marie / hot cabinet

Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion standard	Energy (Kcal) per portion large	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total Salt (g) per 100g	Portion size (g) standard	Portion size (g) large	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Pumpkin katsu curry & rice	124	501	815	1050	2.3	18.7	4.4	1.35	660	850	Y	Y	Y	N	Y	S, WG
Pumpkin katsu curry & veg yakisoba	155	629	1024	1319	3.9	23.8	4.9	1.57	660	850	Y	Y	Y	N	Y	BG, S, SS, So2, WG
Grilled chicken teriyaki & rice	117	477	748	958	5.7	14.8	3.9	1.00	640	820	N	N	Y	Y	Y	S, SS, So2, WG
Grilled chicken teriyaki & veg yakisoba	164	669	1047	1341	7.2	18.6	6.7	1.08	640	820	N	N	Y	Y	Y	WG, S, SS, So2, BG
Salmon teriyaki bento (with veg mix & rice)	138	566	804	1081	6.1	16.1	5.5	1.05	580	780	N	N	Y	Y	Y	WG, S, SS, F
Salmon teriyaki yakisoba bento (with veg mix and veg yakisoba)	190	778	1104	1485	7.7	20.3	8.7	1.13	580	780	N	N	Y	Y	Y	WG, S, SS, F, BG, So2
Tofu Yakisoba	244	994	1098	1342	9.3	33.3	8.3	1.51	450	550	Y	Y	Y	N	Y	SS, S, WG, BG, So2
Thai Green Chicken Curry with Rice & Hale Salad	154	631	909	1263	6.0	14.4	8.0	0.97	590	820	N	N	Y	N	N	C, S
Hale Salad (for above)	235	962	47	-	1.4	7.7	22.0	0.47	20	-	Y	Y	N	N	N	S
Thai Green Chicken Curry Yakisoba	189	774	1117	1552	7.8	20.1	8.6	1.22	590	820	N	N	Y	N	Y	C, BG, WG, S, SS, SO2

fried items

Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion - bain marie branches	Energy (Kcal) per portion - hot cabinet branches	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total Salt (g) per 100g	Portion size (g) - Bain Marie Branches	Portion size (g) - Hot Cabinet Branches	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Chicken katsu	236	987	199	399	18.7	13.3	12.0	0.78	85	170	⊘	⊘	⊘	⊘	⊕	WG
Steamed chicken gyoza	132	552	53	106	8.0	18.0	2.5	1.08	40	80	⊘	⊘	⊕	⊕	⊕	S, SS, WG

Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total Salt (g) per 100g	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Fried chicken gyoza	249	1042	125	10.6	26.7	11.1	1.04	50	⊘	⊘	⊕	⊕	⊕	S, SS, WG
Fried veg gyoza	182	742	164	4.5	23.1	8.0	1.06	90	⊕	⊕	⊘	⊘	⊕	S, SS, WG
Pumpkin croquette	154	624	96	3.8	26.6	3.6	0.85	62	⊕	⊕	⊘	⊘	⊕	WG
Tempura prawn	142	594	43	8.9	23.2	1.5	0.44	30	⊘	⊘	⊘	⊘	⊕	C, E, Mi, S, WG

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (Pn), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

* sauces based on 30g

BREAKFAST

Breakfast

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Salt (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Rainbow pot	-	-	-	-	-	-	-	-	-	-	-	-	E, Mi
Hana pot	-	-	-	-	-	-	-	-	-	-	-	-	E, S, WG, SS, Mi
Wabi wrap	-	-	-	-	-	-	-	-	-	-	-	-	E, Mi, WG
Sabi wrap	-	-	-	-	-	-	-	-	-	-	-	-	E, Mi, S, SS, WG
Mango & yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	Mi
Berry & Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	Mi

green salads

Product	Energy (kcal) per 100g	Energy (kJ) per 100g	Energy (kcal) per portion	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total Salt (g) per 100g	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Asian green salad	115	481	138	4.3	14.2	4.6	0.34	120	Y	N	N	Y	Y	E, SS, S, So2, WG
Avocado & baby spinach salad	97	405	58	3.2	5.0	7.1	0.13	60	Y	Y	N	N	N	SS
Chicken gyoza salad	249	1042	125	10.6	26.7	11.1	1.04	50	N	N	Y	Y	Y	E, SS, S, So2, WG
Chicken katsu	233	975	210	16.3	15.2	11.9	0.42	90	N	N	Y	N	Y	E, So2, WG, S
Chicken yakisoba salad	118	494	142	10.6	8.9	4.4	0.81	120	N	N	Y	Y	Y	Mo, Mu, SS, S, So2, WG
Chilli noodle salad	97	407	117	1.2	21.1	0.9	0.60	120	Y	N	N	N	N	E
Chukka wakame salad	127	531	127	2.4	12.6	7.4	2.19	100	Y	Y	Y	N	Y	SS, S, WG
Japanese creamy potato salad	119	498	119	2.9	14.1	5.7	0.36	100	Y	N	N	N	N	Mi, E
Surimi crabmeat salad	151	632	151	4.4	10.5	10.1	1.25	100	N	N	N	Y	Y	Cel, C, E, F, Mu, S, So2, WG
Wasabi house salad	166	695	166	4.3	4.6	14.5	0.41	100	Y	N	N	N	N	E, TN
Wasabi superfood salad	167	699	100	4.1	5.9	14.1	0.13	60	Y	Y	N	N	N	TN

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

SALADS サラダ



orange salad

Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total Salt (g) per 100g	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Hing prawn and avocado salad	189	791	189	5.4	4.9	16.4	0.43	100	∅	∅	∅	∅	∅	C, E
Hing prawn and broccoli salad	90	376	90	5.1	7.0	4.6	0.25	100	∅	∅	∅	∅	∅	C, E, Mu, S
Sweet chilli chicken	240	1004	216	10.8	25.6	10.5	0.85	90	∅	∅	∅	∅	∅	E, S, So2, BG, WG



mixed salad leaves - base

Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion standard	Energy (Kcal) per portion large	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total Salt (g) per 100g	Portion size (g) standard	Portion size (g) large	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Mixed salad leaves	13	56	3	7	1.3	1.9	0.1	0.50	25	50	∅	∅	∅	∅	∅	

SALADS サラダ

orange salad

Product	Energy (Kcal) per 100g	Energy (kJ) per 100g	Energy (Kcal) per portion	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total Salt (g) per 100g	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Hing prawn and avocado salad	189	791	189	5.4	4.9	16.4	0.43	100	∅	∅	∅	∅	∅	C, E
Hing prawn and broccoli salad	90	376	90	5.1	7.0	4.6	0.25	100	∅	∅	∅	∅	∅	C, E, Mu, S
Sweet chilli chicken	240	1004	216	10.8	25.6	10.5	0.85	90	∅	∅	∅	∅	∅	E, S, So2 BG, WG

SALADS サラダ

potto salad pots

Product	Energy (Kcal) per 100g	Energy (kJ) per 100g	Energy (Kcal) per portion	Total Protein (g) per 100g	Total Carbohydrate (g) per 100g	Total Fat (g) per 100g	Total Salt (g) per 100g	Portion size (g)	Contains raw fish (Y/N)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Chicken katsu potto	137	570	234	13.0	4.3	7.6	4.00	171	N	N	N	N	N	Y	S, WG, E
Fresh salmon poké potto	155	646	242	13.9	4.3	9.2	4.38	156	Y	N	N	N	N	Y	F, S, BG, WG, Mu
Pumkin katsu potto	142	580	220	7.4	14.8	5.9	4.53	156	N	Y	Y	N	N	Y	S, WG
Sweet chilli chicken potto	138	568	248	13.0	10.9	4.7	3.89	181	N	N	N	Y	Y	Y	S, BG, WG
Chirashi potto	221	901	67	2.9	17.4	15.5	3.32	31	Y	N	N	N	N	Y	SS, S, WG, BG, Mu, F, C, E, So2
Spicy chirashi potto	137	558	310	4.7	18.3	5.0	1.08	227	Y	N	N	N	N	Y	SS, S, WG, E, F
Salmon teriyaki potto	148	604	341	5.5	20.9	4.8	1.17	230	N	N	N	N	Y	Y	F, S, WG, SS
Edamame potto	101	423	154	7.8	9.9	3.4	2.10	152	N	Y	Y	N	N	N	S

DRINKS ドリンク、デザート



bubble tea – 300ml

Product	Energy (kcal) per 100ml	Energy (kJ) per 100ml	Energy (kcal) per portion	Total Protein (g) per 100ml	Total Carbohydrate (g) per 100ml	Total Sugar (g) per 100ml	Total Fat (g) per 100ml	Total Sat Fat (g) per 100ml	Total Salt (g) per 100ml	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Original bubble tea	114	460	341	0.4	17.3	4.5	4.8	4.3	0.10	Y	N	N	N	N	Mi
Green apple bubble tea	62	247	185	0.0	15.4	5.4	0.0	0.0	0.01	Y	Y	N	N	N	N/A
Lychee & rose bubble tea	72	286	215	0.0	17.9	12.2	0.0	0.0	0.01	Y	Y	N	N	N	N/A
Matcha bubble tea	137	554	411	0.4	21.0	7.9	5.7	0.0	0.10	Y	N	N	N	N	Mi
Thai milk bubble tea	105	424	316	0.3	19.1	9.7	3.1	2.7	0.07	Y	N	N	N	N	Mi
Taro bubble tea	33	133	100	0.1	7.8	4.2	0.2	0.2	0.00	Y	N	N	N	N	Mi