

nutritional information

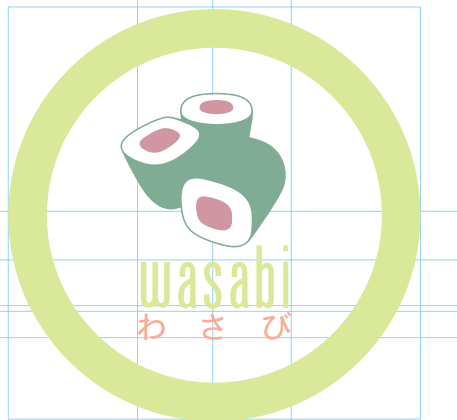
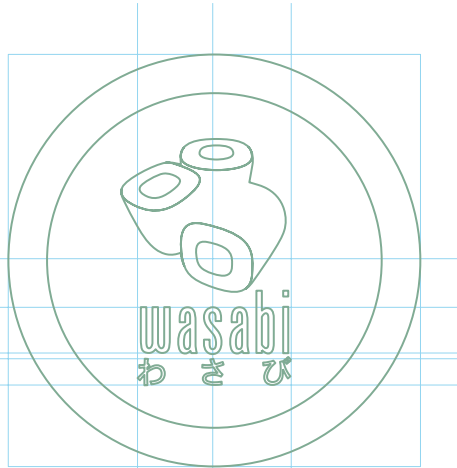
Edition 3 // February 2017



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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.

SUSHI すし

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** Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Avocado hosomaki	168	708	3.3	31.4	3.2	0.331	33	∅	Y	Y	∅	∅	∅		
Cucumber hosomaki	153	650	3.3	33.2	0.8	0.276	34	∅	Y	Y	∅	∅	∅	SS	
Salmon hosomaki	216	910	4.8	33.7	6.9	0.281	33	Y	∅	∅	∅	∅	∅	F	
Tuna hosomaki	152	646	6.5	30.2	0.6	0.307	33	Y	∅	∅	∅	∅	∅	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 (Sulphites) (So2), Wheat gluten (WG)

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
California roll	177	745	6.3	28.4	4.2	0.197	29	Y	∅	∅	Y	Y	Y	C, F, SS, S, So2, WG	
Fried prawn roll	215	901	4.7	28.9	8.9	0.273	30	∅	∅	∅	∅	∅	Y	C, S, SS, WG	
Salmon & masago roll	159	673	6.9	24.4	3.8	0.226	29	Y	∅	∅	Y	∅	Y	F, S, WG	
Surimi crabmeat & cucumber roll	172	727	3.5	31.2	3.7	0.275	27	∅	∅	∅	∅	Y	Y	C, E, F, Mu, S, So2, WG	
Tofu roll	138	582	3	26	2.4	0.229	31	∅	Y	Y	Y	Y	Y	S, WG	
Tuna & sweetcorn roll	220	923	7.4	27.3	9	0.221	29	∅	∅	∅	∅	∅	∅	E, F	

 **nigiri** Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Japanese omelette nigiri	166	704	6.2	30.2	2.3	0.232	30	N	Y	N	N	N	N	E	
Salmon nigiri	180	761	11	24.6	4.2	0.228	28	Y	N	N	N	N	N	F	
Shrimp nigiri	151	642	5.1	31.6	0.5	0.24	23	N	N	N	N	N	N	F,C	
Tofu nigiri	187	792	6.1	33.5	3.2	0.299	30	N	Y	Y	Y	N	Y	S,WG	
Tuna nigiri	149	633	12.4	22.9	0.9	0.245	28	Y	N	N	N	N	N	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 (Sulphites) (So2), Wheat gluten (WG)



Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Prawn mayo gunkan	184	777	6.3	34.4	2.3	0.248	44	∅	∅	∅	∅	∅	∅	C, E	
Salmon sesame gunkan	184	777	9.8	24.8	5.1	0.202	46	Y	∅	∅	∅	∅	∅	F, SS	
Seaweed gunkan	153	648	2.5	31.9	1.7	0.499	31	∅	Y	Y	Y	∅	Y	SS, S, WG	
Spicy salmon gunkan	178	751	8.1	28.7	3.4	0.285	47	Y	∅	∅	Y	Y	Y	F, SS, S, WG	
Surimi crabmeat gunkan	189	798	4.9	30.7	5.2	0.4	35	∅	∅	∅	∅	Y	Y	C, E, F, Mu, S, So2, WG	



onigiri

Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Chicken teriyaki onigiri	164	693	7.9	28.1	2.2	0.353	111	∅	∅	∅	Y	Y	Y	SS, S, So2, WG	
Salmon onigiri	163	962	9.1	26.8	2.2	0.272	117	∅	∅	∅	∅	Y	Y	F, SS, S, WG	
Seaweed onigiri	132	558	3.1	28	0.8	0.341	111	∅	Y	Y	Y	∅	Y	SS, S, WG	
Tuna & mustard onigiri	120	507	6.8	17.6	2.5	0.256	111	∅	∅	∅	∅	∅	Y	E, F, Mu, WG	



hand roll

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
California hand roll	180	759	6.5	27.5	4.9	0.266	96	Y	∅	∅	Y	Y	Y	C, F, SS, S, So2, WG	
Fried prawn hand roll	209	880	4.6	31.7	7.1	0.452	90	∅	∅	∅	∅	∅	Y	C, 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 (Sulphites) (So2), Wheat gluten (WG)



sushi set boxes

Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Chumaki set	121	549	6	12.6	6.3	0.312	264	Y	∅	∅	Y	Y	Y	C, E, F, Mu, SS, S, So2, WG	WG, S, Mu
Hana set	170	717	6	28.8	3.4	0.4	460	Y	∅	∅	Y	Y	Y	C, E, F, SS, S, So2, WG	WG, S, Mu
Harmony set	199	836	6.6	28.2	6.6	0.268	398	Y	∅	∅	Y	Y	Y	C, E, F, Mu, SS, S, So2, WG	WG, S, Mu
Mini hosomaki set	180	757	6.6	27.7	4.7	0.308	243	Y	∅	∅	Y	∅	Y	F, SS, S	WG, S, Mu
Mini veg set	150	634	5.6	24.5	3.3	0.293	261	∅	Y	Y	Y	Y	Y	SS, S, So2, WG	WG, S, Mu
Mixed maki set	182	768	6	27.4	5.4	0.315	286	Y	∅	∅	Y	Y	Y	C, E, F, Mu, SS, S, So2, WG	WG, S, Mu
Rainbow set	179	754	8.3	24.3	5.4	0.24	371	Y	∅	∅	Y	Y	Y	C, E, F, Mu, SS, S, WG, So2	WG, S, Mu

Please note condiments in this set are not calculated in nutritional value : * see sauce page for dressing 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 (Sulphites) (So2), Wheat gluten (WG)

 **sushi set boxes** Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Salmon nigiri set	149	627	6.8	22	3.7	0.212	230	Y	∅	∅	Y	∅	Y	F, SS, S, WG	WG, S, Mu
Sashimi set	97.8	411	14.4	2.4	3.4	0.1	247	Y	∅	∅	∅	∅	Y	F, SS, S, WG	WG, S, Mu
Wasabi classic with chicken katsu	207	872	7.7	26.6	7.8	0.288	316	Y	∅	∅	∅	Y	Y	C, E, F, SS, S, WG	WG, S, Mu
Wasabi classic with crabmeat salad	193	811	6.9	26	6.8	0.314	306	Y	∅	∅	∅	Y	Y	C, E, F, Mu, SS, S, So2, WG	WG, S, Mu
Wasabi special bento	189	795	8.1	23.4	7	0.374	354	Y	∅	∅	Y	Y	Y	C, E, F, Mu, S, So2, WG	WG, S, Mu
Yasai roll set	165	695	5.2	27.6	3.7	0.264	392	∅	Y	Y	Y	Y	Y	SS, S, WG, So2	WG, S, Mu
Chicken salad roll set	144	606	5	22.5	3.3	0.29	270	∅	∅	∅	Y	Y	Y	S, WG, SS, Mu, E	
Salmon teriyaki roll set	152	642	4.7	24.2	3.4	0.29	270	Y	∅	∅	Y	Y	Y	S, WG, SS, F	

Please note condiments in this set are not calculated in nutritional value : * see sauce page for dressing 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 (Sulphites) (So2), Wheat gluten (WG)



sushi set boxes - brown rice

Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Chumaki set	188	792	5.7	27.4	6.2	0.536	264	Y	∅	∅	Y	Y	Y	C, E, F, Mu, SS, S, So2, WG	WG, S, Mu
Salmon nigiri set	142	596	8.4	16	4.9	0.333	230	Y	∅	∅	Y	∅	Y	F, Mu, SS, S, WG	WG, S, Mu
Rainbow set	181	760	8.7	22.1	6.4	0.389	371	Y	∅	∅	Y	Y	Y	C, E, F, Mu, SS, S, So2, WG	WG, S, Mu
Yasai roll set	115	485	4.5	16.6	3.4	0.415	392	∅	Y	Y	Y	Y	Y	Mu, SS, S, WG, So2	WG, S, Mu
Harmony set	186	783	6.7	26.3	6	0.523	398	Y	∅	∅	Y	Y	Y	C, E, F, Mu, SS, S, So2, WG	WG, S, Mu

Please note condiments in this set are not calculated in nutritional value : * see sauce page for dressing 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 (Sulphites) (So2), Wheat gluten (WG)

salad set boxes Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Chicken katsu salad	180	757	9.4	19	7.4	0.262	373	⊘	⊘	⊘	Y	⊘	Y	C, E, SS, S, WG	
Chirashi salad with Japanese dressing	155	652	7.4	21.6	4.3	0.276	455	Y	⊘	⊘	Y	Y	Y	C, E, F, Mu, SS, S, So2, WG	WG, S, Mu
Edamame	101	427	7.8	9.9	3.4	0.838	152	⊘	Y	Y	⊘	⊘	⊘	S	
Mini chirashi								Y	⊘	⊘	Y	Y	Y	C, E, F, Mu, SS, S, So2, WG	
Spicy chirashi salad	155	652	7.4	21.6	4.3	0.276	455	Y	⊘	⊘	Y	Y	Y	C, E, F, Mu, SS, S, So2, WG	S, SS
Spicy mini chirashi								Y	⊘	⊘	Y	Y	Y	C, E, F, Mu, SS, S, So2, WG	
Traditional chirashi salad	168	709	7.1	26.1	3.9	0.168	376	Y	⊘	⊘	Y	Y	Y	C, E, F, SS, S, WG, So2	
Teriyaki salmon rice box	633	150	6	22.6	3.6	0.4	283.5	Y	⊘	⊘	⊘	Y	Y	F, SS, S, WG	
Salmon poke salad	116	485	6	5.5	7.3	0.18	194	Y	⊘	⊘	⊘	⊘	Y	F, SS, S, Mu, WG	
Pumpkin croquette salad	158	661	2.5	20.5	6.7	0.19	185	⊘	Y		Y	⊘	Y	WG, S	

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

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sauces

Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Chilli mayo sauce	238	1001	0.5	41.6	7.7	0.839		N	Y	N	N	N	N	E	
Chinese chilli sauce	28	122	0.8	6.2	0	1.7		N	Y	Y	N	N	N		
Ginger sachet	18	75.31	0.3	4.1	0.2	0.604	5	N	Y	Y	N	N	N		
Japanese BBQ sauce	122	510	0.4	29	0.1	2.4		N	Y	Y	Y	N	N		
* Japanese dressing (for sushi set)	199	833	2.8	23.8	10.4	2.244		N	Y	Y	Y	Y	Y	S, Mu, WG	
* Spicy sauce (for sushi set)	205	804	5	45	0	1.8		N	Y	Y	N	Y	Y	SS, S, WG	
Soy sauce sachet	62	259	7.4	8	0	5.8	10	N	Y	Y	N	N	Y	S, WG	
Wasabi sachet	302	1264	6	47	10	1.92	2.5	N	Y	Y	N	N	N	Mu, S	

Please note condiments in this set are not calculated in nutritional value : * see sauce page for dressing 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 (Sulphites) (So2), Wheat gluten (WG)

party sets

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Classic party set	-	-	-	-	-	-	-	Y	N	N	Y	Y	Y	F, SS, C, E, S, WG, Mi	E
Rainbow party set	-	-	-	-	-	-	-	Y	N	N	Y	Y	Y	F, E, S, WG, C, SS	
Veg party set	-	-	-	-	-	-	-	N	Y	Y	Y	Y	Y	SS, S, WG	

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.

NOODLE SOUP スープヌードル



tanmen Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Chicken gyoza tanmen	49.1	207.6	1.29	9.02	0.86	0.12	997	⊘	⊘	Y	Y	Y	E, F, SS, S, So2, WG	
Spicy chicken tanmen	94	395	6.2	10.2	2.8	0.22	508	⊘	⊘	Y	⊘	Y	SS, S, WG, F,	
Salmon teriyaki tanmen	95	399	4.6	11.5	3.0	0.19	473	⊘	⊘	Y	⊘	Y	SS, S, WG, F	
Veg tanmen	55	232.4	1.2	9.3	1.41	0.16	994	Y	Y	Y	Y	⊘	SS, S	



soumen Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Chicken gyoza soumen	59.7	252.3	2.19	9.04	1.67	0.163	365	⊘	⊘	Y	Y	Y	F, E, SS, S, WG, So2	
Spicy chicken soumen	95	400.9	8	9.5	2.56	0.259	347	⊘	⊘	Y	⊘	Y	F, E, SS, S, WG	
Veg soumen	56	238.6	1.7	9.4	1.26	0.349	373	Y	Y	Y	Y	⊘	S	

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 (Sulphites) (So2), Wheat gluten (WG)

NOODLE SOUP スープヌードル



miso Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Miso soup bonito stock - non veg	15.8	65.9	0.5	1.2	1	0.303	320	⌘	⌘	Y	Y	⌘	F	
Miso sachet	14.7	61.6	1.1	1.6	0.5	0.8	75	⌘	⌘	Y	⌘	⌘	F, S	

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 (Sulphites) (So2), Wheat gluten (WG)

HOT FOOD ホットフード



bain marie Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Rice	163	691	2.1	37.7	0.4	0.05	270	Y	Y	∅	∅	∅		
Chicken curry	137	574	10.3	11.5	5.5	0.262	300	∅	∅	Y	∅	Y	Mi, Pn, S, WG	
Tofu curry	168	699	3.2	9.2	13.2	0.38	300	Y	∅	Y	∅	Y	Mi, Pn, S, So2, WG	
Chicken katsu curry	171	714.5	9.6	11.95	9.4	0.3025	450	∅	∅	Y	∅	Y	E, Mi, Pn, S, WG	
Chicken katsu	259	1085	20.45	15.5	12.8	0.162	90	∅	∅	∅	∅	Y	E, WG, S	
Chicken teriyaki	101	427	8.3	10.3	3	0.605	350	∅	∅	Y	Y	Y	SS, S, So2, WG	
Salmon teriyaki	307	1279.5	16.1	14.65	20.45	0.583	200	∅	∅	Y	Y	Y	F, S, WG	
Spicy chicken	122	512	9.7	9.3	5.1	0.301	350	∅	∅	Y	∅	Y	SS, S, WG	
Sweet chilli chicken	240	1007	10.8	25.6	10.5	0.34	350	∅	∅	Y	Y	Y	E, S, So2, WG	
Sweet chilli tofu	185	779	5	29.3	5.3	0.29	300	Y	Y	Y	Y	Y	S, WG, So2	
Chicken jahang	157	662	7.6	25.9	2.5	0.352	450	∅	∅	Y	Y	Y	SS, S, So2, WG	
Chicken yakisoba	142	596	7.9	16.9	4.7	0.371	450	∅	∅	Y	Y	Y	Mo, SS, S, So2, WG	
Tofu yakisoba	183	767	7.4	21.8	7.3	0.242	350	Y	Y	Y	Y	Y	SS, S, So2, 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 (Sulphites) (So2), Wheat gluten (WG)

 **hot food cabinet** Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Chicken katsu curry bento								⊘	⊘	Y	⊘	Y	E, Mi, Pn, SS, S, WG	
Chicken teriyaki bento								⊘	⊘	Y	Y	Y	SS, S, So2, WG	
Salmon teriyaki bento								⊘	⊘	Y	Y	Y	F, SS, S, WG	
Spicy chicken bento								⊘	⊘	Y	⊘	Y	SS, S, WG	
Sweet chilli chicken bento								⊘	⊘	Y	Y	Y	E, SS, S, WG	
Sweet chilli tofu bento								Y	Y	Y	Y	Y	SS, S, WG, So2	
Tofu curry bento								Y	⊘	Y	⊘	Y	Mi, Pn, SS, S, WG	
Chicken katsu yakisoba bento								⊘	⊘	Y	Y	Y	E, Mo, SS, S, So2, WG	
Chicken teriyaki yakisoba bento								⊘	⊘	Y	Y	Y	Mo, SS, S, So2, WG	

HOT FOOD ホットフード



hot food cabinet Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Sweet chilli chicken yakisoba bento								∅	∅	Y	Y	Y	E, Mo, SS, S, So2, WG	
Spicy chicken yakisoba bento								∅	∅	Y	Y	Y	SS, WG, S, Mo	
Chicken curry bento								∅	∅	Y	∅	Y	WG, Pn, S, SS, Mi	
Chicken curry yakisoba bento								∅	∅	Y	Y	Y	Mi, WG, Pn, S, Mo, SS, So2	
Sweet chilli tofu yakisoba bento								Y	Y	Y	Y	Y	S, SS, WG, 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 (Sulphites) (So2), Wheat gluten (WG)



Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Chicken okonomiyaki	148	627	10.1	20.9	2.7	0.115	504	∅	∅	Y	∅	Y	SS, WG, E	
Seafood okonomiyaki	149	628	10.3	19	3.5	0.156	455	∅	∅	Y	∅	Y	WG, C, Mo, E, F	
Spicy veg okonomiyaki	151	638	5.4	25.4	3.1	0.112	450	Y	∅	Y	∅	Y	WG, E	
Chicken yakisoba	130	551	11.2	17.3	1.8	0.331	465	∅	∅	Y	∅	Y	WG, S, C, SS, F, Mo	
Seafood yakisoba	131	555	6.2	21	2.5	0.362	514	∅	∅	Y	∅	Y	WG, S, F, C, Mo	

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 (Sulphites) (So2), Wheat gluten (WG)

HOT FOOD ホットフード



fried items Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Chicken katsu	259	1085	20.45	15.5	12.8	0.162	110	⊘	⊘	⊘	⊘	Y	WG, E, S	
Chicken yakitori (per skewer)	160	669	16	8.11	6.86	0.564	340	⊘	⊘	Y	Y	Y	S, So2, WG	
Fried chicken gyoza	249	1045	10.6	26.7	11.1	0.416	6	⊘	⊘	Y	Y	Y	S, So2, WG	
Steamed chicken gyoza	132.6	556	8	18	2.5	0.425	6	⊘	⊘	Y	Y	Y	S, So2, WG	
Tempura prawn	311	1300	14.6	21.4	18.6	0.606	30	⊘	⊘	⊘	⊘	Y	C, WG, S	

optional sauces (use for Chicken noodles, Tofu noodles, Chicken jahang, Tofu jahang, Chicken katsu)

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Hikarimiso teriyaki sauce	230	962.32	4	56	0	1.72	-	Y	Y	⊘	Y	Y	S, WG	
Amoy chilli sauce	28	122	0.8	6.2	0	1.7	-	Y	Y	⊘	⊘	⊘		
Tonkatsu sauce	122	510.45	0.4	2.9	0.1	2.4	-	Y	Y	⊘	Y	Y	WG, S, So2	
Sweet chilli sauce	181	757	0.42	44	0.33	1	-	Y	Y	⊘	⊘	⊘		

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 (Sulphites) (So2), Wheat gluten (WG)

* sauces based on 30g

BREAKFAST

Breakfast Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
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	

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 (Sulphites) (So2), Wheat gluten (WG)

SALADS サラダ



green salads

Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Asian green salad	115	485	4.3	14.2	4.6	0.135	-	⊘	⊘	⊘	Y	Y	SS, WG, E, S, F, So2	
Avocado & baby spinach salad	96.7	402	3.2	5	7.1	0.05	-	Y	Y	⊘	⊘	⊘	SS	
Chicken gyoza salad	249	1045	10.6	26.7	11.1	0.416	-	⊘	⊘	Y	Y	Y	E, SS, S, So2, WG	
Chicken katsu	233	976	16.3	15.2	11.9	0.169	-	⊘	⊘	Y	⊘	Y	E, So2, WG, S	
Chicken yakisoba salad	118	494	10.6	8.9	4.4	0.325	-	⊘	⊘	Y	Y	Y	Mo, Mu, SS, S, So2, WG	
Chilli noodle salad	97.3	412	1.2	21.1	0.9	0.238	-	Y	⊘	⊘	⊘	⊘	E	
Chukka wakame salad	127	529	2.4	12.6	7.4	0.877	-	Y	Y	Y	⊘	Y	SS, S, WG	
Japanese creamy potato salad	119	500	2.9	14.1	5.7	0.144	-	Y	⊘	⊘	⊘	⊘	Mi, E	
Surimi crabmeat salad	151	627	4.4	10.5	10.1	0.498	-	⊘	⊘	⊘	Y	Y	Cel, C, E, F, Mu, S, So2, WG	
Wasabi house salad	166	688	4.3	4.6	14.5	0.164	-	Y	⊘	⊘	⊘	⊘	E, Tn	
Wasabi superfood salad	167	692	4.1	5.9	14.1	0.05	-	Y	Y	⊘	⊘	⊘	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 (Sulphites) (So2), Wheat gluten (WG)



orange salads Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Peach & grilled chicken salad	175	732	16	6.4	9.5	0.31	-	∅	∅	Y	Y	Y	T∅, SS, S, So2, WG	
King prawn and avocado salad	189	782	5.4	4.9	16.4	0.173	-	∅	∅	∅	∅	∅	C, E	
King prawn and broccoli salad	89.8	376	5.1	7	4.6	0.1	-	∅	∅	∅	∅	∅	C, E, Mu, S	
Poached chicken salad	114	482	6.3	17.5	2.1	0.236	-	∅	∅	Y	∅	Y	WG, SS, S, Mu	
Sweet chilli chicken	240	1007	10.8	25.6	10.5	0.34	-	∅	∅	Y	Y	Y	E, S, So2, 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 (T∅), Peanut (P∅), Sesame Seeds (SS), Soya (S), Sulphur Dioxide (Sulphites) (So2), Wheat gluten (WG)

SALADS サラダ



dressings

Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Balsamic vinegar olive oil	310	1320	1.3	71.4	0	0.024	-	Y	Y	∅	Y	∅	So2	
Goma dressing	400	1673.6	4	17.3	35.3	1.26	-	Y	Y	Y	Y	Y	PN, SS, S, So2, WG	
Japanese dressing	199	832.62	2.8	23.8	10.4	2.244	-	Y	Y	Y	∅	Y	Mu, S, WG	
Spicy chilli dressing	205	840	5	45	0	1.8	-	Y	Y	∅	Y	Y	SS, S, So2, WG	
Sweet chilli dressing	181	757	0.42	44	0.33	1	-	Y	Y	∅	∅	∅		

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 (Sulphites) (So2), Wheat gluten (WG)

DRINKS, SNACKS AND DESSERTS

ドリンク、デザート

dorayaki & mochi Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Cream cheese dorayaki	281	1180	5.08	38.6	10.9	0.183	-	Y	⊘	⊘	⊘	Y	WG, E, Mi	
Custard dorayaki	216	912	3.79	42.8	3	0.145	-	Y	⊘	⊘	⊘	Y	WG, E, Mi	
Red bean dorayaki	265	1120	5.13	55	1.4	0.0952	-	Y	⊘	⊘	⊘	Y	WG, E	
Green mochi	255	1068	3.3	59.9	0.3	0	-	Y	Y	⊘	⊘	⊘	S	
Red mochi	257	1073	3.3	60.1	0.3	0	-	Y	Y	⊘	⊘	⊘	S	
White mochi	257	1075	3.3	60.2	0.3	0	-	Y	Y	⊘	⊘	Y	S	
Chocolate dorayaki													E, Mi, S, WG	
Strawberry and cream dorayaki													E, Mi, 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 (Sulphites) (So2), Wheat gluten (WG)

DRINKS, SNACKS AND DESSERTS ドリンク、デザート



snacks Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Sweet chilli rice crackers	380	1597	5.6	80	4.2	2.2	40	Y		Y	∅	Y	S, WG	
Wasabi peas	400	1681	16.1	69.9	9.4	1.5	40	Y		∅	∅	Y	S, Mu, WG	
Choco cookie biscuit sticks	506	2125	10	62	24		32	Y	∅				WG, Mi, E, S, P∅	
Chocolate & almond biscuit sticks	525	2188	13	55	28	0.588	36	Y	∅	∅	∅	Y	E, Mi, P∅, T∅, S, WG	
Cookies and cream biscuit sticks	516	2167	8	66	24		32	Y	∅				WG, Mi, E, S	
Sweet and salty popcorn	527	2206	4	64.8	28.9		37	Y	Y					
Chocolate popcorn	466	1951	4.5	74	18.3		50	Y	∅				Mi, S	
Consomme popcorn	477.1	1997.5	8.8	66	20.5		20	Y	∅					
Caramel popcorn	498	2098	3.7	70.2	23.2		50	Y	∅				Mi, S	

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 (T∅), Peanut (P∅), Sesame Seeds (SS), Soya (S), Sulphur Dioxide (Sulphites) (So2), Wheat gluten (WG)

DRINKS, SNACKS AND DESSERTS ドリンク、デザート



snacks Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Salted potato sticks	518.62	2170	5.32	63.54	27.02		40	Y	Y				S	
Wasabi potato sticks	554.23	2318.9	5.34	56.74	33.99		40	Y	Y				S, WG, Mu	
Sweet and spicy potato sticks	559	2337	6.09	54.16	35.3		40	Y	Y				S, WG	
Onion potato sticks	598	2503	4.23	50	42		40	Y	N				Mi	
Vanilla salted caramel chocolate drops	563	2355	5.4	55	35		24	Y	N	N	N	N	Mi, S	
Dark chocolate and cinnamon chocolate drops	571	2389	7.5	30	44		24	Y	Y	N	N	N	S	
Chilli and ginger chocolate drops	563	2357	7	51	36		24	Y	N	N	N	N	Mi, S	

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 (Sulphites) (So2), Wheat gluten (WG)

DRINKS, SNACKS AND DESSERTS ドリンク、デザート



aloe vera & bubble tea Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Original aloe vera	42	175	0	10	0	0.023	-	Y		∅	∅	∅		
Mango aloe vera	50	209	0	12	0	0.008	-	Y		∅	∅	∅		
Yuzu aloe vera	40	167	0	10	0	0.020	-	Y		∅	∅	∅		
Plum tea	54	227	0	14	0	0.010	-	Y		∅	∅	∅		
Bubble tea original milk tea	53.9	227	0.3	9.8	<0.05	1.5	-	Y	∅	∅	∅	∅		
Bubble tea milk tea with coffee jelly	58.2	246	1.3	9.9	<0.05	1.4	-	Y	∅	∅	∅	∅		
Bubble tea passion fruit iced tea	51.1	217	2.3	9.8	<0.05	0.3	-	Y	Y	∅	∅	∅		
Bubble tea matcha milk tea	67.2	284	1.6	11.6	<0.05	1.6	-	Y	∅	∅	∅	∅	mi	
Bubble tea mango jam	49.1	258	0.4	14.1	<0.05	0.3	-	Y	Y	∅	∅	∅		
Bubble tea lychee syrup	60.7	258	0.4	14.1	<0.05	0.3	-	Y	Y	∅	∅	∅		

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 (Sulphites) (So2), Wheat gluten (WG)

DRINKS, SNACKS AND DESSERTS ドリンク、デザート



hot drinks Nutrition information values are based per 100g

Product	Energy (Kcal)	Energy (KJ)	Total Protein(g)	Total Carbohydrate (g)	Total Fat (g)	Total Sodium (g)	Portion size (g)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Latte													Mi	
Cappuccino													Mi	
Mocha													Mi	
Americano														
Espresso														
Double espresso														
Hot chocolate													Mi	
Clipper fairtrade tea														
Clipper fairtrade organic earl grey tea														
Clipper organic green tea														
Clipper fairtrade organic peppermint tea														

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 (Sulphites) (So2), Wheat gluten (WG)