

nutritional information

Version 10.1.4
Released 09 November 2023



All our food is freshly prepared in our kitchens by our trained team and although we take extra care, we are unable to guarantee that any menu items can be completely free of allergens.

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Our story*

Wasabi embodies the delicious adventures of Mr Kim. This mercurial man spent decades working in family restaurants and buzzy street food stalls in Japan, Thailand and South Korea, mastering their magnificent dishes.

In 2003, he brought his discoveries to a Camden street food market. His stall was the first of its kind. The food was fresh, flavoursome and exciting – and a million miles away from sad, cold sandwiches and meal deals. Colourful sushi, hot bento dishes and tantalising bites turned hungry Londoners into happy Londoners.

19 years later, our authentic recipes are thrilling taste buds and lifting spirits in thousands of homes – and our 51 restaurants – across Britain and America. It's been one heck of a journey.

Now, we might be bigger than a humble food stall in North London, but our goal is the same as it's always been: to bring the big, vibrant and authentic flavours from Mr Kim's travels home.

This is us. This is Wasabi.

*In a (pea)nut shell

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.



SALMON

We only ever use sustainably sourced Scottish, Norwegian or Iceland 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.

Onigiri

Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion	Protein (g) per 100g	Carbohydrate (g) per 100g	Sugar (g) per 100g	Fat (g) per 100g	Sat Fat (g) per 100g	Salt (g) per 100g	Portion size (g)	Number of servings	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Salmon teriyaki onigiri	172	700	191	7.8	29.8	0.8	2.5	0.4	1.04	111	1	N	N	N	N	Y	Y	F, S, SS, WG
Seaweed onigiri	149	600	166	2.6	31.9	2.6	1.2	0.2	0.64	111	1	N	Y	Y	N	N	N	SS

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) per 100g	Energy (kJ) per 100g	Energy (kcal) per portion	Protein (g) per 100g	Carbohydrate (g) per 100g	Sugar (g) per 100g	Fat (g) per 100g	SatFat(g) per 100g	Salt (g) per 100g	Portion size (g)	Number of servings	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Chumaki set	178	724	478	6.1	23.7	2.8	6.5	1.0	1.37	269	1	Y	N	N	N	N	Y	C, F, SS, S, WG, E	WG, S, Mu
Harmony set	177	720	711	5.5	27.3	2.8	5.2	0.8	1.22	401	1	Y	N	N	N	N	Y	C, F, SS, S, WG, E	WG, S, Mu
Salmon sashimi	183	760	333	16.6	2.7	0.6	11.7	1.7	1.08	182	1	Y	N	N	Y	N	N	S, SS, F	WG, S, Mu
Mixed maki set	172	697	497	5.1	27.1	3.7	4.8	0.8	1.36	289	1	Y	N	N	N	N	Y	C, F, SS, S, WG, E	WG, S, Mu
Rainbow set	182	741	673	7.4	23.2	2.3	6.6	0.9	1.17	370	1	Y	N	N	N	N	Y	C, F, SS, S, WG, E	WG, S, Mu
Salmon nigiri set	157	641	346	8.0	21.4	2.6	4.4	0.6	1.48	220	1	Y	N	N	Y	N	N	F, S, SS	WG, S, Mu
Tokyo salmon set	162	660	604	7.5	23.5	2.6	4.2	0.6	1.33	373	1	Y	N	N	N	N	N	F, SS	WG, S, Mu
Mini Tokyo salmon set	175	713	415	7.1	23.2	3.3	6.0	1.0	1.49	237	1	Y	N	N	N	N	N	F, SS	WG, S, Mu
Spicy salmon handroll	173	706	454	6.0	20.7	6.7	7.4	1.0	0.61	262	1	N	N	N	Y	N	N	F, SS, S	n/a
Vegan yasai handroll	137	555	339	2.7	23.2	10.2	3.7	0.5	0.61	247	1	N	Y	Y	N	Y	Y	S, WG	n/a

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Sushi set boxes continued

Product	Energy (Kcal) per100g	Energy (HJ) per100g	Energy (Kcal) per portion	Protein (g) per100g	Carbohy- drate (g) per 100g	Sugar (g) per100g	Fat (g) per100g	SatFat(g) per100g	Salt (g) per100g	Portion size (g)	Number of servings	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Salmon avocado dragon rolls	209	851	392	6.7	25.3	3.4	9.0	2.2	0.83	188	1	Y	N	N	N	Y	Y	SS, WG, F, S	n/a
Vegan yasai dragon rolls	170	690	332	3.1	25.2	8.6	6.3	1.8	1.21	195	1	N	Y	Y	N	Y	Y	WG, S	n/a
Chicken katsu dragon rolls	176	716	344	5.4	27.4	2.7	5.0	0.7	0.66	195	1	N	N	N	N	Y	Y	WG, SS, S	n/a
Salmon hosomaki set	175	710	315	6.3	28.4	2.3	4.0	0.6	1.65	180	1	Y	N	N	N	N	N	F	WG, S, Mu
Vegan avocado hosomaki set	163	658	288	3.2	29.7	2.6	3.5	0.8	1.61	177	1	N	Y	Y	N	N	N	n/a	WG, S, Mu
Vegan cucumber hosomaki set	135	545	239	3.1	29.4	1.6	0.6	0.1	1.70	177	1	N	Y	Y	N	N	N	n/a	WG, S, Mu
Vegan yasai roll set	139	564	524	4.1	24.9	6.7	2.6	0.5	1.15	376	1	N	Y	Y	Y	Y	Y	S, SS, WG	WG, S, Mu

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Platter sets

Product	Energy (Kcal) per100g	Energy (KJ) per100g	Energy (Kcal) per pack	Energy (Kcal) per portion	Protein (g) per100g	Carbohydrate (g) per100g	Sugar (g) per100g	Fat (g) per100g	Sat Fat (g) per 100g	Salt (g) per100g	Portion size (g)	Number of servings	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Salmon Matsuri platter	170	692	2088	522	7.5	24.6	2.3	4.6	0.7	1.22	307	4	Y	N	N	N	N	N	F, SS	WG, S, Mu
Tsudoi platter	175	710	2206	552	6.1	25.5	2.7	5.4	0.8	1.27	316	4	Y	N	N	Y	N	Y	C, E, F, S, SS, WG	WG, S, Mu

Sharing sets

Product	Energy (Kcal) per100g	Energy (KJ) per100g	Energy (Kcal) per pack	Energy (Kcal) per portion	Protein (g) per100g	Carbohydrate (g) per100g	Sugar (g) per100g	Fat (g) per100g	Sat Fat (g) per 100g	Salt (g) per100g	Portion size (g)	Number of servings	Contains Raw Fish	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Hyoto set	183	744	1235	618	6.7	25.6	2.7	5.9	0.9	1.02	338	2	Y	N	N	N	N	N	C, F, 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.

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Salads and bowls

Product	Energy (Kcal) per100g	Energy (KJ) per100g	Energy (Kcal) per portion	Protein (g) per100g	Carbohydrate (g) per 100g	Sugar (g) per100g	Fat (g) per100g	Sat Fat (g) per100g	Salt (g) per100g	Portion size (g)	Number of servings	Contains Raw Fish (Y/N)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product	Allergens condiments only
Chicken katsu salad	186	781	746	11.9	16.1	1.2	8.2	1.1	0.61	401	1	N	N	N	Y	N	Y	SS, S, WG	n/a
Horean chicken poké bowl	157	641	637	5.7	18.7	7.6	6.6	1.4	0.78	405	1	N	N	N	Y	Y	Y	S, SS, WG, So2	S, SS, BG, WG, Mu, So2
Salmon poké bowl	154	629	608	5.0	16.6	7.3	7.5	1.1	0.79	394	1	Y	N	N	Y	Y	N	So2, S, SS, F	So2, SS, S, WG, BG, Mu
Sesame tofu bowl	110	451	351	4.5	6.8	3.6	7.2	1.4	0.64	320	1	N	Y	Y	Y	Y	Y	SS, S, WG, So2	SS, S
Horean salmon noodle salad	118	485	455	7.6	11.9	2.6	4.5	0.6	0.88	385	1	N	N	N	N	Y	N	S, SS, F	S, SS, BG, WG, Mu, So2

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Potto salads and protein pots

Product	Energy (kcal) per 100g	Energy (kJ) per 100g	Energy (kcal) per portion	Protein (g) per 100g	Carbohydrate (g) per 100g	Sugar (g) per 100g	Fat (g) per 100g	SatFat(g) per 100g	Salt (g) per 100g	Portion size (g)	Number of servings	Contains raw fish (Y/N)	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Salmon teriyaki potto	168	682	374	5.7	27.2	7.0	4.1	0.6	1.01	223	1	N	N	N	N	Y	Y	F, S, WG, SS
Edamame potto	103	422	158	6.1	13.4	1.4	2.8	0.4	0.97	153	1	N	Y	Y	N	N	N	S

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Tom yum

Product	Energy (Kcal) per 100g	Energy (HJ) per 100g	Energy (Kcal) per portion	Protein (g) per100g	Carbohy- drate (g) per 100g	Sugar (g) per100g	Fat (g) per 100g	Sat Fat(g) per100g	Salt (g) per 100g	Portion size (g)	Number of servings	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Tofu tom yum	93	382	581	2.9	8.3	0.9	5.4	2.9	1.18	623	1	Y	Y	Y	Y	Y	SS, So2, S, WG
Prawn tom yum	80	328	499	2.5	7.3	1.1	4.5	2.5	1.12	622	1	N	N	Y	N	Y	C, S, SS, WG, So2
Spicy chicken tom yum	96	393	615	4.1	8.7	3.3	5.0	2.8	1.05	641	1	N	N	Y	Y	Y	S, WG, SS, So2

Ramen

Product	Energy (Kcal) per 100g	Energy (HJ) per 100g	Energy (Kcal) per portion	Protein (g) per100g	Carbohy- drate (g) per 100g	Sugar (g) per100g	Fat (g) per 100g	Sat Fat(g) per100g	Salt (g) per 100g	Portion size (g)	Number of servings	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Curry ramen with chicken gyoza	63	258	495	1.8	8.6	0.5	2.4	1.3	0.51	781	1	N	N	Y	N	Y	WG, S, SS
Horean BBQ beef ramen	42	171	306	2.9	6.3	0.8	0.6	0.2	0.75	729	1	N	N	Y	Y	Y	WG, S, SS, BG, So2
Vegetable ramen with gyoza	46	188	342	1.9	8.2	0.6	0.7	0.1	0.69	739	1	Y	Y	Y	Y	Y	WG, S, SS

Miso

Product	Energy (Kcal) per 100g	Energy (HJ) per 100g	Energy (Kcal) per portion	Protein (g) per100g	Carbohy- drate (g) per 100g	Sugar (g) per100g	Fat (g) per 100g	Sat Fat(g) per100g	Salt (g) per 100g	Portion size (g)	Number of servings	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Miso soup	6	26	12	0.8	0.2	0.1	0.3	0.0	0.04	198	1	N	N	N	Y	N	F, S

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Bain marie

Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) portion standard	Energy (Kcal) portion large	Protein (g) per 100g	Carbohydrate (g) per 100g	Sugar (g) per 100g	Fat (g) per 100g	Sat Fat (g) per 100g	Salt (g) per 100g	Portion size (g) standard	Portion size (g) large	Number of servings	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Chicken katsu curry bento	174	708	1103	1556	5.5	24.2	1.2	6.1	1.9	0.73	633	895	1	␣	␣	✔	␣	✔	S, WG
Chicken katsu curry yakisoba	165	673	1044	1476	5.9	18.0	3.2	7.7	2.0	1.20	633	895	1	␣	␣	✔	✔	✔	BG, S, SS, So2, WG
Chicken katsu yakisoba	171	695	726	1093	6.0	23.8	6.2	5.8	0.5	1.34	425	640	1	␣	␣	✔	✔	✔	BG, S, SS, So2, WG
Sweet chilli chicken bento	162	655	902	1868	5.3	28.0	6.3	3.2	0.4	0.58	558	820	1	␣	␣	✔	✔	✔	S, BG, WG
Sweet chilli chicken yakisoba	151	615	843	1239	5.8	20.9	8.6	4.9	0.5	1.11	558	820	1	␣	␣	✔	✔	✔	BG, S, SS, So2, WG
Chicken teriyaki yakisoba bento	122	499	640	890	5.5	15.5	6.0	4.3	0.6	1.10	523	722	1	␣	␣	✔	✔	✔	S, WG, SS, So2, BG
Chicken teriyaki bento	134	542	699	974	5.0	23.0	3.6	2.4	0.5	0.53	523	722	1	␣	␣	✔	✔	✔	S, WG, SS
Chicken miso green curry bento	141	574	718	1025	4.4	20.9	1.0	4.4	3.2	0.32	508	725	1	␣	␣	␣	␣	␣	S, So2
Vegetable gyoza yakisoba	151	612	528	766	4.2	25.3	6.1	3.7	0.4	1.26	350	510	1	✔	✔	✔	✔	✔	WG, S, SS, BG, So2
Vegetable gyoza yakisoba (fried)	185	750	647	931	4.2	26.5	6.5	6.9	0.6	1.28	350	510	1	✔	✔	✔	✔	✔	WG, S, SS, BG, So2
Tofu curry bento	148	600	711	1015	3.1	23.0	1.4	4.8	2.3	0.64	480	690	1	✔	✔	✔	␣	✔	S, WG
Tofu curry yakisoba	136	556	655	938	3.6	15.2	4.0	6.8	2.4	1.23	480	690	1	✔	✔	✔	✔	✔	BG, S, SS, So2, WG

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Bain marie continued

Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) portion standard	Energy (Kcal) portion large	Protein (g) per 100g	Carbohydrate (g) per 100g	Sugar (g) per100g	Fat (g) per 100g	Sat Fat (g) per100g	Salt (g) per 100g	Portion size (g) standard	Portion size (g) large	Number of servings	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Pumpkin katsu curry bento	162	654	913	1294	2.3	24.9	2.7	5.8	1.9	0.65	565	780	1	Y	Y	Y	N	Y	WG, S
Pumpkin katsu curry yakisoba bento	152	617	857	1210	2.7	18.3	4.8	7.5	2.1	1.15	565	780	1	Y	Y	Y	Y	Y	BG, S, SS, So2, WG
Chicken katsu (1 piece)	263	1078	223	n/a	15.1	23.0	0.5	12.3	1.0	0.92	85	n/a	1	N	N	N	N	Y	WG
Pumpkin katsu (1 piece)	236	961	142	n/a	3.5	26.3	7.1	13.0	1.0	0.59	60	n/a	1	Y	Y	Y	N	Y	WG, S
Hot chicken gyoza (Fried - 2 pieces)	260	1058	104	n/a	7.9	29.4	2.4	12.3	1.4	0.88	40	n/a	1	N	N	Y	N	Y	WG, SS, S
Hot chicken gyoza (Steamed - 2 pieces)	169	686	67	n/a	6.8	25.0	2.7	4.6	0.7	0.77	40	n/a	1	N	N	Y	N	Y	WG, S, SS
Hot vegetable gyoza (Fried- 2 pieces)	281	1142	112	n/a	5.5	34.3	5.5	13.5	1.3	1.04	40	n/a	1	Y	Y	Y	N	Y	WG, S
Hot vegetable gyoza (Steamed - 2 pieces)	162	657	65	n/a	5.4	30.0	4.3	2.3	0.4	0.98	40	n/a	1	Y	Y	Y	N	Y	WG, S
Plain yakisoba	144	583	488	574	3.7	22.3	5.2	4.4	0.4	1.21	340	400	1	Y	Y	Y	Y	Y	BG, S, SS, So2, WG
Sweet & spicy H-Wings	269	1118	248	n/a	25.4	7.2	4.2	15.4	3.3	0.80	92	n/a	1	N	N	Y	Y	Y	WG, S
Steamed rice	167	671	401	n/a	2.7	37.9	0.1	0.5	0.1	0.03	240	n/a	1	Y	Y	N	N	N	n/a
Chicken katsu curry bites	230	937	505	n/a	7.6	24.7	2.2	11.2	3.0	1.25	220	n/a	1	N	N	Y	N	Y	WG, S Condiments only WG, S

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Bain marie – mixed bento

Product		Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion	Protein (g) per 100g	Carbohydrate (g) per 100g	Sugar (g) per 100g	Fat (g) per 100g	Sat Fat (g) per 100g	Salt (g) per 100g	Portion size (g)	Number of servings
Chicken katsu curry + Curry sauce	Rice	160	649	865	4.0	24.0	1.4	5.3	2.1	0.72	541	1
Chicken teriyaki + Chicken katsu curry	Rice	158	641	863	5.4	23.9	2.2	4.5	1.3	0.64	547	1
Chicken teriyaki + Curry sauce	Rice	138	560	639	3.6	24.1	2.5	3.1	1.3	0.59	462	1
Chicken teriyaki + Sweet chilli chicken	Rice	151	610	765	4.7	27.0	5.0	2.6	0.4	0.54	508	1
Chicken teriyaki + Chicken miso green curry	Rice	138	559	699	4.7	21.3	2.2	3.7	2.1	0.43	508	1
Pumpkin katsu + Chicken teriyaki	Rice	149	603	795	3.5	24.0	3.0	4.3	1.4	0.61	534	1
Pumpkin katsu + Chicken katsu curry	Rice	166	675	1022	3.9	23.9	2.0	6.1	2.0	0.72	615	1
Pumpkin katsu + Sweet chilli chicken	Rice	163	660	947	3.7	26.0	4.5	4.9	1.2	0.63	582	1
Sweet chilli chicken + Chicken katsu curry	Rice	168	681	962	5.4	25.8	3.5	4.8	1.2	0.67	573	1
Sweet chilli chicken + Curry sauce	Rice	151	612	738	3.7	26.3	4.1	3.5	1.2	0.62	488	1
Tofu curry + Chicken katsu curry	Rice	162	660	899	4.5	23.5	1.3	5.6	2.1	0.70	553	1
Tofu curry + Chicken teriyaki	Rice	142	577	672	4.1	23.5	2.4	3.5	1.3	0.57	472	1

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 – mixed bento continued

Product		Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion	Protein (g) per 100g	Carbohydrate (g) per 100g	Sugar (g) per 100g	Fat (g) per 100g	Sat Fat (g) per 100g	Salt (g) per 100g	Portion size (g)	Number of servings
Chicken miso green curry + Chicken katsu curry	Rice	152	620	1029	5.2	19.3	1.2	6.0	3.2	0.57	676	1
Chicken miso green curry + Curry sauce	Rice	136	554	806	3.8	18.7	1.4	5.1	3.6	0.52	591	1
Chicken miso green curry + Sweet chilli chicken	Rice	145	591	925	5.1	20.6	3.4	4.7	2.7	0.49	637	1
Pumpkin katsu + Chicken miso green curry	Rice	145	589	961	3.7	19.2	1.9	5.9	3.3	0.54	663	1
Pumpkin katsu + Curry sauce	Rice	151	610	799	2.1	24.0	2.2	5.1	2.2	0.69	530	1
Pumpkin katsu + Tofu curry	Rice	161	653	850	3.5	23.6	2.0	5.8	2.0	0.60	528	1
Tofu curry + Chicken miso green curry	Rice	139	567	838	4.2	18.4	1.3	5.4	3.5	0.50	601	1
Tofu curry + Sweet chilli chicken	Rice	154	626	772	4.2	25.7	4.0	3.9	1.3	0.60	500	1
Tofu curry + Curry sauce	Rice	144	584	675	2.5	23.6	1.5	4.4	2.3	0.66	468	1

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 – mixed bento continued

Product		Energy (kcal) per 100g	Energy (kJ) per 100g	Energy (kcal) per portion	Protein (g) per 100g	Carbohy- drate (g) per 100g	Sugar (g) per100g	Fat (g) per 100g	Sat Fat(g) per100g	Salt (g) per 100g	Portion size (g)	Number of servings
Chicken katsu curry+ Curry sauce	Yakisoba noodles	150	610	809	4.5	17.1	3.6	7.0	2.2	1.25	541	1
Chicken teriyaki + Chicken katsu curry	Yakisoba noodles	147	599	820	5.7	16.9	4.4	6.3	1.5	1.17	559	1
Chicken teriyaki + Curry sauce	Yakisoba noodles	126	514	584	4.1	16.0	5.2	5.1	1.5	1.21	462	1
Chicken teriyaki + Sweet chilli chicken	Yakisoba noodles	138	564	703	5.7	18.5	7.4	4.6	0.6	1.11	508	1
Chicken teriyaki + Chicken miso green curry	Yakisoba noodles	127	517	643	5.2	14.0	4.6	5.5	2.3	0.99	508	1
Pumpkin katsu + Chicken teriyaki	Yakisoba noodles	138	563	739	3.9	17.0	5.3	6.1	1.5	1.14	534	1
Pumpkin katsu + Chicken katsu curry	Yakisoba noodles	157	640	966	4.3	17.8	4.0	7.6	2.1	1.19	615	1
Pumpkin katsu + Sweet chilli chicken	Yakisoba noodles	153	623	891	4.1	19.6	6.6	6.5	1.4	1.12	582	1
Sweet chilli chicken + Chicken katsu curry	Yakisoba noodles	158	644	906	5.8	19.3	5.7	6.4	1.3	1.16	573	1
Sweet chilli chicken + Curry sauce	Yakisoba noodles	140	569	682	4.2	18.7	6.6	5.4	1.4	1.20	488	1
Tofu curry + Chicken katsu curry	Yakisoba noodles	152	622	843	4.9	16.7	3.5	7.3	2.2	1.22	553	1
Tofu curry + Chicken Teriyaki	Yakisoba noodles	131	532	616	4.6	15.6	5.0	5.5	1.5	1.17	472	1
Tofu curry + Sweet chilli chicken	Yakisoba noodles	143	583	716	4.6	18.3	6.4	5.7	1.4	1.17	500	1
Chicken miso green curry + Chicken katsu curry	Yakisoba noodles	144	589	973	5.6	13.7	3.1	7.4	3.3	0.99	676	1

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 – mixed bento continued

Product		Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion	Protein (g) per 100g	Carbohydrate (g) per 100g	Sugar (g) per 100g	Fat (g) per 100g	Sat Fat (g) per 100g	Salt (g) per 100g	Portion size (g)	Number of servings
Chicken miso green curry + Curry sauce	Yakisoba noodles	127	518	750	4.2	12.4	3.4	6.7	3.7	1.00	591	1
Chicken miso green curry + Sweet chilli chicken	Yakisoba noodles	136	557	869	5.5	14.7	5.3	6.2	2.8	0.94	637	1
Pumpkin katsu + Chicken miso green curry	Yakisoba noodles	145	589	961	3.7	19.2	1.9	5.9	3.3	0.54	663	1
Pumpkin katsu + Curry sauce	Yakisoba noodles	140	570	743	2.6	17.0	4.5	6.9	2.3	1.23	530	1
Pumpkin katsu + Tofu curry	Yakisoba noodles	150	613	794	4.0	16.5	4.3	7.6	2.2	11.4	528	1
Tofu curry + Chicken miso green curry	Yakisoba noodles	130	532	782	4.6	12.2	3.3	7.0	3.6	0.97	601	1
Tofu curry + Curry sauce	Yakisoba noodles	132	539	619	3.1	15.6	4.1	6.4	2.4	1.27	468	1

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)

Hot cabinet

Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion	Protein (g) per 100g	Carbohydrate (g) per 100g	Sugar (g) per 100g	Fat (g) per 100g	SatFat(g) per 100g	Salt (g) per 100g	Portion size (g)	Number of servings	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Chicken katsu curry bento	171	696	1118	5.5	23.6	1.2	6.1	1.8	0.72	653	1	⌵	⌵	⌵	⌵	⌵	WG, S, So2
Chicken katsu curry yakisoba	162	662	1059	5.8	17.6	3.2	7.6	1.9	1.17	653	1	⌵	⌵	⌵	⌵	⌵	WG, S, So2, BG, SS
Chicken katsu yakisoba	167	678	741	5.8	22.8	5.9	5.8	0.5	1.30	445	1	⌵	⌵	⌵	⌵	⌵	WG, S, So2, BG, SS
Sweet chilli chicken bento	159	643	917	5.2	27.1	6.1	3.2	0.4	0.57	578	1	⌵	⌵	⌵	⌵	⌵	WG, S, So2, BG, SS
Sweet chilli chicken yakisoba	148	605	858	5.7	20.3	8.3	4.9	0.5	1.08	578	1	⌵	⌵	⌵	⌵	⌵	WG, S, So2, BG, SS
Chicken teriyaki bento	131	533	714	5.0	22.3	3.4	2.5	0.5	0.53	543	1	⌵	⌵	⌵	⌵	⌵	S, WG, SS, So2
Chicken teriyaki yakisoba bento	121	492	655	5.4	15.0	5.8	4.3	0.6	1.07	543	1	⌵	⌵	⌵	⌵	⌵	S, WG, SS, So2, BG
Chicken miso green curry bento	139	564	733	4.3	20.3	1.0	4.5	3.1	0.32	528	1	⌵	⌵	⌵	⌵	⌵	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)

Hot cabinet continued

Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion	Protein (g) per 100g	Carbohydrate (g) per 100g	Sugar (g) per 100g	Fat (g) per 100g	SatFat(g) per 100g	Salt (g) per 100g	Portion size (g)	Number of servings	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Tofu curry bento	145	589	726	3.1	22.3	1.4	4.8	2.2	0.63	500	1	Y	Y	Y	N	Y	WG, S, So2
Tofu curry yakisoba	134	546	670	3.6	14.8	3.8	6.7	2.3	1.20	500	1	Y	Y	Y	Y	Y	WG, S, So2, BG, SS
Pumpkin katsu curry bento	159	643	928	2.3	24.2	2.6	5.8	1.9	0.64	585	1	Y	Y	Y	N	Y	WG, S, So2
Pumpkin katsu curry yakisoba	149	606	872	2.8	17.8	4.7	7.4	2.0	1.13	585	1	Y	Y	Y	Y	Y	WG, S, So2, BG, SS
Vegetable gyoza yakisoba	147	596	544	4.1	24.1	5.8	3.8	0.4	1.21	370	1	Y	Y	Y	Y	Y	WG, S, So2, BG, SS
Vegetable gyoza yakisoba (fried)	179	727	662	4.1	25.3	6.1	6.8	0.6	1.23	370	1	Y	Y	Y	Y	Y	WG, S, So2, BG, SS

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)

Hot cabinet

Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion	Protein (g) per 100g	Carbohydrate (g) per 100g	Sugar (g) per 100g	Fat (g) per 100g	SatFat (g) per 100g	Salt (g) per 100g	Portion size (g)	Number of servings	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Hot chicken gyoza (fried) with gyoza sauce	229	935	264	6.8	26.5	2.7	10.7	1.2	2.00	115	1	␣	␣	⚡	⚡*	⚡	WG, SS, S Condiments only WG, S
Hot chicken gyoza with gyoza sauce	150	611	173	5.9	22.6	2.9	4.0	0.6	1.91	115	1	␣	␣	⚡	⚡*	⚡	WG, SS, S Condiments only WG, S
Hot vegetable gyoza (fried) with gyoza sauce	248	1007	285	4.8	30.7	5.4	11.8	1.1	2.14	115	1	⚡	⚡	⚡	⚡*	⚡	WG, S Condiments only WG, S
Hot vegetable gyoza with gyoza sauce	145	586	166	4.7	27.0	4.3	2.0	0.3	2.09	115	1	⚡	⚡	⚡	⚡*	⚡	WG, S Condiments only WG, S
Hot prawn gyoza with gyoza sauce	172	702	196	5.7	21.7	2.8	6.9	0.7	2.42	114	1	␣	␣	␣	⚡*	⚡	WG, SS, E, C Condiments only WG, S
H-wings sweet & spicy sauce	269	1118	619	25.4	7.2	4.2	15.4	3.3	0.80	230	1	␣	␣	⚡	⚡	⚡	WG, S
Spicy Korean chicken pops	240	986	376	16.2	17.8	5.6	11.5	1.2	1.35	160	1	␣	␣	⚡	⚡	⚡	WG, S
Chicken katsu box	260	1066	468	14.5	24.5	3.1	11.6	0.9	1.16	180	1	␣	␣	␣	⚡**	⚡	WG, S Condiments only WG, S
Chicken katsu curry bites	230	937	505	7.6	24.7	2.2	11.2	3.0	1.25	220	1	␣	␣	⚡	␣	⚡	WG, S Condiments only WG, 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/Sulphite (So2), Wheat gluten (WG)

* Gyoza sachet contains alcohol ** Teriyaki sachet contains alcohol

Chilled cabinet

Steamed chicken gyoza with gyoza sauce	147	596	169	5.9	21.7	2.3	4.0	0.6	0.67	115	1	n/a	∅	∅	Υ	Υ*	Υ	S, SS, WG	WG, S
Steamed veg gyoza with gyoza sauce	141	571	162	4.7	26.1	3.7	2.0	0.3	0.85	115	1	n/a	Υ	Υ	Υ	Υ*	Υ	S, WG	WG, S

Desserts

Chocolate cheesecake pot	392	1639	352	3.2	36.9	21.4	25.8	16.1	0.33	90	1	Υ	Υ	∅	∅	Υ	WG, S, BG		
Lemon & yuzu cheesecake pot	379	1587	341	4.3	33.1	20.0	25.6	13.0	0.48	90	1	Υ	∅	∅	∅	Υ	WG, Mi So2, E		

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)

* Gyoza sachet contains alcohol

optional sauce & dressing

Sauce & dressing – sushi

Product	Energy (Kcal) per100g	Energy (KJ) per100g	Energy (Kcal) per portion - pot / sachet	Energy (Kcal) per portion - for counter salad	Protein (g) per100g	Carbohydrate (g) per100g	Sugar (g) per100g	Fat (g) per100g	Sat Fat (g) per100g	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	8	32	1	n/a	0.3	0.1	0.0	0.0	0.0	2.81	5	n/a	Y	Y	N	N	N	n/a
Soy sauce sachet	77	325	8	n/a	10.0	3.2	0.6	0.0	0.0	16.90	10	n/a	Y	Y	N	N	Y	S, WG
Gluten free soy sauce sachet	57	240	6	n/a	10.0	2.0	0.0	0.0	0.0	16.40	10	n/a	Y	Y	N	N	N	S
Wasabi sachet	259	1085	5	n/a	3.2	35.8	6.7	9.7	2.0	8.48	2	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)

optional sauce & dressing

Sauce & dressing

Product	Energy (Kcal) per 100g	Energy (KJ) per 100g	Energy (Kcal) per portion - pot/ sachet	Energy (Kcal) per portion - for counter salad	Protein (g) per 100g	Carbohydrate (g) per 100g	Sugar (g) per 100g	Fat (g) per 100g	Sat Fat (g) per 100g	Salt (g) per 100g	Portion size (g) - pot/ sachet	Number of servings	Suitable for Vegetarians	Vegan	Contains MSG	Contains Alcohol	Contains Gluten	Allergens product
Sweet chilli mayo sauce	215	868	43	n/a	0.3	32.9	29.9	9.1	0.6	2.38	20	1	Y	Y	N	N	N	n/a
Teriyaki sauce	214	861	43	n/a	3.3	50.3	46.4	0.0	0.0	5.25	20	1	Y	Y	N	Y	Y	S, WG
Poké dressing	300	1230	90	n/a	3.0	10.2	8.4	27.5	4.1	4.80	30	1	Y	Y	N	Y	Y	S, SS, So2, WG, BG, Mu
Gochujang dressing	305	1247	91	n/a	4.2	17.3	14.1	24.3	3.6	5.50	30	1	Y	Y	Y	Y	Y	WG, S, BG, Mu, SS, So2
Sesame dressing	309	1266	93	n/a	6.5	19.0	15.0	23.0	3.2	1.60	30	1	Y	Y	N	Y	N	S, SS

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)