

nutritional information

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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	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
Salmon teriyaki onigiri	172	700	191	7.8	29.8	0.8	2.5	0.4	1.04	111	1	⊘	⊘	⊘	⊘	☑	☑	F, S, SS, WG
Seaweed onigiri	149	600	166	2.6	31.9	2.6	1.2	0.2	0.64	111	1	⊘	☑	☑	⊘	⊘	⊘	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) per100g	Energy (kJ) per100g	Energy (kcal) per portion	Protein (g) per100g	Carbohydrate (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
Chumaki set	166	700	447	6.6	24.4	2.7	4.8	0.8	1.47	269	1	Y	N	N	N	N	Y	C, F, SS, S, WG, E	WG, S, Mu
Chumaki set (excl. dressing)	169	713	435	6.4	25.2	2.8	5.0	0.9	0.85	257	1	Y	N	N	N	N	Y	C, F, SS, S, WG, E	n/a
Harmony set	163	689	659	6.0	26.0	2.8	4.1	0.7	1.27	403	1	Y	N	N	N	N	Y	C, F, SS, S, WG, E	WG, S, Mu
Harmony set (excl. dressing)	165	697	649	5.9	26.6	2.9	4.2	0.7	0.86	392	1	Y	N	N	N	N	Y	C, F, SS, S, WG, E	n/a
Salmon sashimi	133	557	183	12.9	2.3	0.9	7.5	1.2	1.85	137	1	Y	N	N	Y	N	N	S, SS, F	WG, S, Mu
Salmon sashimi (excl. dressing)	142	593	171	13.8	2.0	0.9	8.4	1.3	0.52	120	1	Y	N	N	Y	N	N	S, SS, F	n/a
Mixed maki set	163	685	472	5.2	26.5	2.9	4.1	0.7	1.46	290	1	Y	N	N	N	N	Y	C, F, SS, S, WG, E	WG, S, Mu
Mixed maki set (excl. dressing)	165	696	461	5.0	27.3	3.0	4.2	0.8	0.89	279	1	Y	N	N	N	N	Y	C, F, SS, S, WG, E	n/a
Rainbow set	164	691	596	7.0	22.8	2.6	5.1	0.8	1.34	363	1	Y	N	N	N	N	Y	C, F, SS, S, WG, E	WG, S, Mu
Rainbow set (excl. dressing)	166	700	584	7.0	23.4	2.6	5.2	0.9	0.88	351	1	Y	N	N	N	N	Y	C, F, SS, S, WG, E	n/a

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Sushi set boxes

Product	Energy (Kcal) per100g	Energy (kJ) per100g	Energy (Kcal) per portion	Protein (g) per100g	Carbohydrate (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
Tokyo salmon set	155	654	561	7.4	21.3	2.3	4.6	0.8	1.35	361	1	Y	N	N	N	N	N	F, SS	WG, S, Mu
Tokyo salmon set (excl. dressing)	157	662	550	7.3	21.8	2.3	4.7	0.8	0.89	350	1	Y	N	N	N	N	N	F, SS	n/a
Mini Tokyo salmon set	174	732	411	7.5	22.4	2.4	6.1	1.2	1.41	236	1	Y	N	N	N	N	N	F, SS	WG, S, Mu
Mini Tokyo salmon set (excl. dressing)	178	748	399	7.4	23.2	2.4	6.4	1.2	0.69	224	1	Y	N	N	N	N	N	F, SS	n/a
Spicy salmon handroll	177	723	496	6.21	19.9	6.4	8.1	1.1	2.02	280	1	N	N	N	Y	Y	N	F, SS, S	n/a
California dragon roll	186	779	318	6.1	21.2	2.8	8.7	1.4	1.14	171	1	Y	N	N	N	N	N	C, F, S, E	n/a
Bang bang chicken dragon roll	198	832	382	5.3	28.2	7.0	7.3	1.6	1.20	193	1	N	N	N	Y	Y	Y	WG, SS, S	n/a
Salmon nigiri set	157	663	292	8.1	23.0	2.4	3.7	0.6	1.72	186	1	Y	N	N	N	N	N	F	S, WG, Mu
Salmon nigiri set (excl. dressing)	166	699	280	8.2	24.7	2.6	4.0	0.6	0.77	169	1	Y	N	N	N	N	N	F	n/a
Tuna hosomaki	145	617	237	8.1	27.8	2.8	0.5	0.1	1.78	163	1	Y	N	N	N	N	N	F	WG, S, Mu
Tuna hosomaki (excl. dressing)	150	635	226	8.0	29.1	3.0	0.5	0.1	0.86	151	1	Y	N	N	N	N	N	F	n/a

Sushi set boxes 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	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	167	679	332	3.0	24.6	8.0	6.3	1.8	1.18	195	1	N	Y	Y	N	Y	Y	WG, S	n/a
Salmon hosomaki set	161	680	290	6.9	27.8	2.9	2.6	0.4	1.80	180	1	Y	N	N	N	N	N	F	WG, S, Mu
Salmon hosomaki set (excl. dressing)	165	699	278	6.7	29.2	3.0	2.7	0.4	0.88	168	1	Y	N	N	N	N	N	F	n/a
Vegan avocado hosomaki set	164	691	295	3.5	28.2	3.0	4.1	1.0	1.77	180	1	N	Y	Y	N	N	N	n/a	WG, S, Mu
Vegan avocado hosomaki set (excl. dressing)	169	710	283	3.2	29.6	3.1	4.4	1.0	0.85	168	1	N	Y	Y	N	N	N	n/a	n/a
Vegan cucumber hosomaki set	129	548	233	3.4	28.1	3.1	0.5	0.1	1.77	180	1	N	Y	Y	N	N	N	n/a	WG, S, Mu
Vegan cucumber hosomaki set (excl. dressing)	132	558	221	3.0	29.5	3.3	0.5	0.1	0.85	168	1	N	Y	Y	N	N	N	n/a	n/a
Vegan yasai set	138	581	516	3.7	24.8	4.3	2.8	0.6	1.28	375	1	N	Y	Y	Y	Y	Y	SS, WG, S	WG, S, Mu
Vegan yasai set (excl. dressing)	139	586	506	3.6	25.3	4.4	2.8	0.6	0.83	364	1	N	Y	Y	Y	Y	Y	SS, WG, S	n/a

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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	162	682	1938	484	7.6	21.8	2.3	5.1	0.9	1.29	299	4	Y	∅	∅	∅	∅	∅	F, SS	WG, S, Mu
Salmon Matsuri platter (excl. dressing)	165	694	1896	475	7.6	22.3	2.3	5.2	0.9	0.80	288	4	Y	∅	∅	∅	∅	∅	F, SS	n/a
Tsudoi platter	160	675	2037	509	6.1	25.0	2.8	4.1	0.7	1.38	318	4	Y	∅	∅	Y	∅	Y	C, E, F, S, SS, WG	WG, S, Mu
Tsudoi platter (excl. dressing)	163	685	1993	497	6.0	25.6	2.8	4.2	0.7	0.86	306	4	Y	∅	∅	Y	∅	Y	C, E, F, S, SS, WG	n/a

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	178	749	1288	644	6.3	23.4	3.5	6.7	1.2	1.05	361	2	Y	∅	∅	Y	Y	Y	C, F, S, SS, WG, E	n/a

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.

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 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	SatFat (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 donburi	204	853	936	7.6	24.7	3.4	8.4	0.8	1.02	460	1	⊘	⊘	⊘	⊕	⊘	⊕	SS, S, WG	n/a
Chicken katsu donburi (excl. dressing)	187	787	805	8.1	25.4	2.7	6.1	0.7	0.98	430	1	⊘	⊘	⊘	⊕	⊘	⊕	SS, S, WG	n/a
Salmon donburi	158	663	650	4.8	17.6	4.4	7.6	1.3	0.89	411	1	⊕	⊘	⊘	⊕	⊕	⊘	F, SS, S, So2	S, SS
Salmon donburi (excl. dressing)	142	598	541	4.9	18.2	4.3	5.5	1.0	0.63	381	1	⊕	⊘	⊘	⊕	⊕	⊘	F, SS, S, So2	n/a
Tofu donburi	134	563	572	3.4	17.6	4.4	5.5	1.1	0.87	426	1	⊘	⊕	⊕	⊕	⊕	⊕	SS, S, WG, So2	SS, S
Tofu donburi (excl. dressing)	117	492	463	3.4	18.1	4.3	3.3	0.8	0.62	396	1	⊘	⊕	⊕	⊕	⊕	⊕	SS, S, WG, So2	n/a

Rice 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	Sat Fat (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	Allergens condiments only
Teriyaki salmon rice box	159	671	501	7.1	24.0	7.5	3.9	0.7	1.41	315	1	N	N	N	Y	Y	Y	WG, F, SS, S	S, WG
Teriyaki salmon rice box (excl. dressing)	155	655	459	7.3	22.2	4.9	4.2	0.8	1.15	295	1	N	N	N	Y	Y	Y	WG, F, SS, S	n/a

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	Sat Fat (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	175	709	394	5.9	28.3	7.3	4.2	0.6	1.05	225	1	N	N	N	N	Y	Y	F, S, WG, SS
Edamame potto	103	422	188	6.1	13.4	1.4	2.8	0.4	0.97	183	1	N	Y	Y	N	N	N	S
Haiso seaweed salad	70	293	88	3.5	5.5	3.7	3.0	0.3	2.00	125	1	N	Y	Y	Y	N	N	S, SS, So2

Tom yum

Product	Energy (Kcal) per 100g	Energy (HJ) per 100g	Energy (Kcal) per portion	Protein (g) per100g	Carbohydrate (g) per 100g	Sugar (g) per100g	Fat (g) per 100g	SatFat(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	Carbohydrate (g) per 100g	Sugar (g) per100g	Fat (g) per 100g	SatFat(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
Spicy pulled pork ramen	38	159	263	2.8	6.5	0.5	0.5	0.1	0.69	694	1	N	N	Y	Y	Y	WG, S, SS

Miso

Product	Energy (Kcal) per 100g	Energy (HJ) per 100g	Energy (Kcal) per portion	Protein (g) per100g	Carbohydrate (g) per 100g	Sugar (g) per100g	Fat (g) per 100g	SatFat(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	152	638	937	1397	5.7	16.1	3.0	7.1	1.9	1.00	615	915	1	⊖	⊖	⊕	⊕	⊕	S, SS, WG
Chicken katsu yakisoba	145	608	607	1018	5.5	20.0	5.8	4.6	0.4	0.95	420	670	1	⊖	⊖	⊕	⊕	⊕	S, SS, WG
Sweet chilli chicken bento	162	685	859	1288	4.6	31.1	8.8	2.5	0.3	1.10	530	795	1	⊖	⊖	⊕	⊕	⊕	S, BG, WG
Sweet chilli chicken yakisoba	137	577	727	1090	4.7	21.8	10.9	3.6	0.4	1.40	530	795	1	⊖	⊖	⊕	⊕	⊕	BG, S, SS, WG
Chicken teriyaki yakisoba bento	105	441	536	759	5.3	13.0	5.8	3.5	0.6	0.86	510	720	1	⊖	⊖	⊕	⊕	⊕	S, WG, SS
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
Vegetable gyoza yakisoba	129	540	450	n/a	3.7	21.9	5.8	2.6	0.3	0.90	350	n/a	1	⊕	⊕	⊕	⊕	⊕	WG, S, SS
Vegetable gyoza yakisoba (fried)	163	682	569	n/a	3.7	23.1	6.1	5.8	0.6	0.92	350	n/a	1	⊕	⊕	⊕	⊕	⊕	WG, S, SS
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 bento	172	453	799	1204	3.4	12.8	3.8	5.9	2.3	0.96	465	700	1	⊕	⊕	⊕	⊕	⊕	WG, S, SS
Horean BBQ chicken bento	154	650	846	1030	5.0	28.4	6.7	2.8	0.3	0.77	550	670	1	⊖	⊖	⊕	⊕	⊕	S, WG, So2, BG
Horean BBQ chicken yakisoba	130	546	714	870	5.1	19.4	8.7	3.8	0.4	1.06	550	670	1	⊖	⊖	⊕	⊕	⊕	WG, S, SS, So2, BG

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 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) 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
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	139	582	786	1170	2.5	16.2	4.6	6.8	2.0	0.93	565	840	1	Y	Y	Y	Y	Y	S, SS, 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	109	459	262	392	3.0	17.3	4.7	2.8	0.3	0.69	240	360	1	Y	Y	Y	Y	Y	S, SS, WG
Korean BBQ chicken pops	226	948	362	n/a	15.8	15.2	4.0	11.2	1.1	1.20	160	n/a	1	N	N	Y	Y	Y	WG, S, BG, So2
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
Spicy Korean chicken pops	240	986	376	n/a	16.2	17.8	5.6	11.5	1.2	1.35	160	n/a	1	N	N	Y	Y	Y	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)

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) 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
Curry sauce	114	474	n/a	n/a	1.2	8.9	3.1	7.9	4.6	1.41	n/a	n/a	1	Y	Y	Y	N	Y	WG, S
Pork ribs with gochujang hot honey	252	1051	453	n/a	14.8	13.2	11.4	15.3	6.5	0.71	180	n/a	1	N	N	Y	Y	Y	Condiments only WG, S
Spicy salmon & prawn rice bites	236	987	449	n/a	7.6	28.7	7.1	10.2	1.0	1.13	190	n/a	1	N	N	N	N	Y	WG, SS, S, F, C
Chicken katsu curry bites	218	910	435	n/a	12.4	17	0.9	11.2	2.0	1.11	200	n/a	1	N	N	Y	N	Y	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)

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	156	630	791	4.8	28.2	5.8	2.6	0.4	0.79	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	167	678	973	3.8	27.1	5.2	4.9	1.2	0.85	582	1
Pumpkin katsu + Curry sauce	Rice	151	610	799	2.1	24.0	2.2	5.1	2.2	0.69	530	1
Sweet chilli chicken + Chicken katsu curry	Rice	172	669	987	5.4	26.9	4.2	4.8	1.2	0.88	573	1
Sweet chilli chicken + Curry sauce	Rice	156	633	763	3.7	27.6	4.9	3.5	1.2	0.87	488	1
Korean BBQ chicken + Chicken katsu curry	Rice	170	689	972	5.4	26.2	3.6	4.8	1.2	0.76	573	1
Korean BBQ chicken + Curry sauce	Rice	153	621	748	3.7	26.8	4.1	3.5	1.2	0.73	488	1
Korean BBQ chicken + Sweet chilli chicken	Rice	168	682	906	5.5	29.5	7.2	3.2	0.4	0.92	538	1
Tofu curry + Chicken teriyaki	Rice	142	577	672	4.1	23.5	2.4	3.5	1.3	0.57	472	1

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
Tofu curry + Curry sauce	Rice	144	584	675	2.5	23.6	1.5	4.4	2.3	0.66	468	1
Tofu curry + Sweet chilli chicken	Rice	159	646	797	4.2	26.9	4.8	3.9	1.3	0.84	500	1
Tofu curry + Horean BBQ chicken	Rice	157	635	786	4.3	26.1	4.0	3.9	1.3	0.71	502	1
Tofu curry + Chicken katsu curry	Rice	162	660	899	4.5	23.5	1.3	5.6	2.1	0.70	553	1
Pumpkin katsu curry + Horean BBQ chicken	Rice	165	668	954	3.8	26.4	4.5	4.9	1.2	0.73	578	1
Pumpkin katsu curry + Tofu curry	Rice	133	544	705	3.6	14.3	4.1	6.9	2.1	0.90	528	1

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 katsu curry+ Curry sauce	Yakisoba noodles	133	543	720	4.2	14.9	3.4	6.3	2.1	1.01	541	1
Chicken teriyaki + Chicken katsu curry	Yakisoba noodles	131	534	731	5.4	14.7	4.2	5.6	1.4	0.94	559	1
Chicken teriyaki + Curry sauce	Yakisoba noodles	107	436	494	3.7	13.4	4.9	4.3	1.4	0.94	462	1
Chicken teriyaki + Sweet chilli chicken	Yakisoba noodles	126	513	640	5.4	17.4	8.0	3.9	0.5	1.11	508	1
Pumpkin katsu + Chicken teriyaki	Yakisoba noodles	122	495	649	3.6	14.7	5.1	5.4	1.45	0.91	534	1
Pumpkin katsu + Chicken katsu curry	Yakisoba noodles	143	581	877	4.0	15.8	3.8	7.0	2.1	0.98	615	1
Pumpkin katsu + Sweet chilli chicken	Yakisoba noodles	142	579	828	3.9	18.6	7.1	5.8	1.3	1.12	582	1
Sweet chilli chicken + Chicken katsu curry	Yakisoba noodles	147	599	841	5.5	18.3	6.2	5.7	1.3	1.15	573	1
Sweet chilli chicken + Curry sauce	Yakisoba noodles	127	515	618	3.9	17.4	7.2	4.6	1.3	1.19	488	1
Pumpkin katsu + Curry sauce	Yakisoba noodles	123	502	654	2.3	14.7	4.3	6.2	2.3	0.99	530	1
Korean BBQ chicken + Chicken katsu curry	Yakisoba noodles	144	588	827	5.6	17.6	5.5	5.7	1.3	1.04	573	1
Korean BBQ chicken + Curry sauce	Yakisoba noodles	124	503	603	3.9	16.7	6.4	4.6	1.3	1.06	488	1
Korean BBQ chicken + Sweet chilli chicken	Yakisoba noodles	141	575	761	5.6	20.3	9.2	4.2	0.4	1.22	538	1
Tofu curry + Chicken teriyaki	Yakisoba noodles	112	455	527	4.3	13.1	4.8	4.7	1.4	0.91	472	1

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
Tofu curry + Curry sauce	Yakisoba noodles	113	461	530	2.7	13.0	3.8	5.6	2.4	1.00	468	1
Tofu curry + Sweet chilli chicken	Yakisoba noodles	130	531	652	4.4	17.1	7.0	5.0	1.4	1.16	500	1
Tofu curry + Korean BBQ chicken	Yakisoba noodles	127	519	637	4.4	16.3	6.2	5.0	1.4	1.03	500	1
Tofu curry + Chicken katsu curry	Yakisoba noodles	136	556	753	4.6	14.6	3.3	6.6	2.1	0.99	553	1
Pumpkin katsu curry + Korean BBQ chicken	Yakisoba noodles	155	632	898	4.2	19.9	6.6	6.5	1.4	1.22	578	1
Pumpkin katsu curry + Tofu curry	Yakisoba noodles	133	544	705	3.6	14.3	4.1	6.9	2.1	0.90	528	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	150	629	954	5.7	15.7	2.9	7.1	1.9	0.98	635	1	⊘	⊘	⊕	⊕	⊕	WG, S, So2, SS
Chicken katsu yakisoba	142	596	624	5.4	19.3	5.6	4.6	0.4	0.93	440	1	⊘	⊘	⊕	⊕	⊕	WG, S, So2, SS
Sweet chilli chicken bento	161	679	883	4.6	30.2	8.6	2.8	0.3	1.08	550	1	⊘	⊘	⊕	⊕	⊕	WG, S, So2, BG
Sweet chilli chicken yakisoba	137	575	751	4.7	21.1	10.6	3.8	0.4	1.37	550	1	⊘	⊘	⊕	⊕	⊕	WG, S, So2, BG
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	104	438	552	5.2	12.6	5.6	3.6	0.6	0.84	530	1	⊘	⊘	⊕	⊕	⊕	S, WG, SS, So2
Tofu curry bento	145	589	726	3.1	22.3	1.4	4.8	2.2	0.63	500	1	⊕	⊕	⊕	⊘	⊕	S, WG, So2
Tofu curry yakisoba bento	164	449	796	3.3	12.5	3.6	5.9	2.2	0.94	485	1	⊕	⊕	⊕	⊕	⊕	S, WG, So2, SS

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
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	137	574	802	2.5	15.7	4.5	6.8	2.0	0.91	585	1	Y	Y	Y	Y	Y	WG, S, So2, SS
Vegetable gyoza yakisoba	126	530	466	3.7	20.9	5.5	2.7	0.3	0.87	370	1	Y	Y	Y	Y	Y	WG, S, So2, SS
Vegetable gyoza yakisoba (fried)	158	664	586	3.7	22.1	5.8	5.8	0.6	0.89	370	1	Y	Y	Y	Y	Y	WG, S, So2, SS
Horean BBQ chicken bento	154	650	846	5.0	28.4	6.7	2.8	0.3	0.77	550	1	N	N	Y	Y	Y	S, WG, So2, BG
Horean BBQ chicken yakisoba	130	546	714	5.1	19.4	8.7	3.8	0.4	1.06	550	1	N	N	Y	Y	Y	WG, S, SS, So2, BG

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 (fried) (excl. dressing)	260	1058	260	7.9	29.4	2.4	12.3	1.4	0.88	100	1	⊘	⊘	⊕	⊘	⊕	WG, SS, 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 chicken gyoza (excl. dressing)	169	686	169	6.8	25.0	2.7	4.6	0.7	0.77	100	1	⊘	⊘	⊕	⊘	⊕	WG, SS, 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 (fried) (excl. dressing)	281	1142	281	5.5	34.3	5.5	13.5	1.3	1.04	100	1	⊕	⊕	⊕	⊘	⊕	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 vegetable gyoza (excl. dressing)	162	657	162	5.4	30.0	4.3	2.3	0.4	0.98	100	1	⊕	⊕	⊕	⊘	⊕	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

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
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
Korean BBQ chicken pops	226	948	362	15.8	15.2	4.0	11.2	1.1	1.20	160	1	∅	∅	∅	∅	∅	WG, S, BG, So2
Korean BBQ katsu sando	201	844	511	6.9	27.6	14.1	7.3	0.7	1.39	255	1	∅	∅	∅	∅	∅	WG, S, SS, BG, So2
Korean BBQ pulled pork sando	230	953	513	7.8	27.6	10.6	9.8	2.0	0.97	223	1	∅	∅	∅	∅	∅	WG, S, So2, SS, BG
Pork ribs with gochujang hot honey	252	1051	453	14.8	13.2	11.4	15.3	6.5	0.71	180	1	∅	∅	∅	∅	∅	Condiments only WG, S
Spicy salmon & prawn rice bites	236	987	449	7.6	28.7	7.1	10.2	1.0	1.13	190	1	∅	∅	∅	∅	∅	WG, SS, S, F, C
Chicken katsu curry bites	218	910	435	12.4	17.0	0.9	11.2	2.0	1.11	200	1	∅	∅	∅	∅	∅	WG, S
Mini chicken katsu curry bento	161	678	657	4.7	22.3	1.3	6.0	2.0	0.75	407	1	∅	∅	∅	∅	∅	WG, 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)

* Gyoza sachet contains alcohol ** Teriyaki sachet contains alcohol

Chilled cabinet

Product	Energy (Kcal) per100g	Energy (KJ) per100g	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 gyoza sauce only
Steamed chicken gyoza with gyoza sauce	152	620	175	6.5	22.6	2.9	4.0	0.6	1.91	115	1	n/a	⊎	⊎	⊕	⊕*	⊕	S, SS, WG	WG, S
Steamed chicken gyoza (excl. dressing)	169	686	169	6.8	25.0	2.7	4.6	0.7	0.77	100	1	n/a	⊎	⊎	⊕	⊎	⊕	S, SS, WG	n/a
Steamed veg gyoza with gyoza sauce	147	595	169	5.2	27.0	4.3	2.0	0.3	2.09	115	1	n/a	⊕	⊕	⊕	⊕*	⊕	S, WG	WG, S
Steamed veg gyoza (excl. dressing)	162	657	162	5.4	30.0	4.3	2.3	0.4	0.98	100	1	n/a	⊕	⊕	⊕	⊎	⊕	S, WG	n/a

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/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	∅	∅	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	∅	∅	∅	S
Wasabi sachet	255	943	3	n/a	3.2	33.3	6.5	7.8	1.3	4.80	1.5	n/a	Y	Y	∅	∅	∅	S, 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	N	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)