

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	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) 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
Omakase box	134	566	502	8.1	18.4	2.8	3.2	0.6	1.37	374	1	Y	N	N	Y	Y	Y	F, S, WG,SS, Mu, E	WG, S, Mu
Omakase box (excl. dressing)	146	614	484	8.6	20.0	2.9	3.6	0.6	0.70	332	1	Y	N	N	Y	Y	Y	F, S, WG,SS, Mu, E	n/a
Harmony set	163	688	658	6.0	26.1	2.8	4.1	0.7	1.22	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	554	182	13.0	2.4	0.9	7.4	1.2	1.80	137	1	Y	N	N	Y	N	N	S, SS, F	WG, S, Mu
Salmon sashimi (excl. dressing)	142	592	170	13.9	1.8	0.9	8.3	1.3	0.62	120	1	Y	N	N	Y	N	N	S, SS, F	n/a
Mixed maki set	162	684	471	5.2	26.6	2.9	4.1	0.7	1.40	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	152	639	554	7.3	21.8	2.4	4.1	0.7	1.33	365	1	Y	N	N	N	N	Y	C, F, SS, S, WG, E	WG, S, Mu
Rainbow set (excl. dressing)	154	647	542	7.2	22.2	2.4	4.2	0.7	0.92	353	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	652	559	7.4	21.3	2.3	4.5	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	730	410	7.5	22.5	2.4	6.1	1.2	1.33	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
Prawn crunch dragon roll	218	912	449	4.7	27.3	5.5	10.1	2.1	1.19	206	1	N	N	N	N	Y	Y	C, WG, E, Mu, S, F, SS	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	662	292	8.1	23.1	2.4	3.7	0.6	1.62	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

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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	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	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	679	289	6.9	28.0	2.9	2.6	0.4	1.70	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	689	294	3.6	28.4	2.9	4.1	1.0	1.67	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	547	232	3.4	28.3	3.1	0.5	0.1	1.67	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	137	577	513	4.0	24.5	4.2	2.6	0.5	1.24	375	1	N	Y	Y	Y	Y	Y	SS, WG, S	WG, S, Mu
Vegan yasai set (excl. dressing)	138	583	504	3.8	25.0	4.3	2.7	0.6	0.84	364	1	N	Y	Y	Y	Y	Y	SS, WG, S	n/a

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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	Sat Fat (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
Tuna dragon roll	120	507	209	5.9	20.0	2.5	2.0	0.5	1.27	174	1	Y	⌐	⌐	⌐	⌐	⌐	F	WG, S
Tuna dragon roll (excl. dressing)	140	590	202	6.6	23.4	2.6	2.4	0.6	0.69	144	1	Y	⌐	⌐	⌐	⌐	⌐	F	n/a

Platter sets

Product	Energy (Kcal) per100g	Energy (HJ) 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	681	1935	483	7.7	21.7	2.3	5.0	0.9	1.34	299	4	Y	⌐	⌐	⌐	⌐	⌐	F, SS	WG, S, Mu
Salmon Matsuri platter (excl. dressing)	165	693	1894	474	7.6	21.8	2.3	5.2	0.9	0.84	288	4	Y	⌐	⌐	⌐	⌐	⌐	F, SS	n/a
Tsudoi platter	160	674	2034	509	6.1	25.1	2.8	4.1	0.7	1.33	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	0.87	306	4	Y	⌐	⌐	Y	⌐	Y	C, E, F, S, SS, WG	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	Carbohy- drate (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 donburi	204	853	936	7.6	24.7	3.4	8.4	0.8	1.02	460	1	N	N	N	Y	N	Y	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	N	N	N	Y	N	Y	SS, S, WG	n/a
Salmon donburi	158	663	650	4.8	17.6	4.4	7.6	1.3	0.89	411	1	Y	N	N	Y	Y	N	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	Y	N	N	Y	Y	N	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	N	Y	Y	Y	Y	Y	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	N	Y	Y	Y	Y	Y	SS, S, WG, So2	n/a
Prawn donburi	123	515	490	5.2	17.3	4.2	3.5	0.9	1.21	400	1	N	N	N	Y	Y	Y	C, S, SS, WG, So2	S, WG, So2
Prawn donburi (excl. dressing)	122	512	451	5.3	16.5	2.8	3.7	0.9	0.87	370	1	N	N	N	Y	N	Y	C, S, SS, WG, So2	n/a
Jewelled donburi	141	594	539	6.2	20.7	3.0	3.8	0.5	1.05	382	1	Y	N	N	Y	Y	N	S, Mu, F, E, SS	S, WG
Jewelled donburi (excl. dressing)	151	636	531	6.5	22.1	3.1	4.2	0.6	0.80	352	1	Y	N	N	Y	Y	N	S, Mu, F, E, SS	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)

Rice boxes

Product	Energy (Hcal) per 100g	Energy (kJ) per 100g	Energy (Hcal) 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 (Hcal) per 100g	Energy (kJ) per 100g	Energy (Hcal) 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
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	n/a
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	n/a
California potto	165	692	399	5.3	21.9	3.0	6.3	0.9	1.65	242	1	Y	N	N	Y	N	N	F, C, S, So2, SS, E	WG, S
California potto (excl. dressing)	169	708	392	5.1	22.5	3.1	6.5	1.0	1.08	232	1	Y	N	N	Y	N	N	F, C, S, So2, SS, E	n/a
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	Y	S, SS, So2, WG	n/a
Salmon and avocado potto	162	684	414	6.0	24.3	2.8	4.6	0.9	1.36	255	1	Y	N	N	Y	N	Y	S, SS, F	S, WG
Salmon and avocado potto (excl. dressing)	166	699	407	5.8	25.0	2.9	4.8	1.0	0.8	245	1	Y	N	N	Y	N	N	S, SS, F	n/a

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
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	13	56	37	1.1	1.4	0.4	0.3	0.1	0.31	278	1	Y	Y	Y	Y	N	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	161	681	855	1282	4.6	30.8	7.8	2.5	0.3	0.84	530	795	1	⌐	⌐	✔	✔	✔	S, BG, WG
Sweet chilli chicken yakisoba	136	573	723	1084	4.8	21.5	9.8	3.6	0.4	1.14	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 (not suitable for soy allergy)
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

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
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	152	641	771	4.8	27.8	5.0	2.6	0.4	0.64	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	166	699	967	3.8	26.9	4.8	4.9	1.2	0.75	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	170	715	973	5.4	26.8	3.8	4.8	1.2	0.77	573	1
Sweet chilli chicken + Curry sauce	Rice	154	650	752	3.7	27.4	4.4	3.5	1.2	0.75	488	1
Horean BBQ chicken + Chicken katsu curry	Rice	170	689	972	5.4	26.2	3.6	4.8	1.2	0.76	573	1
Horean BBQ chicken + Curry sauce	Rice	153	621	748	3.7	26.8	4.1	3.5	1.2	0.73	488	1
Horean BBQ chicken + Sweet chilli chicken	Rice	164	692	881	5.5	29.3	6.7	3.2	0.4	0.81	538	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	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
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	180	640	901	4.2	26.8	4.3	3.9	1.3	0.73	500	1
Tofu curry + Korean 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 + Korean 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

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 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	529	639	4.9	18.0	7.2	3.7	0.5	0.95	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	143	601	835	3.9	18.4	6.7	5.8	1.3	1.02	582	1
Sweet chilli chicken + Chicken katsu curry	Yakisoba noodles	147	616	841	5.6	18.1	5.7	5.7	1.3	1.05	573	1
Sweet chilli chicken + Curry sauce	Yakisoba noodles	127	533	620	3.9	17.3	6.7	4.6	1.3	1.07	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
Horean BBQ chicken + Chicken katsu curry	Yakisoba noodles	144	588	827	5.6	17.6	5.5	5.7	1.3	1.04	573	1
Horean BBQ chicken + Curry sauce	Yakisoba noodles	124	503	603	3.9	16.7	6.4	4.6	1.3	1.06	488	1
Horean BBQ chicken + Sweet chilli chicken	Yakisoba noodles	139	586	749	5.6	20.1	8.8	4.2	0.5	1.10	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

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
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	154	526	769	4.4	16.9	6.5	5.0	1.4	1.05	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	160	675	879	4.6	29.9	7.6	2.8	0.3	0.84	550	1	⌵	⌵	⌵	⌵	⌵	WG, S, So2, BG
Sweet chilli chicken yakisoba	136	571	747	4.7	20.9	9.6	3.8	0.4	1.13	550	1	⌵	⌵	⌵	⌵	⌵	WG, S, SS, 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

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	Carbohy- drate (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
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 (HJ) 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
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
Korean BBQ bacon sando	314	1294	417	17.7	33.0	8.5	12.5	4.1	1.73	133	1	⌵	⌵	⚡	⚡	⚡	WG, BG, S, So2
Hatsu pumpkin & mushroom sando	278	1102	500	6.2	29.6	6.3	13.3	1.5	1.06	180	1	⚡	⚡	⚡	⚡	⚡	WG, BG, SS, S
Pork ribs with gochujang hot honey	252	1050	622	15.5	10.6	9.2	16.1	6.8	0.80	247	1	⌵	⌵	⚡	⚡	⚡	n/a 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

hot beverages

Coffee

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
Espresso	0	0	0	0.0	0.0	0.0	0.0	0.0	0.01	40	1	Y	Y	N	N	N	May contain milk
Double espresso	0	0	0	0.0	0.0	0.0	0.0	0.0	0.01	74	1	Y	Y	N	N	N	May contain milk
Latte 12oz (semi skimmed milk)	39	163	137	2.7	4.0	4.0	1.3	0.8	0.12	353	1	Y	N	N	N	N	Mi
Latte 16oz (semi skimmed milk)	42	175	206	2.9	4.3	4.3	1.4	0.9	0.13	494	1	Y	N	N	N	N	Mi
Cappuccino 12oz (semi skimmed milk)	34	142	80	2.3	3.4	3.4	1.2	0.7	0.11	238	1	Y	N	N	N	N	Mi
Cappuccino 16oz (semi skimmed milk)	40	167	157	2.8	4.1	4.1	1.4	0.8	0.12	394	1	Y	N	N	N	N	Mi
Americano 12oz	0	0	0	0.0	0.0	0.0	0.0	0.0	0.01	314	1	Y	Y	N	N	N	May contain milk
Americano 16oz	0	0	0	0.0	0.0	0.0	0.0	0.0	0.01	394	1	Y	Y	N	N	N	May contain milk
White Americano 16oz (oat milk)	14	59	58	0.2	1.6	1.0	0.7	0.1	0.03	412	1	Y	Y	N	N	Y	May contain gluten from oats & milk
White Americano 12oz (oat milk)	19	78	58	0.3	2.1	1.3	0.9	0.1	0.04	312	1	Y	Y	N	N	Y	May contain gluten from oats & milk
White Americano 12 oz (semi skimmed milk)	15	65	48	1.1	1.6	1.6	0.5	0.3	0.06	312	1	Y	N	N	N	N	Mi
White Americano 16 oz (semi skimmed milk)	12	49	48	0.8	1.2	1.2	0.4	0.2	0.04	412	1	Y	N	N	N	N	Mi
Flat white (semi skimmed milk)	40	169	89	2.8	4.1	4.1	1.4	0.8	0.12	222	1	Y	N	N	N	N	Mi

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* Gyoza sachet contains alcohol ** Teriyaki sachet contains alcohol

hot beverages

Tea

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
Breakfast tea 12oz	1	5	3	0.0	0.0	0.0	0.0	0.0	0.01	303	1	Y	N	N	N	N	Mi
Green tea - Twinings 12oz	1	3	2	0.0	0.2	0.0	0.0	0.0	0.01	302	1	Y	N	N	N	N	May contain milk
Lemongrass citrus & ginger 12oz	1	2	2	0.0	0.1	0.0	0.0	0.0	0.01	302	1	Y	N	N	N	N	May contain milk
Breakfast tea 16oz	1	3	3	0.0	0.1	0.0	0.0	0.0	0.01	443	1	Y	N	N	N	N	Mi
Green tea - Twinings 16 oz	1	2	2	0.0	0.1	0.0	0.0	0.0	0.02	442	1	Y	N	N	N	N	May contain milk
Lemongrass citrus & ginger 16oz	0	2	2	0.0	0.1	0.0	0.0	0.0	0.02	442	1	Y	N	N	N	N	May contain milk

Extras

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
Semi skimmed milk	49	206	206	3.4	5.0	5.0	1.7	1.0	0.15	100	1	Y	N	N	N	N	Mi
Oat milk	59	247	247	1.0	6.6	4.0	3.0	0.3	0.10	100	1	Y	Y	N	N	Y	Oats (may contain gluten)

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* Gyoza sachet contains alcohol ** Teriyaki 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	70	299	7	n/a	10.6	6.4	0.0	0.0	0.0	15.09	10	n/a	Y	Y	N	N	Y	S, WG
Gluten free soy sauce sachet	55	235	5	n/a	9.8	4.0	0.2	0.6	0.0	16.50	10	n/a	Y	Y	N	Y	N	S
Reduced salt soy sauce sachet	70	296	7	n/a	9.7	7.7	0.7	0.0	0.0	8.85	10	n/a	Y	Y	N	Y	Y	S, WG
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	N	N	N	S, Mu
Ponzu sauce sachet	25	107	8	2.1	4.0	2.4	0.0	0.0	4.05	30	30	n/a	Y	Y	N	Y	Y	S, WG

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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

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