

# nutritional information

Version 33  
Released 16th July 2026



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.

# contents

|                           |    |
|---------------------------|----|
| introduction              | 3  |
| sushi                     |    |
| Onigiri                   | 4  |
| Sushi set boxes           | 5  |
| Platters                  | 8  |
| salads                    |    |
| Salads and bowls          | 9  |
| Potto salad pot           | 11 |
| cold sides                |    |
| Cold gyozas               | 12 |
| soup                      |    |
| Tom yum & miso            | 13 |
| hot food                  |    |
| Bain marie                | 14 |
| Bain marie - mixed bento  | 16 |
| Hot cabinet               | 19 |
| Hot cabinet - breakfast   | 21 |
| Hot sides                 | 23 |
| hot beverages             | 25 |
| optional sauce & dressing | 28 |

## 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 | Allergens condiments only |
|-----------------------------|------------------------|----------------------|---------------------------|----------------------|---------------------------|--------------------|------------------|----------------------|-------------------|------------------|--------------------|-------------------|--------------------------|-------|--------------|------------------|-----------------|-------------------|---------------------------|
| Avocado and Edamame Onigiri | 160                    | 673                  | 194                       | 4.0                  | 26.3                      | 1.2                | 4.7              | 0.5                  | 0.85              | 121              | 1                  | 1                 | Y                        | Y     | 1            | Y                | 1               | S, Mu, SO2        | n/a                       |
| BBQ Chicken Onigiri         | 163                    | 687                  | 197                       | 5.4                  | 29.5                      | 1.4                | 2.9              | 0.2                  | 0.99              | 121              | 1                  | 1                 | 1                        | 1     | Y            | Y                | Y               | WG, S, SO2, BG    | n/a                       |
| Spicy Tuna Onigiri          | 154                    | 648                  | 186                       | 6.9                  | 24.6                      | 0.8                | 3.3              | 0.2                  | 0.80              | 121              | 1                  | 1                 | 1                        | 1     | 1            | Y                | 1               | F                 | n/a                       |
| Teriyaki Salmon Onigiri     | 171                    | 699                  | 207                       | 7.4                  | 30.4                      | 0.7                | 2.3              | 0.4                  | 1.02              | 121              | 1                  | 1                 | 1                        | 1     | 1            | Y                | Y               | F, S, SS, 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)

Sushi set boxes

| 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 | 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 |
|---------------------------------|-----------------------|---------------------|---------------------------|---------------------|-----------------------------|-------------------|-----------------|-------------------|------------------|------------------|--------------------|-------------------|--------------------------|-------|--------------|------------------|-----------------|--------------------|---------------------------|
| Harmony set                     | 164                   | 690                 | 620                       | 6.1                 | 25.9                        | 2.8               | 4.2             | 0.7               | 1.25             | 379              | 1                  | Y                 | N                        | N     | N            | N                | Y               | C, F, SS, S, WG, E | WG, S, Mu                 |
| Harmony set (excl. dressing)    | 166                   | 699                 | 609                       | 6.0                 | 26.4                        | 2.9               | 4.3             | 0.7               | 0.85             | 367              | 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                  | 163                   | 686                 | 433                       | 5.2                 | 26.4                        | 2.9               | 4.3             | 0.8               | 1.45             | 266              | 1                  | Y                 | N                        | N     | N            | N                | Y               | C, F, SS, S, WG, E | WG, S, Mu                 |
| Mixed maki set (excl. dressing) | 166                   | 699                 | 422                       | 5.0                 | 27.1                        | 3.0               | 4.4             | 0.8               | 0.89             | 254              | 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                       |

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 |
|----------------------------------------|-----------------------|---------------------|---------------------------|---------------------|---------------------------|-------------------|-----------------|-------------------|------------------|------------------|--------------------|-------------------|--------------------------|-------|--------------|------------------|-----------------|------------------------|---------------------------|
| Tokyo salmon set                       | 155                   | 650                 | 539                       | 7.4                 | 21.0                      | 2.3               | 4.6             | 0.8               | 1.36             | 349              | 1                  | Y                 | N                        | N     | N            | N                | N               | F, SS                  | WG, S, Mu                 |
| Tokyo salmon set (excl. dressing)      | 157                   | 660                 | 530                       | 7.4                 | 21.4                      | 2.3               | 4.7             | 0.8               | 0.94             | 338              | 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                       |
| California Dragon roll                 | 196                   | 819                 | 576                       | 3.8                 | 25.4                      | 5.3               | 9.6             | 1.5               | 1.11             | 294              | 1                  | N                 | N                        | N     | Y            | Y                | Y               | E, Mu, F, C, S, WG, SS | n/a                       |
| Prawn crunch dragon roll               | 222                   | 929                 | 440                       | 4.8                 | 28.3                      | 5.7               | 10.1            | 2.1               | 1.10             | 198              | 1                  | N                 | N                        | N     | N            | Y                | Y               | C, WG, Mu, S, 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                   | 614                 | 218                       | 8.2                 | 27.4                      | 2.8               | 0.5             | 0.1               | 1.84             | 151              | 1                  | Y                 | N                        | N     | N            | N                | N               | F                      | WG, S, Mu                 |
| Tuna hosomaki (excl. dressing)         | 149                   | 633                 | 207                       | 8.1                 | 28.8                      | 3.0               | 0.5             | 0.1               | 0.86             | 139              | 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 | 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                          | 160                    | 675                  | 239                       | 7.0                  | 27.8                      | 2.8                | 2.6              | 0.4                 | 1.87              | 150              | 1                  | Y                 | N                        | N     | N            | N                | N               | F                 | WG, S, Mu                 |
| Salmon hosomaki set (excl. dressing)         | 165                    | 699                  | 228                       | 6.7                  | 29.2                      | 3.0                | 2.7              | 0.4                 | 0.88              | 138              | 1                  | Y                 | N                        | N     | N            | N                | N               | F                 | n/a                       |
| Vegan avocado hosomaki set                   | 163                    | 685                  | 242                       | 3.7                  | 28.1                      | 2.9                | 4.1              | 1.0                 | 1.85              | 149              | 1                  | N                 | Y                        | Y     | N            | N                | N               | n/a               | WG, S, Mu                 |
| Vegan avocado hosomaki set (excl. dressing)  | 169                    | 710                  | 231                       | 3.2                  | 29.6                      | 3.1                | 4.4              | 1.0                 | 0.85              | 137              | 1                  | N                 | Y                        | Y     | N            | N                | N               | n/a               | n/a                       |
| Vegan cucumber hosomaki set                  | 129                    | 545                  | 192                       | 3.5                  | 28.0                      | 3.1                | 0.5              | 0.1                 | 1.85              | 149              | 1                  | N                 | Y                        | Y     | N            | N                | N               | n/a               | WG, S, Mu                 |
| Vegan cucumber hosomaki set (excl. dressing) | 132                    | 558                  | 181                       | 3.0                  | 29.5                      | 3.3                | 0.5              | 0.1                 | 0.85              | 137              | 1                  | N                 | Y                        | Y     | N            | N                | N               | n/a               | n/a                       |
| Vegan yasai set                              | 136                    | 574                  | 478                       | 4.1                  | 24.1                      | 4.3                | 2.7              | 0.6                 | 1.26              | 351              | 1                  | N                 | Y                        | Y     | Y            | Y                | Y               | SS, WG, S         | WG, S, Mu                 |
| Vegan yasai set (excl. dressing)             | 138                    | 581                  | 468                       | 3.9                  | 24.6                      | 4.4                | 2.7              | 0.6                 | 0.84              | 340              | 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                   | 680                 | 1844                   | 462                       | 7.7                 | 21.4                     | 2.3               | 5.2             | 0.9                  | 1.36             | 286              | 4                  | Y                 | N                        | N     | N            | N                | N               | F, SS              | WG, S, Mu                 |
| Salmon Matsuri platter (excl. dressing) | 164                   | 692                 | 1803                   | 451                       | 7.6                 | 21.9                     | 2.3               | 5.3             | 0.9                  | 0.84             | 274              | 4                  | Y                 | N                        | N     | N            | N                | N               | F, SS              | n/a                       |
| Tsudoi platter                          | 160                   | 674                 | 1917                   | 479                       | 6.2                 | 24.8                     | 2.7               | 4.2             | 0.7                  | 1.36             | 299              | 4                  | Y                 | N                        | N     | Y            | N                | Y               | C, E, F, S, SS, WG | WG, S, Mu                 |
| Tsudoi platter (excl. dressing)         | 163                   | 686                 | 1876                   | 469                       | 6.1                 | 25.4                     | 2.8               | 4.3             | 0.8                  | 0.87             | 288              | 4                  | Y                 | N                        | N     | Y            | N                | 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.

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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 |
|-----------------------------------------------|-----------------------|---------------------|---------------------------|---------------------|---------------------------|-------------------|-----------------|---------------------|------------------|------------------|--------------------|-------------------------|--------------------------|-------|--------------|------------------|-----------------|-------------------|---------------------------|
| Spicy Korean chicken donburi                  | 125                   | 528                 | 568                       | 6.9                 | 15.9                      | 9.1               | 3.4             | 0.6                 | 0.93             | 453              | 1                  | ␣                       | ␣                        | ␣     | Y            | Y                | Y               | S, SS, WG, SO2    | S, SS, WG, SO2            |
| Spicy Korean chicken donburi (excl. dressing) | 116                   | 487                 | 491                       | 7.1                 | 15.2                      | 8.7               | 3.4             | 0.6                 | 0.66             | 423              | 1                  | ␣                       | ␣                        | ␣     | Y            | Y                | Y               | S, SS, WG, SO2    | n/a                       |
| Chicken katsu tasting box                     | 154                   | 648                 | 754                       | 5.8                 | 23.1                      | 7.9               | 3.9             | 0.5                 | 1.09             | 490              | 1                  | ␣                       | ␣                        | ␣     | Y            | Y                | Y               | WG, S, SS, SO2    | WG, S, SO2                |
| Chicken katsu tasting box (excl. dressing)    | 148                   | 624                 | 660                       | 6.2                 | 23.3                      | 6.8               | 3.8             | 0.5                 | 0.75             | 445              | 1                  | ␣                       | ␣                        | ␣     | Y            | Y                | Y               | WG, S, SS         | n/a                       |
| Yasai tasting box                             | 128                   | 539                 | 696                       | 3.8                 | 19.1                      | 7.8               | 3.5             | 0.5                 | 1.04             | 543              | 1                  | ␣                       | Y                        | Y     | Y            | Y                | Y               | WG, S, SS         | WG, S, SS                 |
| Yasai tasting box (excl. dressing)            | 109                   | 459                 | 543                       | 3.6                 | 19.5                      | 7.4               | 2.4             | 0.3                 | 0.76             | 498              | 1                  | ␣                       | Y                        | Y     | Y            | Y                | Y               | WG, S, SS         | n/a                       |
| Salmon donburi                                | 144                   | 602                 | 648                       | 5.9                 | 15.8                      | 8.5               | 5.7             | 1.0                 | 0.93             | 450              | 1                  | Y                       | ␣                        | ␣     | Y            | Y                | Y               | F, S, SS, WG, SO2 | WG, S, SS, SO2            |
| Salmon donburi (excl. dressing)               | 132                   | 553                 | 556                       | 6.0                 | 15.6                      | 8.0               | 5.8             | 1.0                 | 0.50             | 420              | 1                  | Y                       | ␣                        | ␣     | Y            | Y                | ␣               | F, S, SS, SO2     | n/a                       |
| Salmon teriyaki tasting box                   | 137                   | 577                 | 690                       | 5.7                 | 18.8                      | 8.1               | 3.9             | 0.7                 | 1.14             | 505              | 1                  | ␣                       | ␣                        | ␣     | Y            | Y                | Y               | F, WG, S, SS      | WG, S                     |
| Salmon teriyaki tasting box (excl. dressing)  | 132                   | 553                 | 606                       | 6.0                 | 18.2                      | 6.7               | 4.3             | 0.8                 | 0.69             | 460              | 1                  | ␣                       | ␣                        | ␣     | Y            | Y                | Y               | F, WG, S, SS      | n/a                       |

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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 |
|----------------------------------------|-----------------------|---------------------|---------------------------|---------------------|---------------------------|-------------------|-----------------|---------------------|------------------|------------------|--------------------|-------------------------|--------------------------|-------|--------------|------------------|-----------------|-----------------------|---------------------------|
| Salmon & tuna donburi                  | 141                   | 595                 | 572                       | 6.9                 | 19.4                      | 8.3               | 3.4             | 0.5                 | 1.14             | 405              | 1                  | Y                       | N                        | N     | Y            | Y                | Y               | F, S, SS, SO2, Mu, WG | WG, S, SO2, SS            |
| Salmon & tuna donburi (excl. dressing) | 130                   | 547                 | 488                       | 7.1                 | 19.5                      | 7.7               | 3.3             | 0.5                 | 0.68             | 375              | 1                  | Y                       | N                        | N     | Y            | Y                | N               | F, S, SS, Mu          | n/a                       |

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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   | 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                             | 84                     | 349                  | 129                       | 6.1                  | 3.8                       | 1.4                | 2.8              | 0.4                | 0.97              | 153              | 1                  | N                       | Y                        | Y     | N            | N                | N               | S                   | n/a                       |
| California potto                          | 189                    | 790                  | 457                       | 5.6                  | 18.0                      | 2.4                | 10.4             | 1.6                | 1.42              | 242              | 1                  | Y                       | N                        | N     | Y            | N                | N               | F, C, S, SS, E, So2 | WG, S                     |
| California potto (excl. dressing)         | 194                    | 812                  | 451                       | 5.4                  | 18.5                      | 2.5                | 10.8             | 1.7                | 0.83              | 232              | 1                  | Y                       | N                        | N     | Y            | N                | N               | F, C, S, SS, E, So2 | 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                       |

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)

Cold gyozas

| 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 | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product                     |
|----------------------------------------|------------------------|----------------------|---------------------------|----------------------|---------------------------|--------------------|------------------|----------------------|-------------------|------------------|--------------------|--------------------------|-------|--------------|------------------|-----------------|---------------------------------------|
| Steamed veg gyoza with gyoza sauce     | 151                    | 634                  | 174                       | 5.2                  | 27.0                      | 4.3                | 2.0              | 0.3                  | 2.09              | 115              | 1                  | Y                        | Y     | Y            | Y*               | Y               | WG, S<br>Condiments only<br>WG, S     |
| Steamed veg gyoza (excl. dressing)     | 167                    | 699                  | 167                       | 5.4                  | 30.0                      | 4.3                | 2.3              | 0.4                  | 0.98              | 100              | 1                  | Y                        | Y     | Y            | N                | Y               | WG, S                                 |
| Steamed chicken gyoza with gyoza sauce | 157                    | 656                  | 180                       | 6.5                  | 22.6                      | 2.9                | 4.0              | 0.6                  | 1.91              | 115              | 1                  | N                        | N     | Y            | Y*               | Y               | WG, S, SS<br>Condiments only<br>WG, S |
| Steamed chicken gyoza (excl. dressing) | 173                    | 724                  | 173                       | 6.8                  | 25.0                      | 2.7                | 4.6              | 0.7                  | 0.77              | 100              | 1                  | N                        | N     | Y            | N                | Y               | WG, 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)

\* Gyoza sachet contains alcohol    \*\* Teriyaki sachet contains alcohol

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            | N                | N               | SS, So2, S        |
| Prawn tom yum         | 80                     | 328                  | 499                       | 2.5                 | 7.3                         | 1.1               | 4.5              | 2.5                | 1.12              | 622              | 1                  | N                        | N     | Y            | N                | N               | C, S, SS, So2     |
| Spicy chicken tom yum | 82                     | 343                  | 518                       | 2.6                 | 6.1                         | 2.6               | 5.1              | 3                  | 1.46              | 632              | 1                  | N                        | N     | Y            | N                | 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                 |

**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

| 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      |
| 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 |
| Pumpkin katsu curry bento          | 162                    | 654                  | 913                            | 1294                        | 2.3                  | 24.9                      | 2.7                | 5.8              | 1.9                  | 0.65              | 565                       | 780                    | 1                  | ✔                        | ✔     | ✔            | ⌐                | ✔               | 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                  | ✔                        | ✔     | ✔            | ✔                | ✔               | S, SS, WG          |

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

Bain marie 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                 |
|------------------------------------------|------------------------|----------------------|--------------------------------|-----------------------------|----------------------|---------------------------|--------------------|------------------|----------------------|-------------------|---------------------------|------------------------|--------------------|--------------------------|-------|--------------|------------------|-----------------|-----------------------------------|
| 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                  | ␣                        | ␣     | ␣            | ␣                | ✔               | 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                  | ✔                        | ✔     | ✔            | ␣                | ✔               | 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                  | ␣                        | ␣     | ✔            | ␣                | ✔               | 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                  | ␣                        | ␣     | ✔            | ␣                | ✔               | 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                  | ✔                        | ✔     | ✔            | ␣                | ✔               | 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                  | ✔                        | ✔     | ✔            | ␣                | ✔               | WG, S                             |
| Plain yakisoba                           | 109                    | 459                  | 262                            | 392                         | 3.0                  | 17.3                      | 4.7                | 2.8              | 0.3                  | 0.69              | 240                       | 360                    | 1                  | ✔                        | ✔     | ✔            | ✔                | ✔               | 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                  | ␣                        | ␣     | ✔            | ✔                | ✔               | 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                  | ✔                        | ✔     | ␣            | ␣                | ␣               | 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                  | ␣                        | ␣     | ✔            | ✔                | ✔               | WG, S                             |
| 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                  | ✔                        | ✔     | ✔            | ␣                | ✔               | WG, S                             |

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

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                  |
| 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 + 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 + 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                  |

**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 (HJ) 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 |
|--------------------------------------------|------------------|------------------------|----------------------|---------------------------|----------------------|-----------------------------|-------------------|------------------|--------------------|-------------------|------------------|--------------------|
| 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                  |
| Chicken katsu curry+ Curry sauce           | Yakisoba noodles | 133                    | 543                  | 720                       | 4.2                  | 14.9                        | 3.4               | 6.3              | 2.1                | 1.01              | 541              | 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                  |
| 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 + 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 + Horean BBQ chicken            | Yakisoba noodles | 127                    | 519                  | 637                       | 4.4                  | 16.3                        | 6.2               | 5.0              | 1.4                | 1.03              | 500              | 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 |
|------------------------------------------|------------------|------------------------|----------------------|---------------------------|----------------------|---------------------------|--------------------|------------------|----------------------|-------------------|------------------|--------------------|
| 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                    | 719                  | 1086                      | 5.5                  | 23.5                      | 1.2                | 6.2              | 1.8                | 0.73              | 635              | 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 |
| 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     |
| Pumpkin katsu curry bento     | 159                    | 643                  | 928                       | 2.3                  | 24.2                      | 2.6                | 5.8              | 1.9                | 0.64              | 585              | 1                  | ✔                        | ✔     | ✔            | ⌐                | ✔               | WG, S, So2         |
| Pumpkin katsu curry yakisoba  | 137                    | 574                  | 802                       | 2.5                  | 15.7                      | 4.5                | 6.8              | 2.0                | 0.91              | 585              | 1                  | ✔                        | ✔     | ✔            | ✔                | ✔               | WG, S, 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 | 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  |
|----------------------------------|------------------------|----------------------|---------------------------|----------------------|---------------------------|--------------------|------------------|--------------------|-------------------|------------------|--------------------|--------------------------|-------|--------------|------------------|-----------------|--------------------|
| 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 |
| Mini chicken katsu curry bento   | 166                    | 698                  | 582                       | 5.2                  | 22.8                      | 1.2                | 6.1              | 1.8                | 0.72              | 350              | 1                  | N                        | N     | Y            | N                | Y               | WG, S, So2         |
| Mini Horean BBQ chicken bento    | 152                    | 642                  | 532                       | 5.2                  | 26.5                      | 7.1                | 2.9              | 0.3                | 0.75              | 350              | 1                  | N                        | N     | Y            | Y                | Y               | S, WG, So2, BG     |
| Mini sweet chilli chicken bento  | 159                    | 670                  | 556                       | 4.8                  | 28.6                      | 8.3                | 3.2              | 0.4                | 0.92              | 350              | 1                  | N                        | N     | Y            | N                | Y               | WG, S, So2, BG     |
| Beef biang biang noodle kobachi  | 117                    | 493                  | 376                       | 5.7                  | 14.1                      | 3.3                | 4.6              | 0.9                | 0.76              | 320              | 1                  | N                        | N     | Y            | Y                | Y               | WG, S, SS, BG, So2 |
| Chicken biang biang kobachi      | 132                    | 557                  | 411                       | 8.7                  | 13.2                      | 2.7                | 5.3              | 0.8                | 0.72              | 310              | 1                  | N                        | N     | Y            | Y                | Y               | WG, 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)

Hot cabinet - breakfast

| 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 | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product |
|-----------------------------------|------------------------|----------------------|---------------------------|----------------------|---------------------------|--------------------|------------------|----------------------|-------------------|------------------|--------------------|--------------------------|-------|--------------|------------------|-----------------|-------------------|
| Mini veggie breakfast bento       | 135                    | 537                  | 394                       | 4.7                  | 12.6                      | 3.0                | 6.1              | 1.2                  | 0.64              | 291              | 1                  | Y                        | N     | Y            | Y                | Y               | WG, S, E          |
| Mini breakfast bento              | 151                    | 604                  | 474                       | 9.5                  | 7.3                       | 1.6                | 8.3              | 2.8                  | 1.00              | 313              | 1                  | N                        | N     | Y            | Y                | Y               | WG, S, E, So2     |
| Veggie breakfast bento            | 141                    | 563                  | 697                       | 5.0                  | 12.9                      | 3.1                | 6.5              | 1.2                  | 0.62              | 494              | 1                  | Y                        | N     | Y            | Y                | Y               | WG, S, E          |
| Breakfast bento                   | 149                    | 594                  | 754                       | 9.3                  | 7.0                       | 1.5                | 8.3              | 2.8                  | 0.97              | 506              | 1                  | N                        | N     | Y            | Y                | Y               | WG, S, E, So2     |
| Sausage sando<br>(excl. dressing) | 319                    | 1310                 | 351                       | 13.9                 | 35.1                      | 5.8                | 13.7             | 4.3                  | 1.58              | 110              | 1                  | N                        | N     | N            | N                | Y               | WG, So2           |
| Bacon sando<br>(excl. dressing)   | 360                    | 1484                 | 389                       | 21.6                 | 34.4                      | 5.9                | 15.3             | 5.0                  | 1.71              | 108              | 1                  | N                        | N     | N            | N                | Y               | WG                |
| Porridge pot with berry compote   | 100                    | 421                  | 295                       | 4.4                  | 14.2                      | 6.3                | 2.5              | 1.0                  | 0.12              | 295              | 1                  | Y                        | N     | N            | N                | Y               | Oats, Mi          |
| Porridge pot with honey           | 112                    | 471                  | 330                       | 13.88                | 17.2                      | 9.5                | 2.5              | 1.0                  | 0.12              | 295              | 1                  | Y                        | N     | N            | N                | Y               | Oats, Mi          |
| Porridge pot<br>(excl. dressing)  | 96                     | 405                  | 265                       | 4.7                  | 12.6                      | 4.4                | 2.7              | 1.0                  | 0.13              | 275              | 1                  | Y                        | N     | N            | N                | Y               | Oats, Mi          |

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

Chilled cabinet - breakfast pots

| 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 |
|-------------|-----------------------|---------------------|---------------------------|---------------------|-----------------------------|-------------------|-----------------|--------------------|------------------|------------------|--------------------|-------------------------|--------------------------|-------|--------------|------------------|-----------------|----------------------------------------------------|---------------------------|
| Fruit pot   | 32                    | 138                 | 48                        | 0.6                 | 7.8                         | 7.8               | 0.1             | 0.0                | 0.01             | 150              | 1                  | N                       | Y                        | Y     | N            | N                | N               | n/a                                                | n/a                       |
| Yoghurt pot | 160                   | 491                 | 336                       | 4.3                 | 15.8                        | 10.7              | 8.6             | 4.7                | 0.10             | 210              | 1                  | N                       | Y                        | N     | N            | N                | Y               | Mi, Oats (may contain nuts, peanuts, wheat gluten) | n/a                       |

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<br>Condiments only<br>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<br>Condiments only<br>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<br>Condiments only<br>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<br>Condiments only<br>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                                  |
| Hot duck gyoza with gyoza sauce              | 201                    | 841                  | 231                       | 6.0                  | 32.2                      | 10.2               | 5.2              | 1.0                 | 2.09              | 115              | 1                  | ⌐                        | ⌐     | ⌐            | ✔*               | ✔               | WG, S, SS<br>Condiments only<br>WG, S |
| Hot duck gyoza (excl. dressing)              | 224                    | 937                  | 224                       | 6.3                  | 36.0                      | 11.0               | 6.0              | 1.2                 | 0.98              | 100              | 1                  | ⌐                        | ⌐     | ⌐            | ⌐                | ✔               | WG,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)

\* Gyoza sachet contains alcohol    \*\* Teriyaki sachet contains alcohol

| 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 | 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<br>Condiments only<br>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 chicken katsu sando     | 210                    | 881                  | 471                       | 7.5                  | 27.0                      | 13.0               | 8.2              | 0.8                  | 1.33              | 225              | 1                  | ⌂                        | ⌂     | ✔            | ✔                | ✔               | WG, S, SS, BG, 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                     |
| Biang biang noodles            | 94                     | 399                  | 169                       | 4.1                  | 18.5                      | 3.0                | 0.9              | 0.1                  | 0.47              | 180              | 1                  | ✔                        | ✔     | ✔            | ⌂                | ✔               | WG                                |

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

\* 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 | Sat Fat (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                                  |
| Mocha 12oz                                | 61                     | 255                  | 184                       | 2.2                  | 9.3                       | 9.0                | 1.2              | 0.5                  | 0.07              | 304              | 1                  | Y                        | N     | N            | N                | N               | Mi                                  |
| Mocha 16oz                                | 59                     | 249                  | 237                       | 2.3                  | 8.9                       | 8.6                | 1.2              | 0.5                  | 0.08              | 400              | 1                  | Y                        | N     | N            | N                | N               | Mi                                  |

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

# 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  |

## Other

| 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 chocolate 12oz | 63                     | 267                  | 184                       | 2.3                  | 9.8                       | 9.4                | 1.2              | 0.5                | 0.08              | 290              | 1                  | Y                        | N     | N            | N                | N               | Mi                |
| Hot chocolate 16oz | 61                     | 258                  | 237                       | 2.4                  | 9.2                       | 8.9                | 1.2              | 0.5                | 0.08              | 386              | 1                  | Y                        | N     | N            | N                | N               | Mi                |
| Matcha 12oz        | 62                     | 260                  | 180                       | 3.4                  | 8.1                       | 8.1                | 1.7              | 1.0                | 0.14              | 292              | 1                  | Y                        | N     | N            | N                | N               | Mi                |
| Babyccino          | 49                     | 206                  | 206                       | 3.4                  | 5.0                       | 5.0                | 1.7              | 1.0                | 0.15              | 100              | 1                  | Y                        | N     | N            | N                | N               | Mi                |

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 | Sat Fat (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) |
| Vanilla syrup     | 320                    | 1359                 | 48                        | 0.0                  | 78.1                      | 58.8               | 0.0              | 0.0                  | 0.26              | 15               | 1                  | Y                        | Y     | N            | N                | N               | n/a                       |

# optional sauce & dressing

## Sauce & dressing – sushi

| 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 | 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             |
| Tomato ketchup sauce pot      | 136                    | 579                  | 41                                       | n/a                                           | 0.9                  | 33.0                      | 18.0               | 0.1              | 0.0                  | 1.11              | 30                              | n/a                                  | Y                        | Y     | N            | N                | Y               | BG                |
| Horean BBQ sauce pot          | 111                    | 473                  | 33                                       | n/a                                           | 0.9                  | 26.7                      | 19.9               | 0.5              | 0.1                  | 1.80              | 30                              | n/a                                  | Y                        | N     | Y            | Y                | Y               | WG, BG, 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)

# 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)