

**Nutritional Information Recipe List (values per typical serving)**

<b>Recipe Name</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>saturates (g)</b>	<b>mono (g)</b>	<b>poly (g)</b>	<b>Carb (g)</b>	<b>Starch (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Sodium (mg)</b>
Avocado Maki	203.5	855.4	6.5	1.2	3.0	0.6	32.6	0.0	4.4	1.4	1.8	385.9
Beef Teriyaki	330.9	1376.6	22.2	4.0	7.6	8.7	19.2	10.0	7.4	13.4	1.2	423.5
Chicken Gyoza 5 Piece	219.4	914.9	9.6	1.6	3.0	1.5	22.4	0.0	4.4	10.5	0.0	679.8
Chicken Katsu Curry	517.3	2177.7	17.2	6.6	3.0	1.5	73.4	0.0	2.7	13.5	1.0	725.3
Chicken Teriyaki	197.1	826.2	7.7	1.9	0.0	0.1	12.6	1.3	7.6	19.7	0.4	839.3
Classic Catch	505.7	2127.2	15.4	2.1	0.7	0.3	62.9	-	9.1	24.3	1.5	899.3
Crunchy California Roll 6pc	570.7	2381.4	34.3	4.8	2.0	0.4	55.5	1.4	13.1	5.7	1.5	1000.3
Crunchy Prawn Roll 8pc	310.7	1306.8	7.0	0.9	2.1	0.6	53.1	0.0	5.7	5.4	1.8	689.1
Cucumber Maki	149.6	633.4	0.5	0.1	0.0	0.0	32.5	0.0	4.6	1.2	0.9	374.1
Dynamite Roll 8pc	476.2	1985.2	23.9	3.7	2.5	0.5	54.1	0.0	9.2	7.6	2.0	956.1
Dynamite Salmon Poké	875.6	3571.2	44.4	4.7	3.6	0.7	95.5	0.9	6.7	14.4	4.3	1001.6
Edamame	201.5	843.0	9.2	1.2	0.0	0.0	13.4	0.0	0.1	17.3	0.0	396.1
Hoisin Duck Roll 6pc	295.4	1250.2	2.9	1.3	0.0	0.0	55.0	0.5	17.1	9.3	1.0	780.8
Hoisin Mock 'Duck' Roll 6pc	316.1	1351.6	4.2	1.4	0.0	0.0	57.0	0.5	17.6	9.5	1.4	770.2
Inari Taco	169.7	712.5	6.7	1.2	0.5	0.1	23.0	0.0	10.5	3.4	0.4	324.0
Japanese Fried Chicken	384.4	1600.1	26.4	3.0	3.0	1.5	23.5	0.0	1.5	15.9	0.3	748.0
Kiosk Kaiso Seaweed	201.6	710.0	7.1	0.4	0.0	0.1	21.5	0.1	12.2	5.0	1.7	1018.4
Korean Fried Chicken	414.6	1738.9	18.2	2.4	2.9	1.5	49.2	0.0	23.3	15.7	0.3	826.5
Maki Mix	404.5	1702.4	11.4	1.9	3.0	0.6	64.6	0.0	8.6	6.2	2.6	771.3
Meatless Farm Chick'n Katsu Curry	582.9	2449.4	22.5	4.5	3.0	1.5	76.4	0.0	3.3	13.2	1.0	954.1
Mighty Duck Fries	326.0	1363.1	17.2	1.6	2.5	1.3	32.7	0.5	6.1	9.2	0.2	728.1
Mighty Mock 'Duck' Fries	316.9	1338.9	15.2	1.4	2.5	1.3	34.4	0.5	6.6	9.3	0.5	706.5
Miso Soup	118.5	496.0	2.6	0.3	0.0	0.0	16.8	0.0	7.5	5.0	0.0	2620.1
O-mega Salmon	500.4	2102.8	17.6	2.7	2.9	0.5	69.0	0.0	10.0	11.6	2.1	943.0
Plant Power	695.2	2943.9	16.5	3.2	2.2	0.4	118.1	0.6	30.9	11.4	3.2	1690.8
Prawn Katsu Curry	465.3	1959.1	11.7	3.3	3.0	1.5	77.0	0.0	2.6	8.3	1.5	809.4
Pumpkin Katsu Curry	430.0	1811.1	11.5	3.8	2.9	1.4	73.2	0.0	2.5	4.4	0.9	707.1
Salmon Dragon Roll 8pc	456.0	1909.5	21.3	2.5	2.3	0.4	52.1	0.0	7.2	10.5	1.7	629.5
Simply Salmon	438.3	1844.3	13.5	1.8	0.0	0.0	62.2	0.0	8.3	12.3	0.9	761.4

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Spicy Chicken Katsu Roll 6pc	294.3	1240.9	4.6	1.8	0.3	0.2	53.1	0.0	10.2	7.3	0.9	1065.9
Spicy Tuna Roll 8pc	316.5	1329.2	3.1	0.5	0.1	0.3	58.0	-	11.8	10.2	1.5	1281.2
Sriracha Chicken Poké	805.7	3284.0	34.3	3.7	3.6	0.7	96.6	0.9	7.9	18.5	4.2	1238.7
Super Salmon	556.0	2332.6	22.9	3.0	0.6	0.2	62.9	0.0	9.1	19.8	1.3	905.6
Sushi Sharer	555.4	2333.6	17.8	2.3	2.5	0.9	77.6	0.2	11.3	15.5	1.6	1114.8
TOkYO! Mix	649.1	2671.4	20.5	3.5	1.8	0.4	96.4	0.4	15.7	9.6	2.6	1582.9
Vegetable Gyoza 5 Piece	206.4	867.0	6.2	0.6	3.0	1.5	30.5	0.0	8.3	6.3	1.2	729.8
Veggie Volcano Roll 8pc	456.8	1904.9	21.0	5.5	9.7	1.8	59.5	0.0	12.3	3.7	5.0	666.0
Yasai Roll 6pc	339.4	1440.9	10.5	1.5	1.4	0.3	54.8	0.7	14.4	3.7	1.9	859.7
YO! Fries	320.2	1334.6	19.1	1.7	3.0	1.5	32.8	0.0	2.1	3.2	0.1	677.0
YO! Roll 8pc	392.8	1649.0	15.0	2.2	2.4	0.4	50.0	0.0	8.5	10.7	1.7	884.4
YO! Top Hits	717.6	3012.6	27.2	4.4	4.0	0.8	94.8	0.3	15.0	16.3	3.0	1331.6



**Luton Menu - Togo**

Dish Name	Cereals containing Gluten :							Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :												
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Almonds							Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin

O-mega Salmon	✓	✓					✓				✓	✓																														
Plant Power	✓	✓				✓						✓	✓																											✓		
Simply Salmon							✓																																			
Super Salmon	✓	✓					✓					✓	✓																													
Sushi Sharer	✓	✓					✓	✓		M	✓	✓	✓	M																									M	✓		
TOKYO! Mix	✓	✓					✓	✓		M	✓	✓	✓	M																									✓	✓		
YO! Top Hits	✓	✓					✓	✓			✓	✓	✓																											✓		

**Poke**

Dynamite Salmon Poké	✓	✓					✓					✓	✓																												✓	✓		
Sriracha Chicken Poké	✓	✓										✓	✓																												✓	✓		

**Salad**

Edamame												✓	✓																															
Kiosk Kaiso Seaweed	✓	✓										✓	✓																												✓	✓		

**Street Food**

Beef Teriyaki	✓	✓						M	M	M	✓	✓	M																												M	✓			
Chicken Gyoza 5 Piece	✓	✓						M	M	M	M	✓	✓	M																											M	✓			
Chicken Teriyaki	✓	✓										✓	✓																													✓	✓		
Japanese Fried Chicken	✓	✓					✓	M	M		✓	✓	✓	M																											M	M			
Korean Fried Chicken	✓	✓					✓	M	M		M	✓	✓	M																											M	M			
Mighty Duck Fries	✓	✓									✓	✓																													✓	✓	✓		

