

The logo consists of the letters 'YD!' in a white, bold, sans-serif font, set against a solid red rectangular background.

allergen information & dietary guide

The background of the page is a vibrant yellow. On the left side, there is a stylized illustration of a pizza. The pizza is shown in cross-section, with a thick, light-colored crust and a layer of red sauce. The top of the pizza is covered with a layer of melted cheese and numerous small, white, oval-shaped sesame seeds. The illustration uses a painterly style with visible brushstrokes. In the bottom right corner, the text 'kids menu' is written in a white, lowercase, sans-serif font.

kids menu

last updated: 11 August 2020

introduction

Here at YO! we understand how important it is to know what's in your food, especially if you have a special diet or an allergy. So we take this stuff really seriously.

We make our sushi, salads and hot dishes fresh every day in our kitchens. That means we often handle lots of the allergens below:

- **celery**
- **cereals containing gluten**
(namely barley, oats, rye, wheat)
- **crustaceans (such as prawns, crabs and lobsters)**
- **eggs**
- **fish**
- **lupin**
- **milk**
- **molluscs (such as mussels and oysters)**
- **mustard**
- **sesame seeds**
- **soybeans**
- **sulphites**
- **peanuts**
- **tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios & macadamia nuts)**

If you have a question, please ask a member of the YO! team.

And if you have any thoughts or feedback about allergens (or anything else YO!-related), email hello@yosushi.com

key



A tick means this dish contains the allergen shown.



The letter M means the dish is fried in oil which might also be used to fry dishes containing that allergen.

please note

Although we don't use peanuts in the dishes we make, we can't guarantee that our suppliers work in nut-free environments.

And while we do everything we can to prevent cross contamination, we can't be sure any dish is 100% allergen-free.

Nutritional Information Recipe List (values per typical serving)

last updated: 11 August 2020

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Kids Avocado Maki July 20	203.5	855.4	6.5	1.2	3.0	0.6	32.6	0.0	4.4	1.4	1.8	385.9
Kids California Hand Roll July 20	232.8	970.3	14.5	1.7	2.4	0.4	20.3	0.0	3.0	4.0	1.5	253.7
Kids Chicken Katsu Curry July 20	466.0	1965.2	12.6	5.7	0.6	0.3	71.3	0.0	1.5	13.5	0.4	508.8
Kids Cucumber Maki July 20	149.6	633.4	0.5	0.1	0.0	0.0	32.5	0.0	4.6	1.2	0.9	374.1
Kids Dorayaki Pancake	130.0	543.9	1.7	0.6	0.0	0.0	26.0	0.0	15.2	2.1	0.0	2.6
Kids Fresh Fruit July 20	61.1	259.4	0.3	0.1	0.1	0.1	14.4	0.0	14.4	0.9	1.4	3.8
Kids Japanese Fried Chicken July 20	381.9	1589.4	26.3	3.0	3.0	1.5	22.2	0.0	1.7	16.0	0.5	675.4
Kids Mixed Maki July 20	199.0	841.3	5.1	1.0	2.4	0.8	32.4	0.0	4.3	3.6	1.3	389.6
Kids Ninja Fries July 20	444.4	1850.2	29.8	2.5	3.0	1.5	39.4	0.0	1.2	3.9	0.0	683.0
Kids Pumpkin Katsu Curry July 20	392.4	1656.4	7.3	3.1	0.6	0.3	73.4	0.0	1.4	4.5	0.4	513.2
Kids Salmon & Avocado Hand Roll July 20	168.8	710.6	9.1	1.2	2.6	1.0	15.2	0.0	2.0	5.0	1.1	212.5
Kids Salmon Maki July 20	194.5	827.3	3.7	0.7	1.7	1.0	32.1	0.0	4.2	5.7	0.8	393.4
Kids Veggie Hand Roll July 20	145.4	608.4	6.8	1.1	1.8	0.3	17.4	0.0	4.2	2.0	1.3	223.7