



**YD!**

**allergen & nutritional information**

**haggis menu**  
**january 2025**

# Menu FIR Intolerance Report

Version 1

28 Nov 2024

## Haggis Campaign

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

### Recipes

Haggis & Prosciutto Sushi Roll	✓	✓				✓				✓	✓																
Haggis Katsu Curry	✓	✓				✓	M	M	M	✓	✓	M											M	M			
Teriyaki Haggis Nigiri	✓	✓				✓	M	M	M	✓	✓	M											M	✓			

**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>
Haggis & Prosciutto Sushi Roll	326.7	1388.8	9.3	1.4	1.3	0.3	54.7	0.7	14.3	3.7	1.9	843.2
Haggis Katsu Curry	1315.9	5524.2	40.4	16.1	2.0	0.6	199.0	0.0	7.4	37.5	6.1	2170.9
Teriyaki Haggis Nigiri	417.1	1738.8	22.1	5.4	0.8	0.8	46.1	1.0	8.9	8.8	0.5	1333.3