



YD!

allergen & nutritional information

grab & go menu
september 2024

Grab & Go Menu '24

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

Sushi Bentos

Maki Mix							✓																				
O-mega Salmon	✓	✓					✓			✓	✓																
Plant Power	✓	✓			✓						✓	✓											✓	✓			
Simply Salmon							✓	✓			✓																
Super Salmon	✓	✓					✓	✓		✓	✓																
TokYO! Mix	✓	✓					✓	✓	M	✓	✓	M											✓	✓			
YO! Top Hits	✓	✓					✓	✓		✓	✓													✓	✓		

Platters

Chick 'n' Roll Platter	✓	✓			✓		M	M	M	M	✓	M											M	✓			
Sushi Sharer	✓	✓					✓	✓	M	✓	✓	M											M	✓	✓		
Veggie Bundle	✓	✓			✓						✓													✓	✓		

Salads

Classic Edamame											✓																
Kaiso Seaweed	✓	✓									✓												✓	✓			

Kids Bento

Chicken Gyoza Kids Bento	✓	✓					M	M	M	M	✓	M											M	✓			
Chicken Katsu Kids Bento	✓	✓					M	M	M	M	✓	M											M	✓	✓		
Chicken Teriyaki Kids Bento	✓	✓									✓													✓	✓		
Prawn Katsu Kids Bento	✓	✓					M	✓	M	M	✓	M											M	✓	✓		

Nutritional Information Recipe List (values per typical serving)

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)
Avocado Maki	198.2	825.9	6.3	1.1	3.0	0.6	32.5	0.0	3.9	2.9	1.8	328.0
Beef Teriyaki Donburi	570.8	2370.3	22.0	4.1	7.6	8.7	74.8	10.2	9.3	17.9	2.8	610.2
Beef Teriyaki	276.3	1150.7	17.3	3.7	5.2	7.4	17.0	10.0	6.6	13.1	0.8	299.9
Chick 'n' Roll Platter	697.3	2930.3	16.9	7.5	1.8	0.4	102.3	0.3	21.8	32.4	4.8	1609.7
Chicken Gyoza 5pc	206.2	835.8	8.8	1.2	3.0	1.5	21.0	0.0	1.6	8.1	2.3	1117.1
Chicken Gyoza Kids Bento	480.3	2008.2	10.7	1.7	2.0	1.2	77.3	0.0	6.9	20.4	7.8	859.0
Chicken Karaage Bites	272.2	1138.2	13.5	5.4	3.0	1.5	16.5	0.0	0.0	20.0	2.2	604.5
Chicken Karaage Curry	595.7	2481.4	18.8	8.5	3.0	1.6	79.9	0.1	4.5	25.4	4.6	1402.0
Chicken Karaage	236.3	990.4	9.5	5.2	0.6	0.3	16.5	0.0	0.0	20.0	2.2	604.5
Chicken Katsu Curry	554.0	2305.6	20.2	7.8	3.0	1.6	74.7	0.1	4.8	17.4	4.0	1069.4
Chicken Katsu Kids Bento	582.5	2434.2	19.0	5.7	2.0	1.2	76.5	0.0	6.3	28.1	8.0	843.0
Chicken Katsu Sando	746.9	3131.4	34.0	10.1	0.6	0.4	74.3	0.0	10.2	34.2	6.6	1203.3
Chicken Katsu	194.6	814.6	11.0	4.5	0.6	0.3	11.2	0.0	0.3	12.0	1.6	272.0
Chicken Katsu Sushi Sando	549.3	2289.2	26.9	6.0	0.6	0.3	60.6	0.0	6.7	16.1	2.8	936.2
Chicken Teriyaki Donburi	433.8	1806.3	7.5	1.9	0.0	0.1	67.4	1.3	8.9	24.1	2.0	1005.6
Chicken Teriyaki Kids Bento	501.7	2095.5	13.3	2.5	1.6	1.4	70.2	0.6	9.1	28.0	6.4	968.9
Chicken Teriyaki	179.6	752.8	6.8	1.8	0.0	0.0	10.7	1.4	7.3	19.3	0.0	755.2
Chocolate Mochi	227.8	953.0	9.6	6.0	0.0	0.0	30.7	0.0	18.6	2.9	0.0	20.5
Chukaman Pork Bun	222.3	934.8	6.5	1.4	2.7	1.3	32.2	28.8	3.2	7.9	1.6	343.0
Classic Edamame	116.5	487.0	3.3	0.5	0.0	0.0	12.1	0.0	1.0	11.8	4.6	393.9
Crispy Onions	29.5	122.5	2.2	1.1	0.0	0.0	2.0	0.0	0.5	0.3	0.3	24.0
Crunchy California Roll 8pc	595.6	2476.0	35.2	5.0	2.3	0.4	62.3	1.4	13.6	8.4	2.6	1181.1
Crunchy Prawn Roll 8pc	326.9	1363.4	7.1	1.2	2.4	0.6	58.4	0.0	5.8	7.6	2.4	981.3
Cucumber Maki	144.6	604.4	0.5	0.1	0.0	0.0	32.4	0.0	4.1	2.7	0.9	316.4
Curry Sauce	44.1	184.4	3.0	1.9	0.0	0.0	3.9	0.0	1.5	0.4	0.3	303.3
Custard Dorayaki	162.0	682.5	1.8	0.8	0.0	0.0	34.0	0.0	16.5	2.3	0.0	0.1
'Duck' Teriyaki	178.0	792.0	4.1	0.6	0.0	0.0	13.5	1.4	7.7	21.3	0.9	540.8
Dynamite Roll 8pc	778.7	3295.3	31.8	5.4	2.7	0.6	105.9	0.1	24.6	12.8	4.0	1674.4
Dynamite Salmon Poké	601.0	2449.6	17.5	2.2	0.0	0.1	90.0	0.8	6.7	18.0	5.2	369.8
Firecracker Rice / Yakisoba 50/50	311.1	1297.7	11.4	1.6	2.2	5.6	46.6	8.3	9.6	5.7	2.1	1017.5
Firecracker Rice	379.6	1580.2	12.9	1.9	2.3	5.8	59.7	0.0	3.6	6.5	2.4	658.6
Fresh Chilli	0.8	3.3	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.4

Nutritional Information Recipe List (values per typical serving)

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)
Hoisin Mock 'Duck' Poké	560.7	2305.7	8.4	1.0	0.0	0.1	97.0	1.5	11.0	21.1	5.6	606.3
Hoisin Mock 'Duck' Roll 8pc	344.6	1460.4	4.0	1.3	0.0	0.0	64.9	0.6	18.2	12.0	1.7	775.4
Inari Taco	144.4	591.3	4.7	0.7	0.5	0.1	20.6	0.0	7.8	4.2	0.5	274.5
Japanese BBQ	90.1	382.6	0.0	0.0	0.0	0.0	21.2	2.6	17.0	1.2	0.0	655.0
Japanese Fried Chicken Donburi	496.6	2068.7	10.9	5.3	1.2	0.7	73.4	0.1	2.0	24.6	4.0	884.5
Kaiso Seaweed	106.6	424.4	3.0	0.4	0.0	0.1	14.7	0.1	12.1	3.4	1.9	685.4
Katsu Curry Sauce	74.9	313.5	5.6	3.1	0.0	0.0	5.7	0.0	1.7	0.9	0.0	426.7
Konbini Tuna Onigiri	216.1	900.4	6.8	0.7	0.0	0.0	30.4	0.0	5.0	8.5	0.6	1036.2
Korean Fried Chicken Bites	416.7	1751.1	14.7	5.9	3.2	1.6	47.2	0.0	22.5	21.9	2.3	817.1
Korean Fried Chicken Donburi	608.1	2543.2	10.9	5.3	1.2	0.7	100.4	0.1	22.8	24.8	4.0	1032.5
Korean Ketchup	87.5	371.0	1.0	0.1	0.5	0.3	18.4	0.2	15.9	0.7	0.7	460.0
Maki Mix	295.5	1232.5	8.3	1.3	2.3	0.4	48.3	0.0	5.7	7.0	1.8	491.7
Mayonnaise	357.5	1471.0	39.6	2.9	0.0	0.0	0.9	0.0	0.0	0.9	0.0	260.0
Mega Korean Gyoza Chicken 5pc	283.7	1184.0	16.5	1.9	3.1	1.5	24.9	0.0	5.0	7.9	2.5	630.5
Mega Korean Gyoza Vegetable 5pc	229.1	961.8	7.0	0.8	0.7	0.4	34.0	0.0	6.3	6.7	1.8	511.3
Mega Teriyaki Gyoza Chicken 5pc	278.6	1162.8	16.2	1.8	3.0	1.5	24.5	0.7	4.8	7.9	2.4	702.2
Mega Teriyaki Gyoza Vegetable 5pc	224.1	940.6	6.6	0.8	0.6	0.3	33.6	0.7	6.1	6.7	1.7	583.0
Miso Soup	166.0	696.9	2.7	0.4	0.0	0.0	26.0	0.0	7.8	7.2	0.6	2608.6
O-mega Salmon	457.4	1906.9	16.2	2.2	2.4	0.4	63.5	0.0	8.4	14.4	1.8	766.9
Pickled Ginger	0.9	3.8	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	31.9
Pizaman Pizza Bun	248.0	1043.1	8.5	4.7	0.8	0.4	31.6	29.2	2.2	10.5	1.9	203.3
Plant Power	837.1	3513.5	20.4	3.3	2.6	0.6	142.5	1.0	38.3	17.1	4.5	2043.6
Pr*wn Crackers	118.4	499.5	3.2	0.2	0.0	0.0	21.9	0.0	9.3	0.2	0.1	151.0
Prawn Katsu Curry	457.7	1901.5	11.1	3.9	3.0	1.6	78.5	0.1	4.5	11.0	3.8	1247.4
Prawn Katsu Kids Bento	455.1	1900.3	9.5	1.6	2.0	1.1	75.1	0.0	5.8	19.7	7.2	870.8
Prawn Katsu	98.2	410.5	1.8	0.5	0.6	0.3	15.0	0.0	0.0	5.6	1.4	450.0
Prawn Torpedos	193.7	807.3	6.4	1.1	3.0	1.5	25.0	0.0	0.0	9.4	2.3	750.0
Pumpkin Katsu Curry	381.1	1583.1	8.9	2.9	2.5	1.3	69.0	0.0	8.8	6.2	2.8	738.8
Pumpkin Katsu Kids Bento	488.0	2037.7	9.5	1.4	2.0	1.1	85.1	0.0	11.9	18.2	7.3	666.8
Pumpkin Katsu	92.4	386.4	0.5	0.1	0.0	0.0	20.0	0.0	6.1	2.2	1.0	96.0
Raspberry White Chocolate Mochi	206.7	869.8	8.3	5.1	0.0	0.0	35.2	0.0	28.2	2.3	0.0	9.6

Nutritional Information Recipe List (values per typical serving)

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)
Roasted Sesame	19.7	82.4	1.7	0.3	0.0	0.0	0.5	0.0	0.0	0.6	0.5	0.6
Salmon Dragon Roll 8pc	465.0	1936.2	22.9	2.7	2.3	0.4	51.1	0.0	6.8	14.3	1.8	724.2
Simply Salmon	388.2	1619.9	12.3	1.5	0.0	0.0	55.3	0.0	6.6	14.1	0.8	579.9
Spicy Chicken Katsu Roll 8pc	338.7	1417.0	6.4	2.3	0.6	0.3	60.2	0.0	11.7	9.7	1.7	1040.9
Spinach / Firecracker Rice 50/50	194.8	810.7	6.6	1.0	1.2	3.0	30.2	0.0	2.1	3.8	1.8	357.3
Spinach	10.0	41.2	0.3	0.0	0.0	0.2	0.6	0.0	0.6	1.1	1.1	56.0
Spring Onions	0.7	2.9	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.2
Sriracha Chicken Poké	535.1	2179.4	7.1	0.9	0.0	0.1	91.2	0.8	7.9	23.9	5.3	626.0
Sriracha Drizzle	7.9	33.1	0.1	0.0	0.0	0.0	1.8	0.0	1.7	0.1	0.0	262.0
Sriracha Mayo Drizzle	33.5	137.7	3.4	0.2	0.0	0.0	0.6	0.0	0.4	0.0	0.0	81.8
Sriracha Mayonnaise	167.5	688.3	17.2	1.2	0.0	0.0	2.9	0.0	2.1	0.1	0.0	409.2
Sriracha	39.5	165.3	0.4	0.0	0.0	0.0	8.9	0.0	8.7	0.7	0.0	1310.0
Steamed Sushi Rice / Firecracker Rice 50/50	307.1	1281.1	6.6	0.9	1.2	2.9	57.1	0.0	1.9	5.1	1.5	329.3
Steamed Sushi Rice / Spinach 50/50	122.3	511.6	0.3	0.0	0.0	0.1	27.5	0.0	0.4	2.5	0.9	28.0
Steamed Sushi Rice	234.7	982.0	0.3	0.0	0.0	0.0	54.4	0.0	0.2	3.8	0.6	0.0
Super Salmon	514.2	2143.0	21.9	2.7	0.6	0.2	57.4	0.0	7.6	21.8	1.2	739.9
Sushi Sharer	1140.2	4751.6	44.6	5.9	4.7	1.6	152.6	0.7	22.2	32.4	4.0	2262.1
Sweet Chilli Sauce	111.5	474.5	0.0	0.0	0.0	0.0	27.0	0.0	20.8	0.2	0.0	148.0
Teriyaki Chicken Ramen	416.3	2018.8	12.1	2.6	0.5	1.4	48.0	31.7	13.1	28.7	2.4	3128.1
Teriyaki Mock 'Duck' Donburi	432.2	1845.5	4.8	0.6	0.0	0.1	70.3	1.3	9.3	26.1	2.9	791.2
Teriyaki Mock 'Duck' Ramen	340.8	1721.0	7.0	1.0	0.5	1.4	49.6	31.1	10.3	19.0	3.3	2711.2
Teriyaki Sauce	33.2	140.8	0.0	0.0	0.0	0.0	7.7	1.4	6.3	0.6	0.0	329.6
Togarashi	4.2	17.4	0.1	0.0	0.0	0.0	0.6	0.0	0.2	0.1	0.0	1.1
TokYO! Mix	682.3	2840.2	24.2	4.2	2.0	0.5	102.3	0.7	20.2	13.5	3.6	1796.5
Vegetable Gyoza 5pc	219.2	891.8	6.9	0.7	3.0	1.5	30.0	0.0	2.8	7.1	1.6	1013.1
Vegetable Yakisoba	246.1	1030.3	10.2	1.5	2.1	5.4	33.5	16.3	15.4	5.1	2.0	1365.8
Veggie Bundle	698.9	2942.2	15.3	2.7	1.8	0.4	122.1	0.7	31.7	15.1	3.7	1579.0
Veggie Firecracker Rice	386.4	1608.6	13.5	1.9	2.3	5.8	60.0	0.0	3.7	6.7	2.6	658.9
Yakisoba Noodles / Spinach 50/50	126.3	528.2	5.1	0.7	1.1	2.8	17.1	8.3	8.0	3.0	1.5	716.1
Yakisoba Noodles / Steamed Sushi Rice 50/50 SF	238.6	998.6	5.0	0.7	1.1	2.7	44.0	8.2	7.8	4.4	1.2	688.2

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Yakisoba Noodles	242.5	1015.3	9.8	1.4	2.1	5.5	33.6	16.5	15.5	5.0	1.9	1376.3
Yasai Roll 8pc	675.9	2869.3	20.9	3.0	2.7	0.6	109.7	1.4	28.8	7.3	3.7	1718.8
YO! Fries	199.5	832.1	11.1	1.0	0.6	0.3	22.1	0.0	1.6	2.1	0.0	522.8
YO! Roll 8pc	388.3	1618.1	14.9	2.1	2.4	0.4	50.5	0.0	8.1	13.1	1.7	807.2
YO! Slaw	58.6	241.4	5.4	0.4	0.0	0.1	2.1	0.0	1.7	0.4	1.2	293.7
YO! Top Hits	666.1	2774.9	28.0	4.2	3.3	0.6	86.3	0.3	12.8	17.5	2.8	1161.6