



YD!

allergen & nutritional information

sushi school menu
september 2024

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)
California Roll	760.9	3167.2	38.6	4.8	4.0	0.7	91.2	0.7	14.3	13.4	4.3	1488.6
Chicken Gyoza	139.5	568.9	7.2	0.8	3.0	1.5	12.5	0.0	1.0	4.8	1.4	606.5
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
Cucumber Maki	108.4	453.3	0.4	0.0	0.0	0.0	24.3	0.0	3.1	2.0	0.7	237.3
Salmon & Avocado Temaki	180.9	751.6	11.2	1.4	1.8	0.3	15.2	0.0	1.8	5.1	1.3	180.5
Salmon Nigiri	53.2	221.8	1.9	0.2	0.0	0.0	7.1	0.0	0.8	2.0	0.1	75.0
Salmon Sashimi	34.2	142.1	2.7	0.3	0.0	0.0	0.0	0.0	0.0	2.4	0.0	7.2
Vegetable Gyoza	147.3	602.5	6.0	0.5	3.0	1.5	17.9	0.0	1.7	4.2	1.0	544.1

Menu FIR Intolerance Report

Version 4

10 Sep 2024

Sushi School Plant Based

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

Dish

Classic Edamame											✓																
Cucumber Maki											✓													✓			
Inari	✓	✓									✓																
Inari Nigiri	✓	✓									✓																
Kyoto Garden Roll	✓	✓									✓																
Vegetable Gyoza	✓	✓					M				✓	M												✓			
Yasai Temaki	✓	✓									✓													✓			

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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
Cucumber Maki	108.4	453.3	0.4	0.0	0.0	0.0	24.3	0.0	3.1	2.0	0.7	237.3
Inari	33.0	132.1	1.6	0.2	0.0	0.0	2.8	0.0	2.8	1.5	0.0	56.6
Inari Nigiri	53.8	221.2	1.1	0.2	0.0	0.0	9.1	0.0	2.8	1.5	0.1	110.2
Kyoto Garden Roll	562.0	2397.3	12.3	2.3	2.7	0.6	101.4	0.0	22.2	6.6	3.6	1314.9
Vegetable Gyoza	147.3	602.5	6.0	0.5	3.0	1.5	17.9	0.0	1.7	4.2	1.0	544.1
Yasai Temaki	137.0	567.1	6.5	1.0	1.8	0.3	16.8	0.0	3.3	2.7	1.4	191.9