

nutritional information

Version 7.9 / September 2021



All our food is freshly prepared in our kitchens by our trained team and although we take extra care, we are unable to guarantee that any menu items can be completely free of allergens.

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Our story*

Wasabi embodies the delicious adventures of Mr Kim. This mercurial man spent decades working in family restaurants and buzzy street food stalls in Japan, Thailand and South Korea, mastering their magnificent dishes.

In 2003, he brought his discoveries to a Camden street food market. His stall was the first of its kind. The food was fresh, flavoursome and exciting – and a million miles away from sad, cold sandwiches and meal deals. Colourful sushi, hot bento dishes and tantalising bites turned hungry Londoners into happy Londoners.

17 years later, our authentic recipes are thrilling taste buds and lifting spirits in thousands of homes – and our 45 restaurants – across Britain and America. It's been one heck of a journey.

Now, we might be bigger than a humble food stall in North London, but our goal is the same as it's always been: to bring the big, vibrant and authentic flavours from Mr Kim's travels home.

This is us. This is Wasabi.

*In a (pea)nut shell

Wasabi nutrition

Food allergy and intolerance: before ordering, please speak to our staff about your requirements.

Wasabi nutritional information is obtained from testing in accredited laboratories and information provided from Wasabi suppliers.

Every care and attention has been taken to ensure all information in this document is as accurate as possible at the time of printing.

Nutrition information values are based per 100g. As most of our products are made fresh daily, all nutrition figures are given as averages only.

All portion sizes are stated as accurate as possible but as most of our products are served fresh on site, some values may vary slightly.

Any item that contains alcohol refers to different types of cooking wine that has been used during cooking only.

Condiments (soy sauce sachet, wasabi paste sachet, pickled ginger sachet) served with any sushi and salad box sets are not calculated in the overall nutritional value for each set. For further information on sauce nutrition, please see sauce page.



SALMON

We only ever use sustainably sourced Scottish, Norwegian or Iceland salmon giving our sushi the freshest, sweetest taste!

MADE FRESH DAILY

Our sushi is made from scratch every day using the freshest and finest ingredients. We take our motto very seriously and never keep any food back for the next day, ensuring the food you get from Wasabi is always at its best.

TUNA

Tuna is a great source of omega 3 and is said to help lower cholesterol and blood pressure which is why we use sustainably sourced line caught yellowfin tuna in our dishes.

Onigiri

| Product | Energy (Kcal) per 100g | Energy (KJ) per 100g | Energy (Kcal) per portion | Total Protein (g) per 100g | Total Carbohydrate (g) per 100g | Total Fat (g) per 100g | Total Salt (g) per 100g | Portion size (g) | Contains Raw Fish | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product |
|-------------------------|------------------------|----------------------|---------------------------|----------------------------|---------------------------------|------------------------|-------------------------|------------------|-------------------|--------------------------|-------|--------------|------------------|-----------------|-------------------|
| Salmon teriyaki onigiri | 163 | 682 | 179 | 9.1 | 26.8 | 2.2 | 0.68 | 110 | ∅ | ∅ | ∅ | ∅ | ∅ | ∅ | F, S, SS, WG |
| Seaweed onigiri | 132 | 552 | 145 | 3.1 | 28.0 | 0.8 | 0.85 | 110 | ∅ | ∅ | ∅ | ∅ | ∅ | ∅ | SS, S |

Sushi set boxes

| Product | Energy (Kcal) per100g | Energy (kJ) per100g | Energy (Kcal) per portion | Total Protein (g) per100g | Total Carbohydrate (g) per100g | Total Fat (g) per100g | Total Salt (g) per100g | Portion size (g) | Contains Raw Fish | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product | Allergens condiments only |
|-----------------------|-----------------------|---------------------|---------------------------|---------------------------|--------------------------------|-----------------------|------------------------|------------------|-------------------|--------------------------|-------|--------------|------------------|-----------------|--------------------|---------------------------|
| Chumaki set | 187 | 782 | 497 | 6.3 | 25.3 | 6.8 | 0.55 | 266 | Y | N | N | N | N | Y | C, E, F, SS, S, WG | WG, S, Mu |
| Harmony set | 199 | 833 | 768 | 6.6 | 28.2 | 6.6 | 0.67 | 386 | Y | N | N | N | N | Y | C, E, F, SS, S, WG | WG, S, Mu |
| Mini hosomaki set | 180 | 753 | 434 | 6.6 | 27.7 | 4.7 | 0.77 | 241 | Y | N | N | Y | N | N | F, SS, S | WG, S, Mu |
| Mixed maki set | 182 | 761 | 491 | 6.0 | 27.4 | 5.4 | 0.79 | 270 | Y | N | N | N | N | Y | C, E, F, SS, S, WG | WG, S, Mu |
| Rainbow set | 179 | 749 | 652 | 8.3 | 24.3 | 5.4 | 0.24 | 364 | Y | N | N | N | N | Y | C, E, F, SS, S, WG | WG, S, Mu |
| Salmon nigiri set | 149 | 623 | 358 | 6.8 | 22.0 | 3.7 | 0.53 | 240 | Y | N | N | Y | N | N | F, SS, S | WG, S, Mu |
| Tokyo salmon set | 163 | 669 | 615 | 8.3 | 16.6 | 7.1 | 2.17 | 376 | Y | N | N | N | N | Y | F, S, WG | WG, S, Mu |
| Mini Tokyo salmon set | 167 | 681 | 375 | 7.3 | 16.7 | 7.8 | 0.90 | 225 | Y | N | N | N | N | Y | F, S, WG | WG, S, Mu |
| Vegan mini Xalmon set | 135 | 546 | 300 | 2.1 | 26 | 2.6 | 0.87 | 222 | N | Y | Y | N | N | N | - | WG, S, Mu |

Please note condiments in this set are not calculated in nutritional value : see sauce & dressing page for information

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (Tn), Peanut (Pn), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

Sushi set boxes

| Product | Energy (Kcal) per100g | Energy (KJ) per100g | Energy (Kcal) per portion | Total Protein (g) per100g | Total Carbohydrate (g) per100g | Total Fat (g) per100g | Total Salt (g) per100g | Portion size (g) | Contains Raw Fish | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product | Allergens condiments only |
|-----------------------------|-----------------------|---------------------|---------------------------|---------------------------|--------------------------------|-----------------------|------------------------|------------------|-------------------|--------------------------|-------|--------------|------------------|-----------------|-------------------|---------------------------|
| Vegan yasai roll set | 134 | 561 | 494 | 2.3 | 24.9 | 2.8 | 0.48 | 369 | ⊘ | ✔ | ✔ | ✔ | ✔ | ✔ | SS, S, WG | WG, S, Mu |
| Chicken katsu roll set | 145 | 591 | 336 | 6.2 | 18.1 | 5.3 | 1.19 | 232 | ⊘ | ⊘ | ⊘ | ⊘ | ✔ | ✔ | WG, SS, S | S, Mu, WG |
| Vegan veggie roll set | 109 | 443 | 239 | 2.7 | 17.6 | 3.1 | 0.73 | 219 | ⊘ | ✔ | ✔ | ⊘ | ✔ | ✔ | WG, S | S, Mu, WG |
| Salmon hosomaki set | 159 | 648 | 259 | 6.2 | 21.1 | 5.5 | 1.02 | 163 | ✔ | ⊘ | ⊘ | ⊘ | ⊘ | ⊘ | F | WG, S, Mu |
| Vegan avocado hosomaki set | 159 | 647 | 263 | 3.2 | 21.6 | 6.7 | 0.99 | 165 | ⊘ | ✔ | ✔ | ⊘ | ⊘ | ⊘ | n/a | WG, S, Mu |
| Vegan cucumber hosomaki set | 124 | 500 | 204 | 3.0 | 21.5 | 2.8 | 0.99 | 165 | ⊘ | ✔ | ✔ | ⊘ | ⊘ | ⊘ | n/a | WG, S, Mu |
| Spicy salmon roll | 147 | 602 | 375 | 6.9 | 16.4 | 6.0 | 0.96 | 255 | ⊘ | ⊘ | ⊘ | ✔ | ⊘ | ⊘ | F, SS, S, So2 | WG, S, Mu |
| Hatsu & Maki Set | 166 | 679 | 429 | 7.3 | 16.8 | 7.7 | 0.79 | 259 | ✔ | ⊘ | ⊘ | ⊘ | ⊘ | ✔ | F, S, WG | S, WG, Mu |
| Vegan Hatsu & Maki Set | 134 | 456 | 359 | 5.9 | 14.9 | 5.6 | 0.92 | 269 | ⊘ | ✔ | ✔ | ⊘ | ✔ | ✔ | S, WG | S, WG, Mu |

Please note condiments in this set are not calculated in nutritional value : see sauce & dressing page for information

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

Salad set boxes

| Product | Energy (Kcal) per100g | Energy (KJ) per100g | Energy (Kcal) per portion | Total Protein (g) per100g | Total Carbohydrate (g) per100g | Total Fat (g) per100g | Total Salt (g) per100g | Portion size (g) | Contains Raw Fish | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product | Allergens condiments only |
|---------------------|-----------------------|---------------------|---------------------------|---------------------------|--------------------------------|-----------------------|------------------------|------------------|-------------------|--------------------------|-------|--------------|------------------|-----------------|------------------------------|---------------------------|
| Chicken katsu salad | 176 | 772 | 609 | 9.0 | 18.2 | 7.5 | 0.80 | 346 | ∅ | ∅ | ∅ | Y | ∅ | Y | SS, S, WG | n/a |
| Chirashi bowl | 128 | 525 | 676 | 7.3 | 13.2 | 5.1 | 0.99 | 528 | Y | ∅ | ∅ | ∅ | Y | Y | F, C, S, E, SS, WG | WG, S, Mu |
| Salmon poké bowl | 147 | 599 | 552 | 5.4 | 19.4 | 5.3 | 0.87 | 375 | Y | ∅ | ∅ | Y | Y | Y | F, S, E, SS, WG, BG, Mu, So2 | BG, Mu, S, SS, WG, So2 |
| Tuna poké bowl | 140 | 570 | 526 | 5.3 | 20.3 | 4.2 | 0.95 | 375 | Y | ∅ | ∅ | Y | Y | Y | F, S, E, SS, WG, BG, Mu, So2 | BG, Mu, S, SS, WG, So2 |

Please note condiments in this set are not calculated in nutritional value : see sauce & dressing page for information

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (Tn), Peanut (Pn), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

Platter sets

| Product | Energy (Kcal) | Energy (KJ) | Total Protein(g) | Total Carbohydrate (g) | Total Fat (g) | Total Salt (g) | Portion size (g) | Contains Raw Fish | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product | Allergens condiments only |
|------------------------|---------------|-------------|------------------|------------------------|---------------|----------------|------------------|-------------------|--------------------------|-------|--------------|------------------|-----------------|--------------------|---------------------------|
| Salmon Matsuri platter | - | - | - | - | - | - | - | Y | N | N | N | N | Y | F, S, WG | WG, S, Mu |
| Tsudoi platter | - | - | - | - | - | - | - | Y | N | N | Y | N | Y | C, E, F, S, SS, WG | WG, S, Mu |

Sharing sets

| Product | Energy (Kcal) per100g | Energy (KJ) per100g | Energy (Kcal) per portion | Total Protein (g) per100g | Total Carbohydrate (g) per 100g | Total Fat (g) per100g | Total Salt (g) per100g | Portion size (g) | Contains Raw Fish | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product | Allergens condiments only |
|-----------|-----------------------|---------------------|---------------------------|---------------------------|---------------------------------|-----------------------|------------------------|------------------|-------------------|--------------------------|-------|--------------|------------------|-----------------|-------------------|---------------------------|
| Hyoto set | 162 | 663 | 1094 | 6.2 | 19.3 | 6.7 | 0.94 | 673 | Y | N | N | N | N | Y | C, F, S, E, WG | WG, S, Mu |

EDAMAME

DID YOU KNOW Edamame is rich in calcium, iron, zinc and vitamin B and considered a 'superfood'? Found in our salads and sushi sets, edamame is a versatile soybean served as part of your Wasabi meal or as a healthy snack. Go on and pop some pods!

NORI

Nori is naturally high in vitamins A, B & C, rich in zinc and iron and virtually fat free. Light and tasty, nori is found in most of our sushi offerings, creating healthy, wholesome delights.

Please note condiments in this set are not calculated in nutritional value : see sauce & dressing page for information

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

optional sauce & dressing

Sauce & dressing

| Product | Energy (kcal) per 100g | Energy (kJ) per 100g | Energy (kcal) per portion - pot/ sachet | Energy (kcal) per portion - for counter salad | Total Protein (g) per 100g | Total Carbohydrate (g) per 100g | Total Fat (g) per 100g | Total Salt (g) per 100g | Portion size (g) - pot/ sachet | Portion size (g) - for counter salad | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product |
|-------------------------|------------------------|----------------------|---|---|----------------------------|---------------------------------|------------------------|-------------------------|--------------------------------|--------------------------------------|--------------------------|-------|--------------|------------------|-----------------|------------------------|
| Sweet chilli mayo sauce | 222 | 889 | 89 | n/a | 0.4 | 33.4 | 9.7 | 2.38 | 40 | n/a | Y | Y | N | N | N | n/a |
| Sweet chilli sauce | 162 | 679 | 65 | 49 | 0.4 | 37.8 | 0.2 | 2.58 | 40 | 30 | Y | Y | N | N | N | n/a |
| Japanese dressing | 268 | 1121 | 107 | 80 | 2.5 | 22.0 | 19.0 | 4.4 | 40 | 30 | Y | Y | N | Y | Y | BG, S, Mu, WG |
| Teriyaki sauce | 230 | 962 | 92 | n/a | 4.0 | 56.0 | 0.0 | 1.72 | 40 | n/a | Y | Y | N | Y | Y | S, WG |
| Coconut dressing | 170 | 698 | 34 | n/a | 3.4 | 8.8 | 13.5 | 4.25 | 20 | n/a | Y | Y | Y | N | Y | S, WG, So2 |
| Poké dressing | 234 | 945 | 70 | n/a | 4.0 | 38.5 | 7.1 | 4.76 | 30 | n/a | Y | Y | Y | Y | Y | BG, Mu, S, SS, WG, So2 |

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (Tn), Peanut (Pn), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

optional sauce & dressing

Sauce & dressing

| Product | Energy (Kcal) per100g | Energy (KJ) per100g | Energy (Kcal) per portion - pot / sachet | Energy (Kcal) per portion - for counter salad | Total Protein (g) per100g | Total Carbohydrate (g) per100g | Total Fat (g) per100g | Total Salt (g) per100g | Portion size (g) - pot / sachet | Portion size (g) - for counter salad | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product |
|------------------------------|-----------------------|---------------------|--|---|---------------------------|--------------------------------|-----------------------|------------------------|---------------------------------|--------------------------------------|--------------------------|-------|--------------|------------------|-----------------|-------------------|
| Ginger sachet | 11 | 46 | 1 | n/a | 0.19 | 0.83 | 0.24 | 2.10 | 5 | n/a | Y | Y | N | N | N | n/a |
| Soy sauce sachet | 77 | 322 | 8 | n/a | 10.0 | 3.2 | 0.0 | 16.90 | 10 | n/a | Y | Y | N | N | Y | S, WG |
| Gluten free soy sauce sachet | 57 | 238 | 6 | n/a | 10.0 | 2.0 | 0.0 | 16.40 | 10 | n/a | Y | Y | N | N | N | S |
| Wasabi sachet | 256 | 1071 | 13 | n/a | 3.8 | 38.0 | 9.2 | 5.80 | 5 | n/a | Y | Y | N | N | N | Mu |

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (Tn), Peanut (Pn), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

Tom yum

| Product | Energy (Kcal) per 100g | Energy (kJ) per 100g | Energy (Kcal) per portion | Total Protein (g) per 100g | Total Carbohydrate (g) per 100g | Total Fat (g) per 100g | Total salt (g) per 100g | Portion size (g) without added water | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product |
|---------------|------------------------|----------------------|---------------------------|----------------------------|---------------------------------|------------------------|-------------------------|--------------------------------------|--------------------------|-------|--------------|------------------|-----------------|----------------------|
| Tofu tom yum | 109 | 458 | 483 | 3.8 | 10.8 | 5.4 | 1.15 | 443 | Y | Y | Y | Y | Y | SS, So2, S, WG |
| Prawn tom yum | 103 | 432 | 467 | 3.4 | 11.2 | 4.8 | 1.53 | 453 | N | N | Y | N | Y | C, F, S, SS, WG, So2 |

noodle soup スープヌードル

Miso

| Product | Energy (Kcal) per 100g | Energy (KJ) per 100g | Energy (Kcal) per portion | Total Protein (g) per 100g | Total Carbohydrate (g) per 100g | Total Fat (g) per 100g | Total salt (g) per 100g | Portion size (g) without added water | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product |
|-----------|------------------------|----------------------|---------------------------|----------------------------|---------------------------------|------------------------|-------------------------|--------------------------------------|--------------------------|-------|--------------|------------------|-----------------|-------------------|
| Miso soup | 16 | 66 | 8 | 0.5 | 1.2 | 1.0 | 0.76 | 53 | ∅ | ∅ | ∅ | ∅ | ∅ | F, S |

Bain marie / Hot cabinet

| Product | Energy (kcal) per 100g | Energy (kJ) per 100g | Energy (kcal) per portion standard | Energy (kcal) per portion large | Total Protein (g) per 100g | Total Carbohydrate (g) per 100g | Total Fat (g) per 100g | Total Salt (g) per 100g | Portion size (g) standard | Portion size (g) large | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product |
|-------------------------------------|------------------------|----------------------|------------------------------------|---------------------------------|----------------------------|---------------------------------|------------------------|-------------------------|---------------------------|------------------------|--------------------------|-------|--------------|------------------|-----------------|--------------------|
| Chicken curry bento | 149 | 625 | 851 | 1224 | 6.4 | 23.9 | 3.1 | 0.40 | 570 | 820 | ∅ | ∅ | ∅ | ∅ | ∅ | S, WG, So2* |
| Chicken curry yakisoba | 159 | 664 | 905 | 1302 | 8.9 | 16.4 | 6.4 | 0.63 | 570 | 820 | ∅ | ∅ | ∅ | ∅ | ∅ | BG, S, SS, So2, WG |
| Chicken katsu curry bento | 158 | 661 | 1121 | 1302 | 6.1 | 20.8 | 5.6 | 0.67 | 710 | 825 | ∅ | ∅ | ∅ | ∅ | ∅ | S, WG, So2* |
| Chicken katsu curry yakisoba | 180 | 754 | 1279 | 1485 | 8.1 | 14.7 | 8.3 | 0.80 | 710 | 825 | ∅ | ∅ | ∅ | ∅ | ∅ | BG, S, SS, So2, WG |
| Chicken katsu yakisoba bento | 158 | 660 | 716 | n/a | 9.6 | 16.7 | 5.8 | 1.14 | 455 | n/a | ∅ | ∅ | ∅ | ∅ | ∅ | BG, S, SS, So2, WG |
| Sweet chilli chicken bento | 150 | 609 | 931 | 1231 | 5.4 | 24.4 | 3.4 | 1.10 | 620 | 820 | ∅ | ∅ | ∅ | ∅ | ∅ | S, BG, WG, So2* |
| Sweet chilli chicken yakisoba | 181 | 737 | 1125 | 1488 | 7.0 | 29.4 | 4.0 | 1.38 | 620 | 820 | ∅ | ∅ | ∅ | ∅ | ∅ | BG, S, SS, So2, WG |
| Chi'king katsu curry bento | 129 | 527 | 825 | n/a | 3.5 | 15.6 | 5.9 | 1.42 | 638 | n/a | ∅ | ∅ | ∅ | ∅ | ∅ | S, WG, So2* |
| Chi'king katsu curry yakisoba bento | 160 | 651 | 1020 | n/a | 5.1 | 20.5 | 6.4 | 1.69 | 638 | n/a | ∅ | ∅ | ∅ | ∅ | ∅ | BG, S, SS, So2, WG |
| Chi'king katsu yakisoba bento | 205 | 833 | 960 | n/a | 7.6 | 31.5 | 5.4 | 1.92 | 468 | n/a | ∅ | ∅ | ∅ | ∅ | ∅ | BG, S, SS, So2, WG |

So2* – Only applicable to hot cabinet products. Hale salad contains So2

Bain marie / Hot cabinet

| Product | Energy (Kcal) per 100g | Energy (KJ) per 100g | Energy (Kcal) per portion standard | Energy (Kcal) per portion large | Total Protein (g) per 100g | Total Carbohydrate (g) per 100g | Total Fat (g) per 100g | Total Salt (g) per 100g | Portion size (g) standard | Portion size (g) large | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product |
|----------------------------------|------------------------|----------------------|------------------------------------|---------------------------------|----------------------------|---------------------------------|------------------------|-------------------------|---------------------------|------------------------|--------------------------|-------|--------------|------------------|-----------------|--------------------|
| Tofu curry bento | 166 | 693 | 944 | 1358 | 2.7 | 22.7 | 7.1 | 0.56 | 570 | 820 | Y | Y | Y | N | Y | S, WG, So2* |
| Tofu curry yakisoba | 175 | 733 | 998 | 1436 | 5.2 | 15.2 | 10.4 | 0.79 | 570 | 820 | Y | Y | Y | Y | Y | BG, S, SS, So2, WG |
| Chicken yakisoba | 142 | 594 | 639 | 781 | 7.9 | 16.9 | 4.7 | 0.93 | 450 | 550 | N | N | Y | Y | Y | BG, S, SS, So2, WG |
| Tofu yakisoba | 244 | 994 | 1098 | 1342 | 9.3 | 33.3 | 8.3 | 1.51 | 450 | 550 | Y | Y | Y | Y | Y | SS, S, WG, BG, So2 |
| Plain yakisoba | 183 | 766 | 824 | 1007 | 7.4 | 21.8 | 7.3 | 0.61 | 450 | 550 | Y | Y | Y | Y | Y | BG, S, SS, So2, WG |
| Chicken teriyaki bento | 117 | 477 | 748 | 958 | 5.7 | 14.8 | 3.9 | 1.00 | 640 | 820 | N | N | Y | Y | Y | S, SS, So2, WG |
| Chicken teriyaki yakisoba | 164 | 669 | 1047 | 1341 | 7.2 | 18.6 | 6.7 | 1.08 | 640 | 820 | N | N | Y | Y | Y | WG, S, SS, So2, BG |
| Hale salad | 235 | 962 | 47 | - | 1.4 | 7.7 | 22.0 | 0.47 | 20 | - | Y | Y | Y | N | N | S, So2 |
| Soy & garlic H-Wings (5 pieces) | 245 | 1024 | 502 | - | 21.4 | 9.2 | 13.5 | 0.90 | 205 | - | N | N | Y | N | Y | WG, S, F |
| Sweet & spicy H-Wings (5 pieces) | 236 | 987 | 542 | - | 18.5 | 14.0 | 11.7 | 1.40 | 230 | - | N | N | Y | Y | Y | WG, S |
| Korean BBQ chicken noodle bowl | 167 | 684 | 606 | - | 7.3 | 17.9 | 7.4 | 1.1 | 362 | - | N | N | Y | Y | Y | S, SS, WG, SO2 |
| Coconut salmon noodle bowl | 182 | 744 | 668 | - | 7.5 | 17.1 | 9.3 | 1.16 | 367 | - | N | N | Y | N | Y | F, S, SS, WG, SO2 |
| Veg gyoza noodle bowl | 172 | 702 | 624 | - | 5.0 | 21.9 | 7.2 | 1.13 | 362 | - | Y | Y | Y | N | Y | S, SS, WG, SO2 |

So2* – Only applicable to hot cabinet products. Hale salad contains So2

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (PN), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

Hot items

| Product | Energy (Hcal) per 100g | Energy (HJ) per 100g | Energy (Hcal) per portion - bain marie branches | Energy (Hcal) per portion - hot cabinet branches | Total Protein (g) per 100g | Total Carbohydrate (g) per 100g | Total Fat (g) per 100g | Total Salt (g) per 100g | Portion size (g) - Bain Marie Branches | Portion size (g) - Hot Cabinet Branches | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product |
|---|------------------------|----------------------|---|--|----------------------------|---------------------------------|------------------------|-------------------------|--|---|--------------------------|-------|--------------|------------------|-----------------|-------------------|
| Chicken katsu with teriyaki sauce | 236 | 987 | 199 | 399 | 18.7 | 13.3 | 12.0 | 0.78 | 78 | 170 | ∅ | ∅ | ∅ | ∅ | ∅ | WG, S |

| Product | Energy (Hcal) per 100g | Energy (HJ) per 100g | Energy (Hcal) per portion - bain marie branches | Energy (Hcal) per portion - hot cabinet branches | Total Protein (g) per 100g | Total Carbohydrate (g) per 100g | Total Fat (g) per 100g | Total Salt (g) per 100g | Portion size (g) - Bain Marie Branches | Portion size (g) - Hot Cabinet Branches | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product |
|----------------------------|------------------------|----------------------|---|--|----------------------------|---------------------------------|------------------------|-------------------------|--|---|--------------------------|-------|--------------|------------------|-----------------|-------------------|
| Hot chicken gyoza | 249 | 1042 | 125 | 125 | 10.6 | 26.7 | 11.1 | 1.04 | 90 | 90 | ∅ | ∅ | ∅ | ∅ | ∅ | S, SS, WG |
| Hot vegetable gyoza | 182 | 742 | 164 | 164 | 4.5 | 23.1 | 8.0 | 1.06 | 90 | 90 | ∅ | ∅ | ∅ | ∅ | ∅ | S, WG |

| Product | Energy (Hcal) per 100g | Energy (HJ) per 100g | Energy (Hcal) per portion | Total Protein (g) per 100g | Total Carbohydrate (g) per 100g | Total Fat (g) per 100g | Total Salt (g) per 100g | Portion size (g) | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product |
|--|------------------------|----------------------|---------------------------|----------------------------|---------------------------------|------------------------|-------------------------|------------------|--------------------------|-------|--------------|------------------|-----------------|-------------------|
| Chi'Hing katsu (1pc) with teriyaki sauce | 194 | 807 | 151 | 14.1 | 10.5 | 9.1 | 1.34 | 78 | ∅ | ∅ | ∅ | ∅ | ∅ | WG, S |

| Product | Energy (Kcal) per 100g | Energy (KJ) per 100g | Energy (Kcal) per portion - bain marie branches | Energy (Kcal) per portion - hot cabinet branches | Total Protein (g) per 100g | Total Carbohydrate (g) per 100g | Total Fat (g) per 100g | Total Salt (g) per 100g | Portion size (g) - Bain Marie Branches | Portion size (g) - Hot Cabinet Branches | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product |
|-----------------|------------------------|----------------------|---|--|----------------------------|---------------------------------|------------------------|-------------------------|--|---|--------------------------|-------|--------------|------------------|-----------------|-------------------|
| Chicken gyoza | 173 | 724 | 69 | 173 | 6.8 | 25.0 | 4.6 | 0.77 | 40 | 100 | ∅ | ∅ | ∅ | ∅ | ∅ | S, SS, WG |
| Vegetable gyoza | 167 | 699 | 67 | 167 | 5.4 | 30.0 | 2.3 | 0.98 | 40 | 100 | ∅ | ∅ | ∅ | ∅ | ∅ | S, WG |

Allergens key: Barley Gluten (BG), Celery & celeriac (Cel), Crustaceans (C), Egg (E), Fish (all species of fish) (F), Lupin (L), Milk (Mi), Mollusc (Mo), Mustard (Mu), Tree nuts (TN), Peanut (Pn), Sesame Seeds (SS), Soya (S), Sulphur Dioxide/Sulphite (So2), Wheat gluten (WG)

* sauces based on 30g

Potto salad pots

| Product | Energy (Kcal) per 100g | Energy (kJ) per 100g | Energy (Kcal) per portion | Total Protein (g) per 100g | Total Carbohydrate (g) per 100g | Total Fat (g) per 100g | Total Salt (g) per 100g | Portion size (g) | Contains raw fish (Y/N) | Suitable for Vegetarians | Vegan | Contains MSG | Contains Alcohol | Contains Gluten | Allergens product |
|-----------------------|------------------------|----------------------|---------------------------|----------------------------|---------------------------------|------------------------|-------------------------|------------------|-------------------------|--------------------------|-------|--------------|------------------|-----------------|------------------------------|
| Chirashi potto | 161 | 651 | 434 | 4.1 | 24.0 | 5.3 | 1.29 | 271 | Y | N | N | Y | Y | Y | SS, S, WG, BG, Mu, F, E, So2 |
| Salmon teriyaki potto | 148 | 604 | 341 | 5.5 | 20.9 | 4.8 | 1.17 | 230 | N | N | N | N | Y | Y | F, S, WG, SS |
| Edamame potto | 101 | 423 | 154 | 7.8 | 9.9 | 3.4 | 2.10 | 152 | N | Y | Y | N | N | N | S |