



YDI!

allergen & nutritional information

takeaway menu
september 2024

Core Takeaway Restaurant Menu

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

Sashimi & Salad

Classic Edamame											✓	✓															
Kaiso Seaweed	✓	✓									✓	✓											✓	✓			
Salmon Sashimi							✓	✓			✓	✓															
Tuna Sashimi							✓	✓			✓	✓															

Dessert

Apple Pie Gyoza	✓	✓			M						M	✓													M		
Banoffee Chocolate Harumaki	✓	✓			M						✓	✓													✓		
Chocolate Mochi											✓	✓	✓														
Cotton Candy Cheesecake	✓	✓								✓	✓	✓															
Custard Dorayaki Pancake	✓	✓								✓	✓	✓															
Strawberry Mochi											✓	✓	✓														
Yuzu & Lemon Doughnut	✓	✓								✓	✓	✓															

Hot Food

Beef Teriyaki	✓	✓					M	M	M	✓	✓	M												M	✓		
Chicken Katsu Curry	✓	✓					M	M	M	M	✓	M												M	M		
Chicken Teriyaki	✓	✓									✓	✓													✓	✓	
Chicken Tsukune	✓	✓					M	M	M	✓	✓	M												✓	✓	✓	
Chicken Yakitori	✓	✓					M	M	M	M	✓	M												M	✓	✓	
'Duck' Teriyaki	✓	✓			✓						✓	M													✓	✓	

Core Takeaway Restaurant Menu

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

Japanese Fried Chicken	✓	✓					M	M	M	✓	✓	M												M	M			
Korean Fried Chicken	✓	✓					M	M	M	M	✓	✓	M												M	M		
Mighty Duck Fries	✓	✓			M					✓	✓	✓	M											✓	✓	✓		
Mighty Mock 'Duck' Fries	✓	✓			✓						✓	✓	M											✓	✓	✓		
Popcorn Shrimp	✓	✓					M	✓	M	✓	✓	M												M	M			
Prawn Katsu Curry	✓	✓					M	✓	M	M	✓	M												M	M			
Prawn Katsu	✓	✓					M	✓	M	M	✓	M												M	M			
Pumpkin Katsu Curry	✓	✓			M						✓	M													M			
Pumpkin Katsu	✓	✓			M						✓	M													M			
Spicy Pepper Squid	M	M					✓	M	✓	M	✓	M												✓	✓			
YO! Fries	M	M			M							M	M												✓	✓		
YO! Fries Plain	M	M			M							M	M													M		

Yakisoba & Fried Rice

Chicken Firecracker Rice Large	✓	✓									✓													✓		
Chicken Firecracker Rice	✓	✓									✓													✓		
Chicken Yakisoba Large	✓	✓									✓													✓		
Chicken Yakisoba	✓	✓									✓													✓		
Hoisin 'Duck' Firecracker Rice Large	✓	✓			✓						✓													✓		
Hoisin 'Duck' Firecracker Rice	✓	✓			✓						✓													✓		
Hoisin Mock 'Duck' Yakisoba Large	✓	✓			✓						✓													✓		
Hoisin Mock 'Duck' Yakisoba	✓	✓			✓						✓													✓		

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	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				
Salmon Firecracker Rice Large	✓	✓					✓				✓															✓	✓			
Salmon Firecracker Rice	✓	✓					✓				✓																✓	✓		
Salmon Yakisoba Large	✓	✓					✓				✓															✓	✓			
Salmon Yakisoba	✓	✓					✓				✓															✓	✓			
Vegetable Yakisoba Large	✓	✓									✓															✓	✓			
Vegetable Yakisoba	✓	✓									✓															✓	✓			
Veggie Firecracker Rice Large	✓	✓									✓															✓	✓			
Veggie Firecracker Rice	✓	✓									✓															✓	✓			
Large Bowl																														
Chicken Katsu Curry Large	✓	✓						M	M	M	M	✓	M														M	M		
Korean Fried Chicken Rice Bowl Large	✓	✓						M	M	M	M	✓	M														M	✓		
Prawn Katsu Curry Large	✓	✓						M	✓	M	M	✓	M														M	M		
Pumpkin Katsu Curry Large	✓	✓					M					✓	M														M			
Teriyaki Beef Large	✓	✓						M	M	M	✓	✓	M														M	✓		
Teriyaki Chicken Large	✓	✓										✓															✓	✓		
Teriyaki 'duck' Large	✓	✓					✓					✓	M														✓	✓		
Gyoza																														
Chicken Gyoza 5pc	✓	✓						M	M	M	M	✓	M														M	✓		
Mega Korean Gyoza Chicken	✓	✓						M	M	M	✓	✓	M														✓	✓	✓	
Mega Korean Gyoza vegetable	✓	✓					M					✓	M													✓	✓	✓		
Mega Teriyaki Gyoza Chicken	✓	✓						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)
Apple Pie Gyoza	162.1	686.6	1.8	0.4	0.6	0.3	33.2	1.1	14.9	2.8	1.5	29.3
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
Banoffee Chocolate Harumaki	241.5	1022.8	3.0	0.7	0.7	0.3	56.9	1.4	38.0	4.8	2.3	110.6
Beef Teriyaki	324.2	1348.7	21.7	4.1	7.6	8.7	19.4	10.0	7.3	13.5	1.3	374.0
Chicken Firecracker Rice Large	875.2	3650.8	28.1	4.3	4.6	11.5	120.3	0.1	7.7	36.6	5.6	1513.0
Chicken Firecracker Rice	437.6	1825.4	14.0	2.1	2.3	5.8	60.2	0.0	3.9	18.3	2.8	756.5
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 Katsu Curry	537.3	2246.2	20.1	7.8	3.0	1.5	72.2	0.0	3.0	16.6	2.8	789.5
Chicken Katsu Curry Large	886.1	3703.2	36.4	13.3	5.9	2.9	108.2	0.0	4.0	30.4	4.8	1182.8
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	190.5	798.3	7.2	1.9	0.0	0.1	12.7	1.3	7.4	19.8	0.5	799.5
Chicken Tsukune	401.2	1669.1	27.4	8.1	0.6	0.3	8.1	0.6	6.4	2.6	29.2	289.8
Chicken Yakisoba Large	714.3	2995.0	26.3	4.0	5.2	13.5	83.6	40.6	38.7	35.8	5.4	3590.9
Chicken Yakisoba	290.7	1218.9	10.7	1.6	2.1	5.5	34.0	16.5	15.7	14.6	2.2	1461.3
Chicken Yakitori	227.2	942.0	12.3	1.9	2.3	1.1	10.6	0.6	9.1	18.7	0.8	797.7
Chocolate Mochi	256.1	1072.8	9.8	6.1	0.1	0.0	37.2	0.2	23.2	3.0	0.1	205.2
Classic Catch	466.2	1946.8	14.9	1.9	0.7	0.4	57.5	0.0	7.6	26.0	1.4	733.8
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
Cotton Candy Cheesecake	318.6	1331.5	19.5	11.9	0.1	0.1	27.3	0.0	20.8	7.5	0.2	1.9
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
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
Custard Dorayaki Pancake	174.1	733.8	1.8	0.8	0.0	0.0	36.7	0.0	19.2	2.3	0.0	1.3
'Duck' Teriyaki	197.8	874.5	5.5	0.7	0.6	0.4	15.6	1.3	7.8	21.8	1.4	585.1
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
Hoisin 'Duck' Firecracker Rice Large	910.6	3829.4	30.1	4.3	4.6	11.5	131.4	1.1	14.3	29.3	5.9	1729.4
Hoisin 'Duck' Firecracker Rice	455.3	1914.7	15.0	2.2	2.3	5.8	65.7	0.6	7.1	14.6	2.9	864.7
Hoisin Duck Roll 8pc	323.8	1359.1	2.8	1.2	0.0	0.0	63.0	0.6	17.7	11.8	1.4	786.0
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
Hoisin Mock 'Duck' Yakisoba Large	749.8	3173.6	28.3	4.1	5.2	13.5	94.6	41.6	45.3	28.5	5.8	3807.3

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' Yakisoba	374.9	1586.8	14.2	2.0	2.6	6.8	47.3	20.8	22.6	14.3	2.9	1903.6
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 Fried Chicken	344.4	1435.2	21.3	5.9	3.0	1.5	18.3	0.0	0.6	19.8	2.4	711.0
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
Korean Fried Chicken	380.5	1599.0	13.2	5.2	3.0	1.5	44.7	0.0	21.1	19.6	2.4	798.8
Korean Fried Chicken Rice Bowl Large	1050.7	4413.5	22.2	10.3	3.0	1.5	164.2	0.0	42.3	44.9	5.6	1469.2
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
Mega Korean Gyoza Chicken	228.1	949.6	15.4	1.6	3.1	1.5	16.9	0.0	4.4	5.0	1.6	438.5
Mega Korean Gyoza vegetable	168.3	705.0	6.6	0.7	0.7	0.4	22.4	0.0	5.2	4.2	1.2	360.9
Mega Teriyaki Gyoza Chicken	223.0	928.4	15.1	1.5	3.0	1.5	16.5	0.7	4.2	5.0	1.5	510.2
Mega Teriyaki Gyoza Vegetable	163.3	683.8	6.3	0.7	0.6	0.3	22.0	0.7	5.0	4.2	1.1	432.6
Mighty Duck Fries	325.7	1361.6	17.3	1.6	2.5	1.3	32.7	0.5	6.2	9.3	0.2	762.4
Mighty Mock 'Duck' Fries	316.6	1337.3	15.3	1.4	2.5	1.3	34.4	0.5	6.7	9.3	0.4	740.8
Miso Soup	52.5	220.0	1.2	0.2	0.0	0.0	6.7	0.0	3.0	2.7	0.0	1094.1
Monster Maki	164.6	686.3	5.5	0.7	0.9	0.2	24.4	0.0	3.3	4.5	1.2	366.9
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
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
Popcorn Shrimp	336.6	1402.7	20.5	1.7	3.0	1.5	20.8	0.0	10.8	13.4	0.6	729.9
Prawn Katsu Curry Large	663.6	2770.5	17.8	5.2	5.9	2.9	110.8	0.0	3.4	15.7	3.8	1388.8
Prawn Katsu Curry	441.0	1842.1	10.9	3.8	3.0	1.5	76.0	0.0	2.7	10.2	2.5	967.5
Prawn Katsu	152.1	632.9	6.0	0.8	3.0	1.5	18.8	0.0	3.2	5.9	1.6	736.0
Pumpkin Katsu Curry	430.4	1797.6	10.3	3.4	2.9	1.4	78.4	0.0	8.5	6.5	2.1	594.5
Pumpkin Katsu Curry Large	603.4	2518.8	15.1	4.1	5.1	2.5	108.5	0.0	13.5	9.2	3.1	716.5
Pumpkin Katsu	154.6	638.9	5.6	0.5	3.0	1.5	23.6	0.0	9.2	2.5	1.3	422.4
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
Salmon Firecracker Rice Large	955.2	3974.8	41.7	5.7	4.6	11.5	119.9	0.1	7.3	26.0	5.2	1356.2
Salmon Firecracker Rice	477.8	1988.4	20.8	2.8	2.3	5.8	60.0	0.0	3.7	13.0	2.6	678.2

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)
Salmon Sashimi	176.7	733.9	13.9	1.7	0.0	0.1	0.8	0.0	0.5	12.1	0.2	89.2
Salmon Yakisoba Large	794.3	3319.0	39.9	5.4	5.2	13.5	83.2	40.6	38.3	25.3	5.0	3434.1
Salmon Yakisoba	323.2	1350.7	16.2	2.2	2.1	5.5	33.9	16.5	15.6	10.3	2.1	1397.5
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
Spicy Pepper Squid	192.6	805.4	6.4	0.8	3.0	1.5	15.1	0.0	6.8	16.8	0.7	825.3
Spicy Tuna Roll 8pc	639.1	2721.4	14.5	2.7	2.8	0.8	107.0	0.1	27.0	15.6	4.0	1965.0
Steamed Rice	301.7	1262.6	0.3	0.0	0.0	0.0	69.9	0.0	0.3	4.9	0.8	0.0
Strawberry Mochi	193.7	816.3	5.1	3.1	0.0	0.0	35.1	0.0	22.7	1.6	0.0	75.0
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	1093.0	4558.8	37.9	5.1	4.8	1.9	152.7	0.7	22.2	36.4	4.2	2255.7
Teriyaki Beef Large	967.2	4031.0	43.4	8.1	15.2	17.2	112.2	20.0	14.0	32.0	3.0	602.5
Teriyaki Chicken Large	699.7	2930.2	14.4	3.7	0.0	0.0	99.0	2.5	14.3	44.6	1.4	1453.4
Teriyaki 'duck' Large	705.5	3045.6	9.9	1.2	0.6	0.3	104.7	2.5	15.1	48.6	3.2	1024.6
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
Tuna Sashimi	88.2	372.4	1.2	0.3	0.2	0.6	0.9	0.0	0.6	19.6	0.5	77.2
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 Large	597.1	2499.4	24.7	3.5	5.1	13.2	81.2	39.6	37.4	12.3	4.9	3313.5
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 Firecracker Rice Large	772.8	3217.2	27.0	3.9	4.6	11.5	119.9	0.1	7.3	13.4	5.2	1317.8
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
Veggie Volcano Roll 8pc	447.3	1861.7	20.5	5.4	9.7	1.8	59.3	0.0	11.9	6.1	5.5	583.8
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	320.6	1336.0	19.2	1.7	3.0	1.5	32.8	0.0	2.1	3.1	0.0	718.1
YO! Fries Plain	250.2	1046.4	12.2	1.2	3.0	1.5	31.2	0.0	1.0	3.0	0.0	463.2
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! Top Hits	642.5	2678.5	24.6	3.9	3.3	0.7	86.4	0.3	12.8	19.5	2.9	1158.4
Yuzu & Lemon Doughnut	318.8	1333.1	12.6	6.6	3.4	2.0	47.0	20.2	24.1	3.7	1.1	252.9
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
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
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
Yuzu Shu Cream Puff	428.0	1783.2	29.3	19.8	4.5	1.0	32.8	2.3	21.7	8.3	0.8	177.3