

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	203.5	855.4	6.5	1.2	3.0	0.6	32.6	0.0	4.4	1.4	1.8	385.9
Cherry Dough.chi	209.3	875.0	9.7	5.4	0.0	0.0	27.0	0.0	14.8	2.5	1.3	74.7
Chocolate Dough.chi	215.2	904.8	7.8	3.9	0.0	0.0	33.6	0.0	19.4	1.6	2.1	80.4
Chocolate Mochi	206.9	865.5	6.2	3.7	0.0	0.0	33.5	0.0	8.6	2.3	0.1	244.4
Crunchy California Roll 3pc	285.4	1190.7	17.1	2.4	1.0	0.2	27.8	0.7	6.5	2.9	0.8	500.1
Crunchy California Roll 6pc	570.7	2381.4	34.3	4.8	2.0	0.4	55.5	1.4	13.1	5.7	1.5	1000.3
Crunchy Prawn Roll 4pc	174.9	735.6	3.9	0.5	1.2	0.3	29.9	0.0	3.2	3.0	1.0	387.9
Crunchy Prawn Roll 8pc	349.8	1471.2	7.9	1.1	2.4	0.6	59.8	0.0	6.4	6.1	2.0	775.8
Cucumber Maki	149.6	633.4	0.5	0.1	0.0	0.0	32.5	0.0	4.6	1.2	0.9	374.1
Dorayaki Pancake	130.0	543.9	1.7	0.6	0.0	0.0	26.0	0.0	15.2	2.1	0.0	2.6
Dynamite Roll 4pc	238.1	992.6	12.0	1.8	1.2	0.2	27.0	0.0	4.6	3.8	1.0	478.1
Dynamite Roll 8pc	476.2	1985.2	23.9	3.7	2.5	0.5	54.1	0.0	9.2	7.6	2.0	956.1
Edamame	134.5	562.7	6.1	0.8	0.0	0.0	9.0	0.0	0.1	11.5	0.0	395.1
Hoisin Duck Roll 3pc	147.7	625.1	1.5	0.6	0.0	0.0	27.5	0.3	8.5	4.6	0.5	390.4
Hoisin Duck Roll 6pc	295.4	1250.2	2.9	1.3	0.0	0.0	55.0	0.5	17.1	9.3	1.0	780.8
Hoisin Mock 'Duck' Roll 3pc	158.1	675.8	2.1	0.7	0.0	0.0	28.5	0.3	8.8	4.7	0.7	385.1
Hoisin Mock 'Duck' Roll 6pc	316.1	1351.6	4.2	1.4	0.0	0.0	57.0	0.5	17.6	9.5	1.4	770.2
Inari Taco	169.7	712.5	6.7	1.2	0.5	0.1	23.0	0.0	10.5	3.4	0.4	324.0
Kaiso Seaweed	141.5	494.6	5.1	0.2	0.0	0.1	14.8	0.1	8.1	3.4	1.1	710.8
Mixed Maki Plate	202.2	851.2	5.7	1.0	1.5	0.3	32.3	0.0	4.3	3.1	1.3	385.6
Salmon Dragon Roll 4pc	228.0	954.7	10.7	1.3	1.2	0.2	26.1	0.0	3.6	5.2	0.8	314.8
Salmon Dragon Roll 8pc	456.0	1909.5	21.3	2.5	2.3	0.4	52.1	0.0	7.2	10.5	1.7	629.5
Salmon Maki	201.0	847.0	4.9	0.7	0.0	0.0	32.0	0.0	4.2	4.8	0.7	385.4
Salmon Nigiri	108.3	455.4	3.8	0.5	0.0	0.0	14.2	0.0	1.9	3.3	0.1	176.1
Salmon Ponzu Salsa	128.0	519.4	9.2	1.1	0.0	0.0	2.0	0.0	1.0	8.6	0.2	358.3
Salmon Sashimi	140.8	584.7	11.1	1.3	0.0	0.1	0.6	0.0	0.3	9.7	0.2	81.3
Spicy Chicken Katsu Roll 3pc	147.1	620.4	2.3	0.9	0.1	0.1	26.6	0.0	5.1	3.6	0.4	533.0
Spicy Chicken Katsu Roll 6pc	294.3	1240.9	4.6	1.8	0.3	0.2	53.1	0.0	10.2	7.3	0.9	1065.9
Spicy Tuna Roll 4pc	158.3	664.6	1.6	0.2	0.0	0.1	29.0	-	5.9	5.1	0.7	640.6
Spicy Tuna Roll 8pc	316.5	1329.2	3.1	0.5	0.1	0.3	58.0	-	11.8	10.2	1.5	1281.2

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Strawberry Cheesecake Mochi	187.7	785.2	5.4	3.1	0.0	0.0	33.0	0.0	21.7	0.1	0.1	69.7
Tuna & Avocado Tartare	140.7	578.0	8.6	2.4	3.7	0.9	3.4	-	0.8	11.9	1.5	256.7
Tuna Sashimi	70.0	295.5	0.5	0.1	0.1	0.3	0.6	0.0	0.3	15.7	0.5	71.7
Tuna Tataki	91.0	382.5	2.3	0.4	0.5	1.3	2.2	0.0	0.7	15.4	0.3	409.1
Veggie Volcano Roll 4pc	228.4	952.5	10.5	2.7	4.8	0.9	29.7	0.0	6.1	1.9	2.5	333.0
Veggie Volcano Roll 8pc	456.8	1904.9	21.0	5.5	9.7	1.8	59.5	0.0	12.3	3.7	5.0	666.0
Yasai Roll 3pc	169.7	720.4	5.2	0.7	0.7	0.2	27.4	0.4	7.2	1.8	0.9	429.8
Yasai Roll 6pc	339.4	1440.9	10.5	1.5	1.4	0.3	54.8	0.7	14.4	3.7	1.9	859.7
YO! Roll 4pc	197.5	829.1	7.6	1.1	1.2	0.2	25.2	0.0	4.3	5.4	0.9	444.7
YO! Roll 8pc	395.0	1658.2	15.1	2.2	2.4	0.4	50.3	0.0	8.6	10.7	1.7	889.3
Dynamite Salmon Poké	371.0	1450.6	26.9	3.4	3.6	0.7	16.0	0.9	4.4	13.3	3.7	592.4
Extra Avocado	57.0	235.2	5.9	1.2	3.6	0.7	0.6	0.0	0.2	0.6	1.4	1.8
Extra Dynamite Salmon	125.9	524.0	11.0	1.3	0.0	0.0	0.1	0.0	0.1	6.8	0.1	20.7
Extra Hoisin Mock 'duck'	87.1	386.7	1.9	0.3	0.0	0.0	7.1	0.6	4.3	9.9	0.5	257.1
Extra Spicy Tuna	64.1	270.2	2.1	0.3	0.1	0.3	1.1	-	1.1	10.3	0.3	154.5
Extra Sriracha Chicken	56.0	236.8	0.9	0.3	0.0	0.0	1.3	0.0	1.3	11.0	0.0	257.8
Hoisin Mock 'Duck' Poké	332.4	1314.2	17.8	2.4	3.6	0.7	23.0	1.6	8.6	16.4	4.1	828.8
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
Poke Dressing	71.2	297.9	0.7	0.2	0.0	0.0	11.1	0.0	11.0	3.4	0.1	824.4
Poké Half & Half Base	174.8	741.9	0.4	0.1	0.0	0.1	38.7	0.0	0.5	1.2	1.0	35.0
Poké Rice Base	337.1	1432.4	0.4	0.1	0.0	0.0	76.6	0.0	0.2	1.0	0.6	0.0
Poké Spinach Base	12.5	51.5	0.4	0.1	0.1	0.3	0.8	0.1	0.8	1.4	1.4	70.0
Spicy Tuna Poké	309.2	1196.8	18.0	2.4	3.7	1.0	17.0	-	5.4	16.8	3.9	726.1
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
Sriracha Chicken Poké	301.1	1163.4	16.8	2.4	3.6	0.7	17.1	0.9	5.6	17.4	3.6	829.5
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
Sweet Chilli	108.5	461.5	0.1	0.0	0.0	0.0	26.7	0.0	22.3	0.2	0.0	144.0
Zingy Lemon & Chilli	70.5	298.0	0.1	0.0	0.0	0.0	15.8	0.0	15.4	0.9	0.1	550.5

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Beef Teriyaki	330.9	1376.6	22.2	4.0	7.6	8.7	19.2	10.0	7.4	13.4	1.2	423.5
Chicken Fried Rice	417.4	1757.1	12.5	2.0	2.3	5.7	58.7	0.0	3.2	13.2	1.3	716.0
Chicken Gyoza 5 Piece	205.9	830.9	9.4	1.5	3.0	1.5	18.9	0.0	0.1	9.9	0.0	987.0
Chicken Gyoza	140.0	568.9	7.7	1.1	3.0	1.5	11.2	0.0	0.0	5.9	0.0	528.5
Chicken Gyoza Kids Bento	542.8	2282.9	14.3	2.5	2.3	1.2	80.9	0.0	6.6	18.8	2.2	910.4
Chicken Katsu Curry	517.3	2177.7	17.2	6.6	3.0	1.5	73.4	0.0	2.7	13.5	1.0	725.3
Chicken Katsu Curry Large	845.8	3556.3	30.6	10.9	5.9	2.9	111.4	0.0	3.4	26.0	1.3	1031.4
Chicken Katsu Kids Bento	620.0	2606.8	18.9	5.0	2.3	1.2	83.6	0.0	6.7	25.4	2.2	889.2
Chicken Katsu	226.6	945.7	12.3	3.6	3.0	1.5	17.1	0.0	2.8	12.4	0.3	508.8
Chicken Teriyaki Kids Bento	560.8	2358.7	16.0	3.0	2.0	1.5	75.0	0.6	9.7	25.3	2.3	1092.2
Chicken Teriyaki	197.1	826.2	7.7	1.9	0.0	0.1	12.6	1.3	7.6	19.7	0.4	839.3
Chicken Yakisoba	318.9	1337.2	12.8	2.0	2.5	6.5	35.1	19.2	14.2	15.1	1.9	1436.8
Curry Sauce Dip	26.4	110.5	1.8	1.1	0.0	0.0	2.3	0.0	0.9	0.3	0.2	176.0
Japanese Fried Chicken	384.4	1600.1	26.4	3.0	3.0	1.5	23.5	0.0	1.5	15.9	0.3	748.0
Katsu Sauce Dip	34.8	145.6	0.0	0.0	0.0	0.0	8.6	0.0	7.1	0.1	0.1	750.0
Korean Fried Chicken	414.6	1738.9	18.2	2.4	2.9	1.5	49.2	0.0	23.3	15.7	0.3	826.5
Korean Fried Chicken Rice Bowl Large	1126.4	4746.2	32.4	4.7	3.0	1.5	172.7	0.0	47.0	32.8	1.0	1535.1
Mayonnaise Dip	214.5	882.6	23.8	1.7	0.0	0.0	0.5	0.0	0.0	0.2	0.0	156.0
Meatless Farm Chick'n Katsu Curry Large	977.0	4099.7	41.2	6.7	5.9	2.9	117.3	0.0	4.7	25.5	1.3	1489.0
Meatless Farm Chick'n Katsu Curry	582.9	2449.4	22.5	4.5	3.0	1.5	76.4	0.0	3.3	13.2	1.0	954.1
Meatless Farm Chick'n Katsu	292.0	1212.1	17.5	1.5	3.0	1.5	19.9	0.0	3.4	12.1	0.3	778.0
Mega Korean Gyoza Chicken	232.4	964.9	16.3	1.9	3.1	1.5	15.7	0.0	3.3	5.9	0.2	359.1
Mega Korean Gyoza Prawn	240.8	1002.8	16.6	1.4	3.1	1.5	18.1	0.0	5.0	4.2	1.1	321.9
Mega Korean Gyoza vegetable	193.0	805.8	10.6	1.0	3.1	1.5	20.7	0.0	5.7	3.3	0.9	373.9
Mega Teriyaki Gyoza Chicken	228.1	947.3	16.0	1.8	3.0	1.5	15.2	0.7	3.2	6.0	0.1	431.3
Mega Teriyaki Gyoza Prawn	236.5	985.2	16.3	1.4	3.0	1.5	17.6	0.7	5.0	4.2	1.0	394.1

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Mega Teriyaki Gyoza Vegetable	188.7	788.2	10.3	1.0	3.0	1.5	20.2	0.7	5.7	3.4	0.8	446.1
Mighty Duck Fries	326.0	1363.1	17.2	1.6	2.5	1.3	32.7	0.5	6.1	9.2	0.2	728.1
Mighty Mock 'Duck' Fries	316.9	1338.9	15.2	1.4	2.5	1.3	34.4	0.5	6.6	9.3	0.5	706.5
Miso Soup	53.2	222.6	1.3	0.2	0.0	0.0	7.4	0.0	3.2	2.3	0.1	1052.7
Prawn Gyoza 5 Piece	219.9	894.0	9.9	0.8	3.0	1.5	23.0	0.0	3.0	7.0	1.5	925.0
Prawn Gyoza	148.4	606.8	8.0	0.6	3.0	1.5	13.7	0.0	1.8	4.1	0.9	491.3
Prawn Katsu Curry Large	704.2	2961.8	19.1	4.4	5.9	2.9	112.8	0.0	3.3	13.3	2.2	1108.6
Prawn Katsu Curry	465.3	1959.1	11.7	3.3	3.0	1.5	77.0	0.0	2.6	8.3	1.5	809.4
Prawn Katsu Kids Bento	529.1	2225.6	12.8	1.8	2.3	1.2	81.3	0.0	6.4	17.9	2.5	882.2
Prawn Katsu	174.6	727.0	6.8	0.4	3.0	1.5	20.6	0.0	2.7	7.2	0.8	592.9
Pumpkin Katsu Curry	430.0	1811.1	11.5	3.8	2.9	1.4	73.2	0.0	2.5	4.4	0.9	707.1
Pumpkin Katsu Curry Large	602.5	2534.3	17.2	4.8	5.1	2.5	99.7	0.0	2.8	7.0	1.1	897.1
Pumpkin Katsu Kids Bento	545.1	2292.7	13.5	2.3	2.3	1.2	85.5	0.0	6.4	16.4	2.2	893.4
Pumpkin Katsu	152.8	631.6	6.8	0.9	3.0	1.5	19.0	0.0	2.7	3.5	0.3	553.6
Salmon Fried Rice	471.2	1977.2	19.9	2.7	2.3	5.7	58.3	0.0	3.1	10.3	1.3	657.4
Spicy Seafood Ramen	414.4	1745.7	13.2	2.2	2.2	2.2	46.6	35.7	7.5	25.9	2.5	3280.7
Steamed Rice	303.4	1289.1	0.3	0.1	0.0	0.0	68.9	0.0	0.2	0.9	0.5	0.0
Teriyaki Beef Large	982.6	4116.9	44.4	8.1	15.2	17.2	110.8	20.0	14.2	27.4	2.7	701.5
Teriyaki Chicken Large	715.1	3016.1	15.4	3.8	0.0	0.0	97.5	2.5	14.5	40.0	1.1	1533.2
Teriyaki Chicken Ramen	509.3	2145.3	16.7	3.5	2.2	2.2	54.6	37.0	13.5	34.1	2.5	3549.4
Vegetable Dumpling Ramen	366.5	1545.3	8.4	1.3	1.1	1.5	57.2	27.0	10.4	13.8	1.4	2529.6
Vegetable Fried Rice	391.2	1645.5	12.3	1.8	2.3	5.8	61.2	0.1	4.8	4.5	2.0	640.3
Vegetable Gyoza 5 Piece	192.9	783.0	6.0	0.5	3.0	1.5	27.0	0.0	4.0	5.7	1.2	1037.0
Vegetable Gyoza	132.2	540.2	5.6	0.5	3.0	1.5	16.1	0.0	2.4	3.3	0.7	558.5
Vegetable Yakisoba	278.6	1166.3	12.3	1.7	2.5	6.6	35.6	19.5	14.3	5.6	1.9	1382.6
YO! Fries	320.2	1334.6	19.1	1.7	3.0	1.5	32.8	0.0	2.1	3.2	0.1	677.0

Menu FIR Intolerance Report

Luton Hot Dishes

Version 1

24 Mar 2023

Luton Menu - HOT

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

Gyoza

Chicken Gyoza 5 Piece	✓	✓					M	M	M	M	✓	M														M	✓		
Chicken Gyoza	✓	✓					M	M	M	M	✓	M														M	✓		
Mega Korean Gyoza Chicken	✓	✓					M	M	M	✓	✓	M													✓	✓	✓	✓	
Mega Korean Gyoza Prawn	✓	✓					M	✓	M	✓	✓	M													✓	✓	✓	✓	
Mega Korean Gyoza vegetable	✓	✓					M	M	M	M	✓	M													✓	✓	✓	✓	
Mega Teriyaki Gyoza Chicken	✓	✓					M	M	M	✓	✓	M													M	✓			
Mega Teriyaki Gyoza Prawn	✓	✓					M	✓	M	✓	✓	M													M	✓			
Mega Teriyaki Gyoza Vegetable	✓	✓					M	M	M	M	✓	M													M	✓			
Prawn Gyoza 5 Piece	✓	✓					M	✓	M	✓	✓	M													M	✓			
Prawn Gyoza	✓	✓					M	✓	M	✓	✓	M													M	✓			
Vegetable Gyoza 5 Piece	✓	✓									✓														✓	✓			
Vegetable Gyoza	✓	✓									✓														✓	✓			

Katsu

Chicken Katsu	✓	✓					M	M	M	M	✓	M														M	✓		
Meatless Farm Chick'n Katsu	✓	✓									✓											✓				M			
Prawn Katsu	✓	✓					M	✓	M	M	✓	M													M	M			
Pumpkin Katsu	✓	✓									✓														M				

Luton Menu - HOT

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

Yakisoba

Chicken Yakisoba	✓	✓									✓														✓	✓		
Vegetable Yakisoba	✓	✓									✓														✓	✓		

Miso and Ramen

Miso Soup											✓																	
Spicy Seafood Ramen	✓	✓					✓	✓	✓	✓	✓														✓	✓		
Teriyaki Chicken Ramen	✓	✓								✓	✓														✓	✓		
Vegetable Dumpling Ramen	✓	✓								✓	✓														✓	✓		

Street Food

Japanese Fried Chicken	✓	✓					✓	M	M	✓	✓	M												M	M			
Korean Fried Chicken	✓	✓					✓	M	M	M	✓	M												M	M			
Mighty Duck Fries	✓	✓								✓	✓													✓	✓	✓		
Mighty Mock 'Duck' Fries	✓	✓			✓						✓													✓	✓	✓	✓	
YO! Fries	M	M										M												✓	✓			

Sides

Curry Sauce Dip	✓	✓									✓																	
Steamed Rice																												

Kids Bento

Chicken Gyoza Kids Bento	✓	✓						M	M	M	M	✓	M												M	✓		
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