

K10 DELIVERY TAKEAWAY ALLERGEN GUIDE

Although every care possible is taken to keep food separate, there is a very small risk that an allergen in one dish could pass to another with all items in one kitchen, with shared equipment.

If you have a serious allergy and we have this ingredient in one of our dishes the only safe option is not to eat at K10.

Hosomaki, Uramaki & Nigiri	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Avocado Hosomaki	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no
Salmon Hosomaki	no	no	no	yes	no	no	no	no	no	yes	yes	no	no	no
Tuna Hosomaki	no	no	no	yes	no	no	no	no	no	yes	yes	no	no	no
Salmon, Avocado & Sesame Seeds	yes	no	yes	yes	no	yes	no	no	no	yes	yes	no	no	no
Spicy Tuna Cucumber & S. Onion	yes	no	no	yes	no	no	no	no	no	yes	yes	no	no	no
Avocado, Cucumber & Sesame Seed	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no
California, Tobiko	yes	yes	yes	yes	no	yes	no	no	no	yes	yes	no	no	no
Prawn Katsu	yes	yes	yes	no	no	yes	no	no	no	yes	yes	no	no	no
Prawn Tempura, Avocado	yes	yes	yes	no	no	yes	no	no	no	yes	yes	no	no	no
Salmon Nigiri	no	no	no	yes	no	no	no	no	no	yes	yes	no	no	no
Tuna Nigiri	no	no	no	yes	no	no	no	no	no	yes	yes	no	no	no
Prawn Nigiri	no	yes	no	no	no	no	no	no	no	yes	yes	no	no	no
Eel Nigiri	no	no	no	yes	no	no	no	no	no	yes	yes	no	no	no
Futomaki														
Spicy Salmon & Avocado	yes	no	yes	yes	no	yes	no	no	no	yes	yes	no	no	no
Chirashi Roll	yes	yes	yes	yes	no	yes	yes	no	no	yes	yes	yes	no	no
Soft Shell Crab	yes	yes	yes	yes	no	yes	no	no	no	yes	yes	no	no	no
Chicken Katsu & Avocado	yes	no	yes	no	no	yes	no	no	no	yes	yes	no	no	no
Chicken Teriyaki	yes	no	no	no	no	yes	no	no	no	yes	yes	no	no	no
Eel Dragon Roll	yes	no	no	yes	no	yes	no	no	no	yes	yes	no	no	no
Prawn Tempura Inside Out	yes	yes	yes	no	no	yes	no	no	no	yes	yes	no	no	no
Prawn Tempura, Asparagus	yes	yes	yes	no	no	yes	no	no	no	yes	yes	no	no	no
Prawn Katsu Asparagus Dragon	yes	yes	yes	no	no	yes	no	no	no	yes	yes	yes	no	no
Sushi Valued Boxes														
Med/Lrg* Assorted Sushi Set	yes	yes	yes	yes	no	yes	no	no	no	yes	yes	no	no	yes*
Medium Salmon Tuna Set	yes	no	yes	yes	no	yes	no	no	no	yes	yes	no	no	no
Medium Salmon Set	yes	no	yes	yes	no	yes	no	no	no	yes	yes	no	no	no
Med/Lrg Inside Out Sushi Set	yes	yes	yes	yes	no	yes	no	no	no	yes	yes	no	no	no
Sushi & Sashimi Set	yes	no	yes	yes	no	yes	no	no	no	yes	yes	no	no	no
Medium Vegetarian/Vegan Sushi	no	no	no	no	no	yes	no	no	no	no	yes	no	no	no
Med Spicy Chicken Sushi Set	yes	no	yes	no	no	yes	no	no	no	yes	yes	yes	no	no

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Sashimi & Seared Products	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Salmon Sashimi	no	no	no	yes	no	no	no	no	no	yes	no	no	no	no
Tuna Sashimi	no	no	no	yes	no	no	no	no	no	yes	no	no	no	no
Assorted Sashimi Set	no	no	no	yes	no	no	no	no	no	yes	no	no	no	no
Beef Carpaccio	no	no	no	no	no	yes	no	no	yes	yes	no	no	no	no
Salmon Ceviche	yes	no	no	yes	no	yes	no	no	no	yes	yes	no	no	no
Seared Tuna, Miso Vinaigrette	yes	no	no	yes	no	no	no	no	no	yes	yes	no	no	no
Salads														
Yuzu Chicken Salad	yes	no	no	no	no	yes	yes	no	no	no	yes	no	no	no
Nippon Nicoise	yes	no	yes	yes	no	yes	no	no	no	yes	yes	no	no	no
Super Salmon Salad	yes	no	no	yes	no	yes	no	no	no	yes	yes	no	no	no
Snacks & Pots														
Wasabi Peas	yes	no	no	no	no	no	no	no	no	yes	yes	no	no	no
Chilli Rice Crackers	no	no	no	no	no	yes	no	no	no	no	yes	no	no	no
Salted Edamame	no	no	no	no	no	yes	no	no	no	no	yes	no	no	no
Kiaso Salad & Miso Dressing	yes	no	no	no	no	yes	no	no	no	yes	yes	no	no	no
Edamame & Mint Dressing	no	no	no	no	no	yes	yes	no	no	no	yes	no	no	no
Spicy Chicken	yes	no	yes	no	no	yes	no	no	no	yes	yes	no	no	no
Kobocha Pumpkin	yes	no	no	no	no	yes	no	no	no	yes	yes	no	no	no
Broccolini & Carrot	yes	no	yes	no	no	yes	no	no	no	no	yes	no	no	no
Desserts & Fruit														
3 ways Chocolate Mousse	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
Coconut & Passion Fruit Mousse	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Green Tea Tiramisu	yes	no	yes	no	no	no	yes	no	no	no	no	no	no	no
Fruit Salad	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Mango & Lime	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Pineapple & Lime	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Condiments														
Wasabi Paste	no	no	no	no	no	no	no	no	no	yes	no	no	no	no
Pickle Ginger	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
Soy Sauce	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no

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Hot Food	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Chicken Katsu Curry	yes	no	no	no	no	yes	yes	no	yes	no	no	no	no	no
Chicken Teriyaki	yes	no	no	no	no	yes	no	no	no	no	yes	no	no	no
Chicken Karaage	yes	no	yes	yes	no	yes	no	no	yes	no	yes	no	no	yes
Chicken Yakisoba	yes	no	no	no	no	yes	no	no	no	no	yes	no	no	no
Salmon Teriyaki	yes	no	no	yes	no	yes	no	no	no	no	yes	no	no	no
Salmon Katsu Curry	yes	no	no	yes	no	yes	yes	no	yes	no	no	no	no	no
Salmon Yakisoba	yes	no	no	yes	no	yes	no	no	no	no	yes	no	no	no
Prawn Katsu Curry	yes	yes	yes	no	no	yes	yes	no	yes	no	no	no	no	no
Prawn Katsu Side Portion	yes	yes	yes	no	no	no	yes	no	no	no	no	no	no	no
Vegetable Yakisoba	yes	no	no	no	no	yes	no	no	no	no	yes	no	no	no
Vegetable Katsu Curry	yes	no	no	no	no	yes	yes	no	yes	no	no	no	no	no
Thai Green Chicken Curry	no	yes	no	yes	no	no	no	no	no	no	no	no	no	no
Beef Massaman Curry	no	yes	no	yes	no	no	no	no	no	no	no	no	no	no
Sweet & Sour Pork	yes	no	no	no	no	yes	no	no	yes	no	no	no	no	no
Korean Beef	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no
Thai Green Seafood Curry	no	yes	no	yes	no	no	no	no	no	no	no	no	no	yes
Stir Fry Vegetables & Black Bean S	yes	no	no	no	no	yes	no	no	no	no	yes	no	no	no
Sides & Soups														
Miso Soup	no	no	no	yes	no	yes	no	no	no	no	yes	no	no	no
Chilli Chicken Soup	yes	yes	yes	yes	no	yes	yes	no	no	no	yes	no	no	yes
Vegetarian Miso Soup	no	no	no	no	no	yes	no	no	no	no	yes	no	no	no
Edamame Beans & Sea Salt	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Chicken Karaage	yes	no	yes	yes	no	yes	no	no	no	no	yes	no	no	yes
Chilli Squid	no	no	no	no	no	no	no	no	no	no	no	no	no	yes
Soft Shell Crab Salad	yes	yes	yes	no	no	yes	no	no	no	yes	no	no	no	no
Prawn Tempura	yes	yes	no	yes	no	yes	no	no	no	no	no	no	no	no
Prawn Shu Mai (Dumpling)	yes	yes	no	no	no	yes	no	no	no	no	no	no	no	no
Chicken Gyoza (Dumpling)	yes	no	no	no	no	yes	no	no	no	no	yes	no	no	no
Vegetable Gyoza (Dumpling)	yes	no	no	no	no	yes	no	no	no	no	yes	no	no	no

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Poke	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Salmon, Avocado & Pickled Cucum	yes	no	no	yes	no	yes	no	no	no	yes	yes	no	no	no
Tuna & Pineapple	yes	no	no	yes	no	yes	no	no	no	yes	yes	no	no	no
Chicken & Corn Salsa	yes	no	yes	no	no	yes	yes	no	no	yes	yes	no	no	no
Pumpkin & Corn Salsa	yes	no	yes	no	no	yes	no	no	no	yes	yes	no	no	no
Spicy Salmon, Avo & Pickled Cucu	yes	no	yes	yes	no	yes	no	no	no	yes	yes	no	no	no
Tuna, Avocado	yes	no	no	yes	no	yes	no	no	no	yes	yes	no	no	no
Tamaki (Hand Roll)														
Salmon, Avocado & Sesame Seeds	no	no	yes	yes	no	yes	no	no	no	yes	yes	no	no	no
Spicy Tuna Cucumber & S. Onion	yes	no	no	yes	no	no	no	no	no	yes	yes	no	no	no
Avocado, Cucumber & Sesame See	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no
California, Tobiko	yes	yes	yes	yes	no	yes	no	no	no	yes	yes	no	no	no
Soft Shell Crab	yes	yes	yes	yes	no	yes	no	no	no	yes	yes	no	no	no
Grilled Eel	yes	no	no	yes	no	yes	no	no	no	yes	yes	no	no	no
Prawn Tempura	yes	yes	yes	no	no	yes	no	no	no	yes	yes	no	no	no
Udon Soups & Soups														
Miso Soup	no	no	no	yes	no	yes	no	no	no	no	yes	no	no	no
Chilli Chicken Soup	yes	yes	yes	yes	no	yes	yes	no	no	no	yes	no	no	yes
Vegetarian Miso Soup	no	no	no	no	no	yes	no	no	no	no	yes	no	no	no
Chilli Chicken Udon	yes	yes	yes	yes	no	yes	yes	no	no	no	yes	no	no	yes
Curry Udon & Prawn Tempura	yes	yes	yes	no	no	yes	yes	no	yes	no	no	no	no	no
Tofu Miso Udon	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no
Laska Udon	yes	yes	yes	yes	no	yes	yes	no	no	no	yes	no	no	yes
Breaded Prawn	yes	yes	yes	no	no	no	yes	no	no	no	no	no	no	no
Chiciken Gyoza (Dumpling)	yes	no	no	no	no	yes	no	no	no	no	yes	no	no	no
Vegetable Gyoza (Dumpling)	yes	no	no	no	no	yes	no	no	no	no	yes	no	no	no
Sauces & Dressings														
Curry Sauce	yes	no	no	yes	no	yes	yes	no	yes	no	no	no	no	no
Teriyaki Sauce	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no
Plum Sauce	no	no	no	no	no	no	no	no	yes	yes	yes	no	no	no
Poke Dressing	yes	no	no	no	no	yes	no	no	no	yes	yes	no	no	no
Sriracha Sauce	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
Spicy Mayo	yes	no	yes	no	no	yes	no	no	no	yes	no	yes	no	no
Mayo	yes	no	yes	no	no	yes	no	no	no	yes	no	no	no	no