

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 | no | no | yes | yes | no | yes | no | no | no | yes | yes | no | no | no |
| Spicy Tuna Cucumber & S. Onion | no | 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 |
| Spicy Crayfish & Corn | no | yes | yes | no | no | no | 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 |
| Salmon and Avocado Nigiri | no | no | no | yes | no | no | no | no | no | yes | yes | no | no | no |
| Assorted Nigiri | no | yes | no | yes | no | no | no | no | no | yes | yes | no | no | yes |
| Assorted Vegan Nigiri | no | no | no | no | no | yes | 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 | no | no | yes | yes | no | yes | no | no | no | yes | yes | no | no | no |
| Spicy Carrot & Avocado | no | no | no | no | no | yes | no | no | no | yes | yes | no | no | no |
| Vegan No Rice Futomaki | no | no | no | no | 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* |

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| Sushi Valued Boxes Cont. | Cereals Containing Gluten | Crustacean | Eggs | Fish | Peanuts | Soybeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphur Dioxide | Lupin | Molluscs |
|-------------------------------------|---------------------------------|------------|------|------|---------|----------|------|------|--------|---------|--------|--------------------|-------|----------|
| Medium Salmon Tuna Set | no | no | yes | yes | no | yes | no | no | no | yes | yes | no | no | no |
| Medium Salmon Set | no | 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 |
| Med Vegan Inside Out Roll Set | no | no | no | no | no | yes | no | no | no | yes | yes | no | no | no |
| Med Beef & Kimchi Sushi Set | no | yes | no | yes | no | yes | no | no | no | yes | yes | no | no | no |
| Med Spicy Chicken Sushi Set | yes | no | yes | no | no | yes | no | no | no | yes | yes | yes | no | no |
| Sashimi & Seared Product | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | |
| Miso Chicken Salad | no | no | no | no | no | yes | no | no | no | no | yes | no | no | no |
| Roast Pumpkin Quinoa Salad | no | no | no | no | no | yes | no | no | no | no | yes | no | no | no |
| Spicy Crayfish Salad | no | yes | yes | yes | no | yes | no | no | no | no | yes | no | no | no |
| 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 |

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| 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 | no | yes | no | no | no |
| Pickle Ginger | no | no | no | no | no | no | no | no | no | no | no | no | yes | no |
| Soy Sauce | yes | no | no | no | no | no | yes | 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 |
| Pumpkin 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 |
| 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 |

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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 |
| Korean Tuna & Kimchi | yes | yes | yes | 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 | yes | 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 | no | no | yes | no | no | yes | no | no | no | yes | no | yes | no | no |
| Mayo | no | no | yes | no | no | yes | no | no | no | yes | no | no | no | no |