

# K10 TAKEWAY ALLERGEN SHEET

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. Allergens present in our kitchens are as follows: Wheat, Barley, Crustaceans, Eggs, Fish, Soybeans, Milk, Celery, Mustard, Sesame and Sulphur Dioxide.

Hosomaki,Uramaki & Nigiri	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Avocado Hosomaki	Wheat					Contains				Contains	Contains			
Salmon Hosomaki	Wheat	MC	MC	Contains		Contains				Contains	Contains			
Salmon, Avocado & Sesame Seeds	Wheat	MC	MC	Contains		Contains				Contains	Contains			
Crunchy California	Wheat	Contains	Contains	Contains		Contains				Contains	Contains			
Salmon Nigiri	Wheat	MC	MC	Contains		Contains				Contains	Contains			
Futomaki	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Spicy Salmon & Avocado	Wheat	MC	MC	Contains		Contains				Contains	Contains			
Chirashi Roll	Wheat	Contains	Contains	Contains		Contains				Contains	Contains			
Chicken Katsu & Avocado	Wheat	MC	MC	MC		Contains				Contains	Contains			
Roru	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Spicy Salmon & Avocado Roru	Wheat	MC	MC	Contains		Contains				Contains	Contains			

<b>Prawn Katsu Roru</b>	<b>Wheat</b>	<b>Contains</b>	<b>MC</b>	<b>MC</b>		<b>Contains</b>				<b>Contains</b>	<b>Contains</b>			
<b>Spicy Koren Tuna Roru</b>	<b>Wheat &amp; Barley</b>	<b>MC</b>	<b>MC</b>	<b>Contains</b>		<b>Contains</b>				<b>Contains</b>	<b>Contains</b>	<b>Contains</b>		
<b>Sushi Valued Boxes</b>	<b>Cereals Containing Gluten</b>	<b>Crustacean</b>	<b>Eggs</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>	<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>	<b>Lupin</b>	<b>Molluscs</b>
<b>Medium Assorted Sushi Set</b>	<b>Wheat</b>	<b>Contains</b>	<b>Contains</b>	<b>Contains</b>		<b>Contains</b>				<b>Contains</b>	<b>Contains</b>			
<b>Medium Salmon Tuna Set</b>	<b>Wheat</b>	<b>MC</b>	<b>MC</b>	<b>Contains</b>		<b>Contains</b>				<b>Contains</b>	<b>Contains</b>			
<b>Medium Salmon Set</b>	<b>Wheat</b>	<b>MC</b>	<b>MC</b>	<b>Contains</b>		<b>Contains</b>				<b>Contains</b>	<b>Contains</b>			
<b>Sushi &amp; Sashimi Set</b>	<b>Wheat</b>	<b>MC</b>	<b>MC</b>	<b>Contains</b>		<b>Contains</b>				<b>Contains</b>	<b>Contains</b>			
<b>Medium Vegan Sushi Set</b>	<b>Wheat</b>					<b>Contains</b>				<b>Contains</b>	<b>Contains</b>			
<b>Sashimi &amp; Seared Product</b>	<b>Cereals Containing Gluten</b>	<b>Crustacean</b>	<b>Eggs</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>	<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>	<b>Lupin</b>	<b>Molluscs</b>
<b>Salmon Sashimi</b>	<b>Wheat</b>	<b>MC</b>	<b>MC</b>	<b>Contains</b>		<b>Contains</b>				<b>Contains</b>	<b>Contains</b>			
<b>Seared Tuna, Miso Vinaigrette</b>	<b>Wheat &amp; Barley</b>	<b>MC</b>	<b>MC</b>	<b>Contains</b>		<b>Contains</b>				<b>Contains</b>	<b>Contains</b>			
<b>Salads</b>	<b>Cereals Containing Gluten</b>	<b>Crustacean</b>	<b>Eggs</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>	<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>	<b>Lupin</b>	<b>Molluscs</b>
<b>Yuzu Chicken Salad</b>						<b>Contains</b>	<b>Contains</b>			<b>Contains</b>	<b>Contains</b>			
<b>Roasted Tofu Salad</b>						<b>Contains</b>				<b>Contains</b>	<b>Contains</b>			

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<b>Kiaso Salad &amp; Miso Dressing</b>	<b>Wheat</b>					<b>Contains</b>				<b>Contains</b>	<b>Contains</b>			
<b>Super Salmon Salad</b>				<b>Contains</b>		<b>Contains</b>				<b>Contains</b>	<b>Contains</b>			
<b>Snack Pot</b>	<b>Cereals Containing Gluten</b>	<b>Crustacean</b>	<b>Eggs</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>	<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>	<b>Lupin</b>	<b>Molluscs</b>
<b>Chilli Rice Crackers</b>	<b>Wheat</b>	<b>MC</b>	<b>MC</b>			<b>Contains</b>	<b>MC</b>			<b>MC</b>	<b>MC</b>			
<b>Condiments</b>	<b>Cereals Containing Gluten</b>	<b>Crustacean</b>	<b>Eggs</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>	<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>	<b>Lupin</b>	<b>Molluscs</b>
<b>Wasabi Paste</b>										<b>Contains</b>				
<b>Pickle Ginger</b>														
<b>Soy Sauce</b>	<b>Wheat</b>					<b>Contains</b>								
<b>Hot Food</b>	<b>Cereals Containing Gluten</b>	<b>Crustacean</b>	<b>Eggs</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>	<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur dioxide</b>	<b>Lupin</b>	<b>Molluscs</b>
<b>Chicken Katsu Curry</b>	<b>Contains Wheat</b>					<b>Contains</b>			<b>Contains</b>		<b>Contains</b>			
<b>Hot Chicken Katsu Curry</b>	<b>Contains Wheat</b>					<b>Contains</b>			<b>Contains</b>		<b>Contains</b>			
<b>Chicken Teriyaki</b>	<b>Contains Wheat</b>					<b>Contains</b>			<b>MC</b>		<b>Contains</b>			
<b>Chicken Karaage</b>	<b>Contains Wheat</b>			<b>Contains</b>		<b>Contains</b>			<b>Contains</b>		<b>Contains</b>	<b>MC</b>		

Hot Food	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Salmon Teriyaki	Wheat			Contains		Contains			MC		Contains			
Prawn Katsu Curry	Wheat	Contains		MC		Contains			Contains		Contains			
Hot Prawn Katsu Curry	Wheat	Contains		MC		Contains			Contains		Contains			
Pumpkin Korroke Curry	Wheat					Contains			Contains		Contains			
Hot Pumpkin Korroke Curry	Wheat					Contains			Contains		Contains			
Korean Beef	Wheat					Contains			Contains		Contains			
Sides & Soups	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Miso Soup	Barley			Contains		Contains			MC		Contains			
Chilli Chicken Soup	Barley			Contains		Contains			MC		Contains			
Sides & Soups	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Stir Fry Veg	Wheat					Contains			MC		Contains			
Prawn Katsu Side	Contains Wheat	Contains		MC		Contains					Contains			

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<b>Chicken Karaage Side</b>	Contains Wheat	MC		Contains		Contains					Contains	MC		
<b>Chiciken Gyoza (Dumpling)</b>	Contains Wheat	MC		MC		Contains					Contains			
<b>Duck Gyoza</b>	Contains Wheat	MC		MC		Contains					Contains			
<b>Vegetable Gyoza (Dumpling)</b>	Contains Wheat	MC		MC		Contains					Contains			
<b>Poke</b>	Cereals Containin g Gluten	Crustacea n	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
<b>Salmon &amp; Avocado</b>				Contains		Contains				Contains	Contains	Contains		
<b>Spicy Salmon &amp; Avocado</b>				Contains		Contains				Contains	Contains	Contains		
<b>Chicken &amp; Corn Salsa</b>	Wheat					Contains	Contains			Contains	Contains	Contains		
<b>Pumpkin &amp; Corn Salsa</b>						Contains				Contains	Contains			
<b>Poke</b>	Cereals Containin g Gluten	Crustacea n	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
<b>Spicy Korean Tuna</b>	Barley			Contains		Contains				Contains	Contains	Contains		
<b>Tuna, Avocado</b>				Contains		Contains				Contains	Contains	Contains		
<b>Udon</b>	Cereals Containin g Gluten	Crustac ean	Eggs	Fish	Peanuts	Soybean s	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Mollusc s
<b>Chilli Chicken Udon</b>	Wheat & Barley			Contains		Contains	Contains				Contains			
<b>Tofu Miso Udon</b>	Wheat & Barley			Contains		Contains					Contains			

Sauces & Dressings	Cereals Containing Gluten	Crustacea n	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Teriyaki Sauce	Contains					Contains			MC		MC			
Plum Sauce	MC					Contains			Contains		Contains			
Poke Dressing						Contains				Contains	Contains			
Sriracha Sauce						MC				MC				
Spicy Mayo						Contains				Contains				