

# K10 TAKEWAY ALLERGEN SHEET

Although every care possible is taken to keep food separate, the is very small risk than 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: <u>Wheat, Barley, Crustacens, Eggs, Fish, Soyabeans, Milk, Celery, Mustard, Sesame and Sulpur Dioxide.</u>														
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	Contains	Contains		Contains				Contains	Contains			
Chirashi Roll	Wheat	Contains	Contains	Contains		Contains				Contains	Contains			
Chicken Katsu & Avocado	Wheat	MC	Contains	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	Contains	Contains		Contains				Contains	Contains			

<b>Prawn Katsu Roru</b>	<b>Wheat</b>	<b>Contains</b>	<b>Contains</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>Contains</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>Contains</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>Contains</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>Contains</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 &amp; Rice 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>Yuzu Chicken Rice Box</b>						<b>Contains</b>	<b>Contains</b>			<b>Contains</b>	<b>Contains</b>			
<b>Goma Salmon Rice Box</b>	<b>Wheat</b>		<b>Contains</b>	<b>Contains</b>		<b>Contains</b>				<b>Contains</b>	<b>Contains</b>			

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

<b>Hot Chicken Katsu Curry</b>	Contains Wheat					Contains			Contains		Contains			
<b>Chicken Teriyaki</b>	Contains Wheat					Contains			MC		Contains			
<b>Chicken Karaage</b>	Contains Wheat			Contains		Contains			Contains		Contains	MC		
<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>Salmon Teriyaki</b>	Wheat			Contains		Contains			MC		Contains			
<b>Prawn Katsu Curry</b>	Wheat	Contains		MC		Contains			Contains		Contains			
<b>Hot Prawn Katsu Curry</b>	Wheat	Contains		MC		Contains			Contains		Contains			
<b>Pumpkin Korroke Curry</b>	Wheat					Contains			Contains		Contains			
<b>Hot Pumpkin Korroke Curry</b>	Wheat					Contains			Contains		Contains			
<b>Korean Beef</b>	Wheat					Contains			Contains		Contains			
<b>Sides &amp; Soups</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>Miso Soup</b>	Barley	MC				Contains			MC		Contains			MC
<b>Chilli Chicken Soup</b>	Barley			Contains		Contains			MC		Contains			

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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			
Chicken Karaage Side	Contains Wheat	MC	Contains	Contains		Contains				Contains	Contains	MC		
Chiciken Gyoza (Dumpling)	Contains Wheat	MC		MC		Contains					Contains			
Duck Gyoza	Contains Wheat	MC		MC		Contains					Contains			
Vegetable Gyoza (Dumpling)	Contains Wheat	MC		MC		Contains					Contains			
Poke	Cereals Containin g Gluten	Crustacea n	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Salmon & Avocado				Contains		Contains				Contains	Contains	Contains		
Spicy Salmon & Avocado			Contains	Contains		Contains				Contains	Contains	Contains		
Chicken & Corn Salsa	Wheat		Contains			Contains	Contains			Contains	Contains	Contains		
Pumpkin & Corn Salsa						Contains				Contains	Contains			
Poke	Cereals Containin g Gluten	Crustacea n	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Spicy Korean Tuna	Barley			Contains		Contains				Contains	Contains	Contains		
Tuna, Avocado				Contains		Contains				Contains	Contains	Contains		

Udon	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Chilli Chicken Udon	Wheat & Barley			Contains		Contains					Contains			
Tofu Miso Udon	Wheat & Barley	MC				Contains					Contains			MC
Sauces & Dressings	Cereals Containing Gluten	Crustacean	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				Contains				