

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.

Hosomaki, Uramaki & Nigiri	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Avocado Hosomaki	Contains Wheat	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Salmon Hosomaki	Contains Wheat	May Contain	May Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Salmon, Avocado & Sesame Seeds	Contains Wheat	May Contain	Contains	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Crunchy California	Contains Wheat	Contains	Contains	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Salmon Nigiri	Contains Wheat	May Contain	May Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Futomaki	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Spicy Salmon & Avocado	Contains Wheat	May Contain	Contains	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Chirashi Roll	Contains Wheat	Contains	Contains	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Chicken Katsu & Avocado	Contains Wheat	May Contain	Contains	May Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain

Roru	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Spicy Salmon & Avocado Roru	Contains Wheat	May Contain	Contains	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Prawn Katsu Roru	Contains Wheat	Contains	Contains	May Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Spicy Koren Tuna Roru	Contains Wheat & Barley	May Contain	May Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Sushi Valued Boxes	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Medium Assorted Sushi Set	Contains Wheat	Contains	Contains	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Medium Salmon Tuna Set	Contains Wheat	May Contain	Contains	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Medium Salmon Set	Contains Wheat	May Contain	Contains	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Sushi & Sashimi Set	Contains Wheat	May Contain	Contains	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Medium Vegan Sushi Set	Contains Wheat	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain

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Sashimi & Seared Product	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Salmon Sashimi	Contains Wheat	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Seared Tuna, Miso Vinaigrette	Contains Wheat & Barley	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Salads	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Yuzu Chicken Salad	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Roasted Tofu Salad	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Kiaso Salad & Miso Dressing	Contains Wheat & Barley	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Super Salmon Salad	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Snack Pot	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Chilli Rice Crackers	Contains Wheat	May Contain	May Contain	Does Not Contain	Does Not Contain	Contains	May Contain	Does Not Contain	Does Not Contain	May Contain	May Contain	Does Not Contain	Does Not Contain	Does Not Contain
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Condiments	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Diox	Lupin	Molluscs
Wasabi Paste	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain
Pickle Ginger	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain
Soy Sauce	Contains Wheat	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain
Hot Food	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Chicken Katsu Curry	Contains Wheat	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Hot Chicken Katsu Curry	Contains Wheat	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Chicken Teriyaki	Contains Wheat	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	May Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Chicken Karaage	Contains Wheat	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	May Contain	Does Not Contain	Does Not Contain

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Hot Food	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Salmon Teriyaki	Contains Wheat	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	May Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Prawn Katsu Curry	Contains Wheat	Contains	Does Not Contain	May Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Hot Prawn Katsu Curry	Contains Wheat	Contains	Does Not Contain	May Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Pumpkin Korroke Curry	Contains Wheat	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Hot Pumpkin Korroke Curry	Contains Wheat	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Korean Beef	Contains Wheat	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	May Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Sides & Soups	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Miso Soup	Contains Barley	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	May Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Chilli Chicken Soup	Contains Barley	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Contains	Does Not Contain	May Contain	Does Not Contain	Contains	May Contain	Does Not Contain	Does Not Contain

Sides & Soups	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Prawn Katsu Side	Contains Wheat	Contains	Does Not Contain	May Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Chicken Karaage Side	Contains Wheat	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	May Contain	Does Not Contain	Does Not Contain
Chiciken Gyoza (Dumpling)	Contains Wheat	May Contain	May Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	May Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Duck Gyoza	Contains Wheat	May Contain	May Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	May Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Vegetable Gyoza (Dumpling)	Contains Wheat	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	May Contain
Poke	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Salmon, Avocado & Pickled Cucumber	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Contains	Does Not Contain	Does Not Contain
Spicy Salmon & Avocado	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Contains	Does Not Contain	Does Not Contain
Chicken & Corn Salsa	Contains Wheat	May Contain	Contains	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Contains	Contains	Contains	Does Not Contain	Does Not Contain
Pumpkin & Corn Salsa	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain

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Poke	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Spicy Korean Tuna	Contains Barley	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Contains	Does Not Contain	Does Not Contain
Tuna, Avocado	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Contains	Does Not Contain	Does Not Contain
Udon	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Chilli Chicken Udon	Contains Wheat & Barley	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Tofu Miso Udon	Contains Wheat & Barley	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Sauces & Dressings	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Teriyaki Sauce	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	May Contain	Does Not Contain	Does Not Contain	Does Not Contain
Plum Sauce	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Poke Dressing	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	Contains	Does Not Contain	Does Not Contain	Does Not Contain
Sriracha Sauce	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain	Does Not Contain
Spicy Mayo	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Contains	Does Not Contain	Does Not Contain	Does Not Contain	Contains	May Contain	Does Not Contain	Does Not Contain	Does Not Contain