

# K10 TAKEAWAY ALLERGEN SHEET

<p>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: <u>Wheat, Barley, Crustacens, Eggs, Fish, Soyabean, Milk, Celery, Mustard, Sesame and Sulphur Dioxide</u>.</p>														
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	MC			
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			

Prawn Katsu Roru	Wheat	Contains	MC	MC		Contains				Contains	MC			
Spicy Koren Tuna Roru	Wheat & Barley	MC	Contains	Contains		Contains				Contains	Contains	Contains		
Sushi Valued Boxes	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Medium Assorted Sushi Set	Wheat	Contains	Contains	Contains		Contains				Contains	Contains			
Medium Salmon Tuna Set	Wheat	MC	Contains	Contains		Contains				Contains	Contains			
Medium Salmon Set	Wheat	MC	Contains	Contains		Contains				Contains	Contains			
Sushi & Sashimi Set	Wheat	MC	Contains	Contains		Contains				Contains	Contains			
Medium Vegan Sushi Set	Wheat					Contains				Contains	Contains			
Sashimi & Seared Product	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Salmon Sashimi	Wheat	MC	MC	Contains		Contains				Contains	MC			
Seared Tuna, Miso Vinaigrette	Wheat & Barley	MC	MC	Contains		Contains				Contains	Contains			
Salads & Rice Boxes	Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Yuzu Chicken Rice Box						Contains	Contains			Contains	Contains			
Goma Salmon Rice Box	Wheat		Contains	Contains		Contains				Contains	Contains			

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

Hot Chicken Katsu Curry	Contains Wheat		MC			Contains	MC		Contains	MC	Contains			
Chicken Teriyaki	Contains Wheat					Contains			MC		Contains			
Chicken Karaage	Contains Wheat					Contains	MC		MC		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>
Salmon Teriyaki	Wheat			Contains		Contains			MC		Contains			
Prawn Katsu Curry	Wheat	Contains				Contains			Contains		Contains			
Hot Prawn Katsu Curry	Wheat	Contains				Contains			Contains		Contains			
Pumpkin Korroke Curry	Wheat					Contains			Contains		Contains			
Hot Pumpkin Korroke Curry	Wheat					Contains			Contains		Contains			
Korean Beef	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>
Miso Soup	Barley	MC				Contains			MC		Contains			MC
Chilli Chicken Soup	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				Contains					Contains			
Chicken Karaage Side	Contains Wheat	MC	Contains			Contains	MC		MC	Contains	Contains			
Chicken 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 Containing Gluten	Crustacea	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
		n												
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 Containing Gluten	Crustacea	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
		n												
Spicy Korean Tuna	Barley	Contains		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	Mollusc s
Chilli Chicken Udon	Wheat & Barley			Contains		Contains					Contains			
Tofu Miso Udon	Wheat & Barley	MC				Contains					Contains			MC
Sauces & Dressings	Cereals Containing Gluten	Crustacea n	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Mollusc s
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					