DISHES AND THEIR ALLERGEN CONTENT – Bento Boys

Side			X			Lupin Flour	Milk		MUSTARD		0		- Contraction of the second se	Been
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]														
Karaage		\checkmark											\checkmark	
Hijiki		\checkmark											\checkmark	
Kinpira Gobo		\checkmark										\checkmark	\checkmark	
Shiri Shiri		\checkmark		\checkmark								\checkmark	\checkmark	
Edamame													\checkmark	
Kaiso Salad												\checkmark		
Miso Soup													\checkmark	

Rice& Noodle &Curry						Lupin Flour			MUSTARD	A				ST. WINE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Onigiri (Tuna)					\checkmark							\checkmark		
Onigiri (Chicken)		\checkmark											\checkmark	
Onigiri (Sanshoku veggies)		✓		\checkmark								\checkmark	\checkmark	
Onigiri Aubergine		\checkmark											\checkmark	
Takikomi Gohan (Vegetable seasoned rice)		✓											✓	
Vegetable Yakisoba		\checkmark											\checkmark	
Chicken Katsu Curry		\checkmark		\checkmark					\checkmark				\checkmark	
Vegetable Curry (No Pumpkin croquette)		✓											\checkmark	
Vegetable Curry With pumpkin croquette		\checkmark											✓	

Donburi						Lupin Flour			MUSTARD					Ceer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Torikara Donburi		\checkmark											\checkmark	
Chicken Katsu Donburi		✓		\checkmark					\checkmark			\checkmark	\checkmark	
Chicken Teriyaki Donburi		✓											\checkmark	
Salmon Teriyaki Donburi		✓			\checkmark								\checkmark	
Unagi Donburi		\checkmark			\checkmark								\checkmark	
Vegetable Sanshoku Donburi		✓		\checkmark								✓	✓	

Bento			No.			Lupin Flour			MUSTARD					
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Torikara Bento		√		\checkmark								\checkmark	\checkmark	
Chicken Katsu Bento		\checkmark		\checkmark					\checkmark			\checkmark	\checkmark	
Chicken Teriyaki Bento		\checkmark		\checkmark								\checkmark	\checkmark	
Salmon Teriyaki Bento		\checkmark		\checkmark	\checkmark							\checkmark	\checkmark	

Sushi			Y.			Lupin Flour			MUSTARD					Ger
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Hosomaki Set (Egg, Salmon, Cucumber, Avocado)				\checkmark	\checkmark									
Vegetable Hosomaki Set				\checkmark										
Salmon Hosomaki					\checkmark									
Egg Hosomaki				\checkmark										
Cucumber Hosomaki														
Avocado Hosomaki														
Inarizushi		\checkmark											\checkmark	

