DISHES AND THEIR ALLERGEN CONTENT – Bento Boys

Curry					De.	Lupin Flour	Milk		MUSTARD			Sisse		WNE Boor
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken Katsu Curry		✓	✓	√				√				√	√	
Vegetable Curry (No Pumpkin croquette)		✓										√	√	
Vegetable Curry With pumpkin croquette		✓	✓	√				✓				✓	√	
Vegetable Curry With Sweet Potato Croquette		✓	✓	√				✓				√	√	
Karaage Curry		√	✓	√				✓				✓	√	
Shrimp Curry		✓	✓	√				✓				✓	√	
Cheese (Topping)				✓			√							

Rice Dish						lupin Flour	Milk		MUSTARD			SISAME		Boor WINE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Onigiri (Tuna)		✓		√	✓		√					✓	√	
Onigiri (Sweet Sour Chicken)		√	✓	√				√				√	√	
Onigiri (Chicken Teriyaki)		✓										√	√	
Onigiri (Salmon Teriyaki)		✓			✓							√	√	
Onigiri (Aubergine)		✓										✓	✓	
Onigiri (Sukiyaki Beef)		✓										✓	√	
Takikomi Gohan (Vegetable seasoned rice)		✓										√	✓	

Donburi					Do.	Lupin Flour	Milk		MUSTARD			SSEAM		WINE BOOT
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Torikara Donburi		√	✓	√				✓				√	√	
Chicken Katsu Donburi	√	√	✓	√				√				√	√	
Chicken Teriyaki Donburi		✓											√	
Salmon Teriyaki Donburi		✓			√								√	
Unagi Donburi		✓			✓								√	
Vegetable Croquette Donburi	√	✓	✓	√				√				√	✓	
Ebi Fry Don (Shrimp)	√	✓	✓	√				✓				√	√	
Gyudon (Beef)		✓										√	√	

Bento						Lupin	Milk		MUSTARD			SEAM!	500	Good WINE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Torikara Bento		√	✓	√				√				√	√	
Chicken Katsu Bento	√	√	✓	√				√				✓	√	
Chicken Teriyaki Bento		✓		√								√	√	
Salmon Teriyaki Bento		✓		√	√							√	√	
Veggie Croquette Bento	√	√	✓	√				✓				√	√	
Mix Fry Bento	√	✓	✓	√				✓				√	√	
Ebi Fry Bento	√	✓	✓	√				✓				√	√	
Lite Bite Bento		✓		√								√	√	
Onigiri Set		✓		√	√		√					√	√	

Sushi					D.	Lupin Flour	Milk		MUSTARD			SIEAME	18	WNE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Avocado Hosomaki		✓											√	
Salmon Hosomaki		√			√								√	
Cucumber Hosomaki		✓											✓	
California Roll		✓	✓	√	√							√	✓	
Inarizushi		√										√	√	
Salmon Lover		✓			√								✓	
Ebi Roll (Shrimp)		✓	✓	√			√	✓				√	✓	

Review date: 9th September 2025

Reviewed by: Tatsuro Miyamoto



	Wa o a		100	I							1			
Side						Lupin Flour	Milk		MUSTARD			ISAM OL		Boar WNE
	Celery	Cereals containin g gluten	Crustacean s	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Karaage		✓	✓	√				✓				/	√	
Hijiki		√											√	
Kinpira Gobo		✓										✓	√	
Shiri Shiri		✓		√								√	√	
Edamame													√	
Kaiso Salad		✓										√	√	
Miso Soup		✓											√	
Chicken Katsu	√	✓	√	√				✓				√	√	
Shrimp	>	✓	✓	√				✓				/	✓	
Curry Pan		✓	✓	√				√				√	√	
Pumpkin Croquette		✓	✓	✓				✓				/	✓	
Sweet Potato Croquette		✓	✓	✓				✓				>	✓	
Okonomiy aki	√	✓	√	√				√				√	√	
Tsukune		✓		√								√	√	
Takoyaki	✓	✓	✓	√				√				✓	√	
Potato Salad		✓		√			✓						√	
Gyoza		✓	√	√				✓				✓	√	

Noodle Dish					Do.	Lupin Flour	Milk		MUSTARD			SISAM ON THE PROPERTY OF THE P	100	Seer WINE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Vegetable Yakisoba		✓		✓	√							✓	√	
Tonkotsu Ramen (Pork/Chicken)		√	✓	✓	√							✓	√	
Shoyu Ramen (Pork/Chicken)		✓	✓	√	√							√	√	
Miso Ramen (Pork/Chicken)	√	✓	✓	✓	√							√	√	

Sandwich						Lupin	Milk		MUSTARD			SISAMI O.		WHE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken Katsu Sandwich	√	✓	√	√			✓	✓	√			√	√	
Ebi Katsu Sandwich		✓	✓	✓			✓	✓				√	✓	