

Nutritional Information: The Little Sumo

CATEGORY: CRISPY/STARTERS

Recipe	NUTRITIONAL DATA									ALLERGENS													
	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
TLS STEAMED EDAMAME BEANS	184.41kcal	770.34kJ	9.92g	1.12g	8.75g	3.68g	7.44g	15.60g	0.05g			May contain		May contain			May contain					Does contain	Does contain
CRISPY VEG ROLLS	348.58kcal	1453.68kJ	21.56g	1.88g	34.76g	5.84g	3.50g	5.66g	2.13g	Does contain													Does contain
CRISPY SEAFOOD ROLLS	373.58kcal	1551.68kJ	28.66g	4.60g	22.96g	4.94g	2.00g	7.06g	2.37g			Does contain		Does contain									
TLS CRISPY SCHICHIMI SQUID	756.06kcal	3129.08kJ	63.93g	7.83g	16.12g	2.94g	0.11g	26.59g	3.67g		Does contain	May contain	Does contain	May contain			Does contain					Does contain	Does contain
TLS CHICKEN YAKITORI	154.10kcal	647.02kJ	6.16g	1.70g	6.42g	0.28g	0.00g	18.24g	0.12g	Does contain	Does contain												Does contain

CATEGORY: SUSHI

Recipe	NUTRITIONAL DATA									ALLERGENS													
	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
YAKI SABA HOGUSHI SUSHI ROLL	155.60kcal	659.04kJ	2.35g	0.61g	27.99g	5.90g	1.16g	7.26g	2.25g		Does contain			Does contain								Does contain	Does contain
URIMAKI SUSHI ROLL	155.60kcal	659.04kJ	2.35g	0.61g	27.99g	5.90g	1.16g	7.26g	2.25g		Does contain	Does contain										Does contain	Does contain
EBIMAYO SUSHI ROLL	155.60kcal	659.04kJ	2.35g	0.61g	27.99g	5.90g	1.16g	7.26g	2.25g		Does contain	Does contain	Does contain						Does contain			Does contain	Does contain
SPICY TUNA SUSHI ROLL	155.60kcal	659.04kJ	2.35g	0.61g	27.99g	5.90g	1.16g	7.26g	2.25g		Does contain		Does contain	Does contain					Does contain			Does contain	Does contain
INARI SUSHI ROLL	155.60kcal	659.04kJ	2.35g	0.61g	27.99g	5.90g	1.16g	7.26g	2.25g		Does contain											Does contain	Does contain
VEGETABLE SUSHI ROLL	138.00kcal	587.04kJ	1.39g	0.07g	29.99g	7.74g	1.48g	3.26g	2.63g		Does contain											Does contain	Does contain
TSUNAROLL SUSHI	155.60kcal	659.04kJ	2.35g	0.61g	27.99g	5.90g	1.16g	7.26g	2.25g		Does contain		Does contain						Does contain				Does contain
ABURI SALMON SUSHI ROLL	155.60kcal	659.04kJ	2.35g	0.61g	27.99g	5.90g	1.16g	7.26g	2.25g		Does contain			Does contain					Does contain				Does contain
CALIFORNIA MASAGI SUSHI ROLL	155.60kcal	659.04kJ	2.35g	0.61g	27.99g	5.90g	1.16g	7.26g	2.25g		Does contain	Does contain	Does contain	Does contain								Does contain	Does contain
SMOKED SALMON SUSHI ROLL	155.60kcal	659.04kJ	2.35g	0.61g	27.99g	5.90g	1.16g	7.26g	2.25g		Does contain		Does contain	Does contain					Does contain			Does contain	Does contain

CATEGORY: GYOZA

Recipe	NUTRITIONAL DATA									ALLERGENS													
	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
TLS SPICY CHICKEN GYOZA	511.54kcal	2143.47kJ	18.92g	1.57g	63.61g	17.50g	6.13g	19.16g	10.83g		Does contain	May contain	May contain	May contain			May contain			May contain		Does contain	Does contain
TLS PORK GYOZA	311.44kcal	1300.77kJ	15.56g	1.19g	31.96g	8.86g	3.08g	9.67g	5.43g		Does contain	May contain	May contain	May contain			May contain			May contain		Does contain	Does contain
TLS BEEF GYOZA	311.44kcal	1300.77kJ	15.56g	1.19g	31.96g	8.86g	3.08g	9.67g	5.43g		Does contain	May contain	May contain	May contain			May contain			May contain		Does contain	Does contain
TLS SHRIMP GYOZA	365.38kcal	1522.53kJ	21.55g	1.59g	31.96g	8.86g	3.08g	9.67g	5.43g		Does contain	Does contain	Does contain	Does contain			May contain			May contain		Does contain	Does contain
TLS TOFU GYOZA	309.04kcal	1288.77kJ	17.48g	1.69g	29.92g	7.90g	3.77g	6.47g	5.33g		Does contain	May contain	May contain	May contain			May contain			May contain		Does contain	Does contain
TLS KIMCHI & CHICKEN GYOZA	311.44kcal	1300.77kJ	15.56g	1.19g	31.96g	8.86g	3.08g	9.67g	5.43g		Does contain	May contain	May contain	May contain			May contain			May contain		Does contain	Does contain

CATEGORY: EBI FRY

Recipe	NUTRITIONAL DATA									ALLERGENS													
	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
EBI FRY - SIX	624.67kcal	2608.60kJ	11.64g	1.02g	98.96g	0.62g	0.00g	33.99g	3.97g	Does contain	Does contain	Does contain											Does contain
EBI FRY - TWELVE	1163.35kcal	4857.14kJ	22.96g	2.01g	177.54g	1.24g	0.00g	67.57g	7.78g	Does contain	Does contain	Does contain											Does contain

CATEGORY: TAKOYAKI

Recipe	NUTRITIONAL DATA									ALLERGENS													
	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
TLS TAKOYAKI - CITRUS	647.72kcal	2695.79kJ	46.40g	7.23g	38.75g	2.89g	0.00g	17.37g	2.09g	Does contain	Does contain	May contain	Does contain	Does contain			Does contain						Does contain
TLS TAKOYAKI - SPICY	635.73kcal	2647.63kJ	43.47g	7.04g	41.95g	4.49g	0.06g	17.81g	4.27g	Does contain	Does contain	Does contain	Does contain	Does contain			Does contain						Does contain
TLS TAKOYAKI - WASABI	635.73kcal	2647.63kJ	43.47g	7.04g	41.95g	4.49g	0.06g	17.81g	4.27g	Does contain	Does contain	Does contain	Does contain	Does contain			Does contain						Does contain

CATEGORY: CURRIES

Recipe	NUTRITIONAL DATA									ALLERGENS													
	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
TLS CHICKEN KATSU CURRY	1315.31kcal	5502.70kJ	75.10g	6.23g	120.60g	13.79g	10.28g	46.59g	6.50g		Does contain	May contain		May contain			May contain					Does contain	Does contain
TLS PRAWN KATSU CURRY	1234.98kcal	5173.53kJ	43.51g	2.13g	172.10g	13.98g	10.28g	47.49g	8.07g		Does contain	Does contain		May contain			May contain					Does contain	Does contain
TLS TOFU KATSU CURRY	1197.37kcal	5011.34kJ	58.94g	1.74g	126.91g	16.08g	10.28g	46.00g	5.33g		Does contain	Does contain		May contain			May contain					Does contain	Does contain

CATEGORY: NOODLES

Recipe	NUTRITIONAL DATA									ALLERGENS													
	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
CHILLI CHICKEN UDON	994.15kcal	4172.28kJ	52.12g	11.77g	60.11g	7.07g	6.31g	74.21g	4.08g		Does contain											Does contain	Does contain
CHILLI KING PRAWN UDON	662.65kcal	2785.55kJ	19.30g	2.61g	60.11g	7.07g	6.31g	64.82g	7.09g	Does contain	Does contain	Does contain										Does contain	Does contain
CHILLI TOFU UDON	820.15kcal	3430.91kJ	43.90g	2.20g	63.11g	8.42g	6.31g	46.22g	3.40g		Does contain											Does contain	Does contain
TOKATSU CHICKEN UDON	1069.76kcal	4473.61kJ	55.64g	7.06g	101.33g	7.68g	3.40g	43.36g	4.81g	Does contain	Does contain											Does contain	May contain
CHICKEN RAMEN	661.20kcal	2762.26kJ	37.03g	7.75g	43.18g	6.06g	1.18g	41.81g	2.21g		Does contain		Does contain									Does contain	Does contain
KING PRAWN RAMEN	481.20kcal	2013.38kJ	16.21g	2.04g	43.18g	6.06g	1.18g	43.37g	2.45g		Does contain	Does contain	Does contain									Does contain	Does contain
TOFU RAMEN	458.70kcal	1915.00kJ	19.21g	2.40g	46.78g	7.97g	1.18g	27.32g	1.78g		Does contain		Does contain									Does contain	Does contain

CATEGORY: SIDES & EXTRAS

Recipe	NUTRITIONAL DATA									ALLERGENS													
	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
STEAMED RICE	327.60kcal	1394.40kJ	1.96g	0.45g	74.20g	0.00g	1.68g	7.84g	0.03g														
DRESSED UDON	376.75kcal	1585.30kJ	13.90g	2.19g	54.39g	2.60g	3.40g	8.93g	2.72g		Does contain											Does contain	Does contain
DRESSED RAMEN	260.11kcal	1080.91kJ	14.18g	1.71g	29.54g	1.92g	0.00g	5.84g	1.84g		Does contain											Does contain	Does contain
TLS FURIKAKE RICE	337.97kcal	1438.04kJ	2.59g	0.54g	75.14g	0.65g	1.78g	8.36g	0.08g			May contain		May contain			May contain					Does contain	