

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	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g			May contain		May contain			May contain					Does contain	Does contain	
CRISPY VEG ROLLS	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain												Does contain	Does contain	
CRISPY SEAFOOD ROLLS	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g			Does contain		Does contain										
TLS CRISPY SCHICHIMI SQUID	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	May contain	Does contain	May contain			Does contain					Does contain	Does contain	
TLS CHICKEN YAKITORI	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	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	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain			Does contain								Does contain	Does contain	
URIMAKI SUSHI ROLL	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	Does contain										Does contain	Does contain	
EBIMAYO SUSHI ROLL	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	Does contain	Does contain					Does contain				Does contain	Does contain	
SPICY TUNA SUSHI ROLL	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain	Does contain				Does contain				Does contain	Does contain	
INARI SUSHI ROLL	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain											Does contain	Does contain	
VEGETABLE SUSHI ROLL	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain											Does contain	Does contain	
TSUNAROLL SUSHI	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain					Does contain				Does contain	Does contain	
ABURI SALMON SUSHI ROLL	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain			Does contain				Does contain				Does contain	Does contain	
CALIFORNIA MASAGI SUSHI ROLL	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	Does contain	Does contain	Does contain								Does contain	Does contain	
SMOKED SALMON SUSHI ROLL	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		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	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	May contain	May contain	May contain			May contain			May contain	Does contain	Does contain	May contain	
TLS PORK GYOZA	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	May contain	May contain	May contain			May contain			May contain	Does contain	Does contain	May contain	
TLS BEEF GYOZA	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	May contain	May contain	May contain			May contain			May contain	Does contain	Does contain	May contain	
TLS SHRIMP GYOZA	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	Does contain	Does contain	Does contain			May contain			May contain	Does contain	Does contain	Does contain	
TLS TOFU GYOZA	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	May contain	May contain	May contain			May contain			May contain	Does contain	Does contain	Does contain	May contain
TLS KIMCHI & CHICKEN GYOZA	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	May contain	May contain	May contain			May contain			May contain	Does contain	Does contain	Does contain	May 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	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain	Does contain											Does contain	
EBI FRY - TWELVE	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	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	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain	May contain	Does contain	Does contain			Does contain						Does contain	Does contain
TLS TAKOYAKI - SPICY	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain	Does contain	Does contain	Does contain			Does contain						Does contain	Does contain
TLS TAKOYAKI - WASABI	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	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	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	May contain		May contain			May contain					Does contain	Does contain	
TLS PRAWN KATSU CURRY	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	Does contain		May contain			May contain					Does contain	Does contain	
TLS TOFU KATSU CURRY	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		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	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain											Does contain	Does contain	May contain
CHILLI KING PRAWN UDON	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	Does contain										Does contain	Does contain	May contain
CHILLI TOFU UDON	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain											Does contain	Does contain	May contain
TOKATSU CHICKEN UDON	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain											Does contain	Does contain	
CHICKEN RAMEN	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain									Does contain	Does contain	
KING PRAWN RAMEN	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	Does contain	Does contain									Does contain	Does contain	
TOFU RAMEN	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		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	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g															
DRESSED UDON	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain											Does contain	Does contain	May contain
DRESSED RAMEN	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain											Does contain	Does contain	
TLS FURIKAKE RICE	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g			May contain		May contain			May contain					Does contain		