

National Allergy Strategy – Food allergen menu matrix (template)

C indicates menu item **CONTAINS** the allergen as an ingredient

PAL stands for Precautionary Allergen Labelling statement

Menu item	Tree nuts																	Gluten containing cereals					
	Milk (dairy)	Egg	Fish	Crustacean	Mollusc	Sesame	Lupin	Peanut	Soy	Almond	Brazil nut	Cashew	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Wheat	Gluten	Barley	Oats	Rye
Chicken and vegetable gyoza						C													C	C			
Rainbow roll			C	C		C													C	C			
Chicken and vegetable spring roll						C													C	C			
Dragon prawn roll	C	C		C		C													C	C			
Salted and chilli edamamy						C			C														
Dragon vegetable roll	C	C				C													C	C			
Sushi and hot food rice rice						C																	
Assorted medium set			C	C		C																	
Prawn tempura				C															C	C			
Seaweed salad						C			C								C						
Miso soup									C														
salmon lover			C			C																	

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										Almond	Brazil nut	Cashew	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Wheat	Gluten	Barley	Oats	Rye
Chicken and vegetable katsu curry	C	C				C													C	C			
salmon and tuna set			C			C													C	C			
Chicken teriyaki						C			C										C	C			
Salmon teriyaki			C			C			C										C	C			
Sweet chilli chicken						C													C	C			
Chicken and veg katsu ramen	C	C				C			C										C	C			
Large assorted set			C	C		C																	
Chicken stew ramen						C			C										C	C			
Prawns tempura ramen				C		C			C										C	C			
Seafood ramen				C		C			C										C	C			
Grilled salmon ramen			C	C		C			C										C	C			
Softshell crap ramen	C	C		C		C			C										C	C			
Tofu ramen	C	C				C			C										C	C			

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Dim sum ramen						C			C										C	C				
Tonkatsu ramen						C			C											C	C			
Salmon and tuna poke			C			C			C											C	C			
Harmony set			C	C		C			C															
California poke				C		C			C											C	C			
Prawn tempura poke				C		C			C											C	C			
Seafood poke				C		C			C											C	C			
Vegan poke						C			C											C	C			
Dim sum poke						C			C											C	C			
Chicken katsu poke	C	C				C			C											C	C			
Chicken teriyaki poke						C			C											C	C			
Softshell crab poke	C	C		C		C			C											C	C			
Sweet chilli chicken poke						C			C											C	C			
Salmon avocado roll and spring roll			C			C																		
Spicy salmon cucumber roll and spring roll			C			C																		
Tuna avocado roll and spring roll			C			C																		
Spicy tuna cucumber roll and spring roll			C			C																		

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Prawn tempura avocado roll and spring roll				C		C																			
California crab avocado roll and spring roll				C		C																			
Vegetable roll and spring roll						C																			
crunch salmon avocado				C		C																		C	C
crunch ebi prawn avocado					C	C																		C	C
Salmon and salmon maki				C																					
rock and roll				C		C																		C	C
Avocado maki																									
Cucumber maki						C																			
Salmon and tuna temaki				C		C																			
fire roll	C	C			C		C																	C	C
California temaki					C		C																		
Salmon and tuna nigiri					C																				
prawn nigiri						C																			
Salmon and tuna sashimi					C		C																		
vegetable katsu futomaki	C	C					C																	C	C
vanilla and green tea and strawberry mochi	C																								
salmon and ebi prawn futomaki	C	C			C		C																	C	C

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salmon and tuna futomaki	C		C			C													C	C			
Custard and strawberry dorayaki	C	C																	C	C			
california futomaki	C			C		C													C	C			
Chicken katsu avocado roll	C	C				C																	
Softshell crab cucumber futomaki	C	C		C		C													C	C			

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