## ALLERGENS AND NUTRITIONAL LIST

UDON A FO A D N

**WINTER 2024** 

	GLUTEN	CRUSTACEAN	EGG	FISH	NUTS	SOYA	DAIRY	PEANUT	MUSTARD	CELERY	SESAME	LUPIN	SEAFOOD	SULPHITES (>10mg/Kg)	Kcal RDA 2000 Kcal	LIPIDS RDA 55 gr	PROTEINS RDA 75 gr	CARBOHYDRATES RDA 300 gr
IZAKAYAS			300															
CRUNCHY & TEMPURA																		
Ika Tempura	•		•	•		•			•				•		26 %	45 %	34 %	16 %
Chicken Thai Fingers			•			•	•			Trail.	Sec.				11 %	21 %	13 %	6 %
Vegetable Temp. Prawns	•	•		•		•								•	16 %	21 %	22 %	12 %
Ebi Fry		•										100			9 %	19 %	4 %	6 %
Spring Roll						•									10 %	28 %	2 %	5 %
TRADITIONAL																		
Wakame Salad											•				4 %	5 %	5 %	3 %
Edamame						•									9 %	20 %	13 %	3 %
Miso Soup	•			•		•									2 %	2 %	3 %	1 %
Gohan (White rice)															8 %	0 %	4 %	12 %
GYOZAS																		
① Chicken Curry						•	•								12 %	20 %	15 %	7 %
① Shrimp and Young Garlic		•				· · · · ·	•		2016						10 %	11 %	11 %	9 %
① Vegetable						•			NO.			Z Z			11 %	14 %	7 %	11 %
① Pork						•	•								11 %	17 %	16 %	8 %
SPECIALITIES																		
Pork Buns						•									10 %	25 %	5 %	4 %
Negima Yakitori						•	104								11 %	23 %	23 %	2 %
① Japanese Roll			•			•			•		•				15 %	42 %	30 %	9 %
Salmon Tataki				•		•	36.0		•		•				16 %	43 %	25 %	2 %
Mixed Izakayas			•	•		•			•		•				28 %	67 %	34 %	23 %
Yasai Yakitori	•					•	71								6 %	15 %	3 %	3 %
Takoyaki			•	•		•		V.	•		La k		•		13 %	38 %	8 %	4 %
Heura Buns				3		•					•			1539	7 %	16 %	9 %	3 %
Tuna tataki		•	•	•		• -	1		•		•	One.	•	•	16 %	43 %	25 %	2 %
NOODLE ROLLS																		
Green Veggie Roll			15000	1000 to			13 E	1200			•			475	27 %	54 %	19 %	17 %
Salmon Avocado Roll			330							STATE OF					20 %	23 %	25 %	15 %
Salmon Tartar Roll				•		•	•		•						29 %	60 %	28 %	22 %
Mixed Rolls			•	•		•			•						21 %	40 %	13 %	14 %
Corral Chicken Roll	•			•		•	•				HE CO		•	THE WORLS	The state of the s	64 %		
RICES					200		Service of the servic								40.0/	44.0/	4F 0/	20.0/
Oyako Don	•			***	1212	•	NE S	3844			650				40 %	41 %	45 %	and the second second
Oyako Don (no batter)			Age to			15000	1			•				Maria Art	35 %	32 % 17 %	48 %	33 %
Karee Gyudon Vegan Karee & Tofu		HOSE O	1	15.0 y		•	200		42		•				26 % 33 %	53 %	13 % 36 %	The second second
Yasai Karee & Tofu		e et	55-76	2025	12.0		F27428		100	6 . PA			32.0	200 B	36 %	52 %	48 %	33 %
Niku Don					- BU				Wash.			0-24			36 %	44 %	31 %	34 %
Duck yakimeshi			No.				•	5,32		•					36 %	44 %	31 %	And the Party of t
			1000							200				in G	00 /0	77	J. 70	01 /0
SALADS					52.8						1		7		04.04	04.04	0404	
Kaesar Asian Salad	•	1000	-					•			STATE OF THE PARTY OF				34 %	91 %	34 %	9 %
Salmon Quinoa Salad Chicken Salad	N. S.	E TO	V-SC	E S	1	100	1	STATE	•	14 15/2	ESS/S	The state of	•		24 %	63 % 95 %	19 % 37 %	6 %

	GLUTEN	CRUSTACEAN	EGG	FISH	NUTS	SOYA	DAIRY	PEANUT	MUSTARD	CELERY	SESAME	LUPIN	SEAFOOD	SULPHITES (>10mg/Kg)	Kcal RDA 2000 Kcal	LIPIDS RDA 55 gr	PROTEINS RDA 75 gr	CARBOHYDRATES RDA 300 gr
STIR-FRIED NOODLES			68	NO.										751			355	
YAKISOBA or YAKI UDON																		
Yasai	•					•									29 %	40 %	39 %	22 %
Chicken	•					•					•				33 %	43 %	52 %	25 %
Beef	•			•		•					•				32 %	43 %	58 %	22 %
Seafood				•		13					•		•		32 %	42 %	60 %	22 %
Corral Chicken	•					•				50	•				30 %	23 %	44 %	30 %
Heura	•					•					•				30 %	18 %	32 %	33 %
Corral Vegan	200					•					•				23 %	17 %	18 %	27 %
CURRY NOODLES																		
Vegan Miso Soba						•									34 %	45 %	37 %	28 %
Chicken Pad Thai	9.			•		•		•			8500	guny.			32 %	31 %	35 %	31 %
Seafood Pad Thai		•			Zar de	•		•						•	45 %	52 %	32 %	46 %
Beef Udon Panang Curry		VE IN		•		•	•	•		View of		- 224		•	29 %	55 %	24 %	20 %
SOUP NOODLES																		
							ESES.		2000	363			2.36					
RAMEN																		
Miso Ramen			•	•		•				•	•			1000	44 %	74 %	40 %	32 %
Vegan Ramen	- 00					•				Sulface Y	•				25 %	50 %	42 %	22 %
Tampopo Ramen	•		•	•		•				•	•				29 %	52 %	27 %	21 %
Curry Ramen			•	•			2		•	•	•				41 %	45 %	52 %	34 %
Tonkotsu Ramen	•		•			•	1				•				31 %	34 %	23 %	26 %
Heura Tonkotsu Ramen			•			•	200				•				28 %	27 %	35 %	25 %
Chicken Ramen	•		•												24 %	23 %	23 %	24 %
UDON																		
Nabeyaki Udon	•	•	•	•		•					7 ·			•	30 %	39 %	53 %	21 %
Corral Chicken Curry Udon			•	•		•	•		•	•					24 %	23 %	23 %	24 %
Kimchi Chicken Udon			•	•		•					•		•		32 %	16 %	37 %	27 %
SOBA																		
Tempura Soba				•		•								•	25 %	22 %	24 %	26 %
Kashiwa Soba				•		•			Silver of the second		•				41 %	27 %	43 %	47 %
DESCEPTS (no ice except)																		
DESSERTS (no ice cream)							1000		SPECIE		SET IN	NAME OF STREET						
① Banana & Cho-co	•			No.	•		300		Service of the servic		76			1000	20 %	The second second	3 %	5 %
Fruit Salad	2202		-												3 %	1 %	1 %	6 %
① Cheesecake Mochi	•					•	•			STATE OF THE PARTY					12 %	10 %	3 %	15 %
① Chocolate Mochi	•		15 16-1			•			100						5 %	5 %	1 %	5 %
Chocolate Cup							E E		2000	A COLUMN TO A COLU					9 %	13 %	4 %	9 %
① Vegan Chocolate Cup	9.0				•	•									29 %	62 %	9 %	20 %
Chocolate Dorayaki	•		•		P	•					200				12 %	14 %	5 %	13 %
① Thai "Torrija"															16 %	26 %	8 %	14 %
ICE CREAMS																		
① Chocolate			100 m			40.		1				1	24		4 %	6 %	0 %	4 %
① Vanilla			•				1	100		No.	37				4 %	10 %	1 %	3 %
① Green tea				4	NEW -			3	2000						4 %	6 %	1 %	4 %
① Coconut			Z				•		100						5 %	11 %	1 %	3 %
① Bulgarian redcurrant yogurt									No.	-			10.0		4 %	6 %	0 %	4 %
① Mango											4		T.		2 %	1 %	0 %	12 %

All allergen information is based on data provided by our suppliers and our risk analysis updated to JANUARY 2024. Our suppliers may exceptionally and temporarily make changes to the ingredients and allergens declared on their labels. In addition to the allergens listed, ingredients that may contain other allergens are handled in Udon premises for the preparation of the products listed here, in accordance with Good Handling Practices. In order to ensure your safety, we need to be informed in case of allergy or intolerance to any ingredient.

Following the EU regulation N°1169/2011 on information to be provided to consumers on food allergies and intolerances, we inform you that: Since the production of all listed dishes is done in these very facilities, it is impossible to guarantee the absence of traces of other allergens in the dishes. Therefore, identification of allergens is based on the ingredients in the dish, not on the process.

This information has been prepared following World Health Organization (WHO) recommendations.

## ALLERGENS AND NUTRITIONAL LIST

UDON A F S O A D

**WINTER 2024** 

DRINKS.	GLUTEN	CRUSTACEAN	EGG	HSH	NUTS	SOYA	DAIRY	PEANUT	MUSTARD	CELERY	SESAME	LUPIN	SEAFOOD	SULPHITES (>10mg/Kg)	Kcal RDA 2000 Kcal	LIPIDS RDA 55 gr	PROTEINS RDA 75 gr	CARBOHYDRATES RDA 300 gr
WATER AND SOFT DRINKS						12/20			1000 1000	514			231					
															0 %	0 %	0 %	0 %
Still mineral water		000							\$9.60p						0 %	0 %	0 %	0 %
San Pellegrino Coca Cola									1000			20) S	3/		7 %	0 %	0 %	12 %
Coca Cola Zero															0 %	0 %	0 %	0 %
Lemon Fanta											200				3 %	0 %	0 %	1 %
Orange Fanta						NGN.	18.01		12						3 %	0 %	0 %	5 %
Lemon Aquarius						27				10.235		K S			3 %	0 %	0 %	5 %
Lemon Nestea						SSS			Contract of the Contract of th		2000				3 %	0 %	0 %	5 %
															0 /0	0 /0	0 /0	3 70
KOMBUCHAS															0.00	0.00	0.0/	4.00
Ginger, mint and moringa							1			ASS TO					3 %	0 %	0 %	1 %
Blueberry and lavender															3 %	0 %	0 %	1 %
BEERS																		
Estrella Damm	•						35						4.5		8 %	0 %	2 %	5 %
Free Damm															3 %	0 %	1 %	5 %
Damm Lemon	•					A STATE			4						8 %	0 %	1 %	8 %
Inedit	•								V						7 %	0 %	2 %	4 %
Daura	0.10														8 %	0 %	2 %	5 %
Sapporo	•								Biographic Control	N. C.	70.00				2 %	0 %	1 %	1 %
Asahi															1 %	0 %	0 %	0 %
TEAS															0 %	0.07	0.07	0.0/
Black Chai							572								Surpedencind	0 %	0 %	0 %
Rooibos & Nuts					•		2720		1000						0 %	0 %	0 %	0 %
Japanese Sencha															0 %	0 %	0 %	U %0
SAKE																		
Kuramoto			212										A STATE		17 %	0 %	0 %	2 %
Kurabito 90ml						100					7507				6 %	0 %	0 %	0 %
Kurabito 180ml							1								12 %	0 %	0 %	0 %
WINE																		
Jean Leon 3055 (red)														4	N/E	N/E	N/E	N/E
Dominio de Bornos Roble										No.				•	N/E	N/E	N/E	N/E
22 Pies	252													•	N/E	N/E	N/E	N/E
Jean Leon 3055 (rosé)			850						100	Carried States			8	•	N/E	N/E	N/E	N/E
Jean Leon 3055 (white)	No. Alternative				30			100		No.				* • • • • • • • • • • • • • • • • • • •	N/E	N/E	N/E	N/E
Lolo									945	700				•	N/E	N/E	N/E	SCHOOL SECTION
Celeste Verdejo														•	N/E	N/E	N/E	N/E
COFFEE																		
Espresso				1											0 %	0 %	0 %	0 %
Macchiato			Y se				•		1000						1 %	2 %	1 %	0 %
White coffee					4		•		100	-01	1				2 %	3 %	2 %	1 %
Cappuccino			N. W.		1		•	1							3 %	7 %	4 %	2 %
American			SI SE	730	To all							SA	1		0 %	0 %	0 %	0 %

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