

# ALLERGENS AND NUTRITIONAL LIST

WINTER 2024

UDON  
ASIAN  
FOOD

	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
<b>IZAKAYAS</b>																		
<b>CRUNCHY &amp; TEMPURA</b>																		
Ika Tempura	•		•	•		•			•				•		26 %	45 %	34 %	16 %
Chicken Thai Fingers	•		•			•	•								11 %	21 %	13 %	6 %
Vegetable Temp. Prawns	•	•		•		•								•	16 %	21 %	22 %	12 %
Ebi Fry	•	•				•									9 %	19 %	4 %	6 %
Spring Roll	•					•					•				10 %	28 %	2 %	5 %
<b>TRADITIONAL</b>																		
Wakame Salad											•				4 %	5 %	5 %	3 %
Edamame						•									9 %	20 %	13 %	3 %
Miso Soup	•			•		•									2 %	2 %	3 %	1 %
Gohan (White rice)															8 %	0 %	4 %	12 %
<b>GYOZAS</b>																		
① Chicken Curry	•					•	•								12 %	20 %	15 %	7 %
① Shrimp and Young Garlic	•	•				•	•								10 %	11 %	11 %	9 %
① Vegetable	•					•									11 %	14 %	7 %	11 %
① Pork	•					•	•				•				11 %	17 %	16 %	8 %
<b>SPECIALITIES</b>																		
Pork Buns	•		•			•			•		•				10 %	25 %	5 %	4 %
Negima Yakitori	•					•									11 %	23 %	23 %	2 %
① Japanese Roll	•		•			•			•		•				15 %	42 %	30 %	9 %
Salmon Tataki	•			•		•			•		•				16 %	43 %	25 %	2 %
Mixed Izakayas	•		•	•		•			•		•				28 %	67 %	34 %	23 %
Yasai Yakitori	•					•									6 %	15 %	3 %	3 %
Takoyaki	•		•	•		•			•				•		13 %	38 %	8 %	4 %
Heura Buns	•					•					•				7 %	16 %	9 %	3 %
Tuna tataki	•	•	•	•		•			•		•		•	•	16 %	43 %	25 %	2 %
<b>NOODLE ROLLS</b>																		
Green Veggie Roll	•		•			•			•		•				27 %	54 %	19 %	17 %
Salmon Avocado Roll	•			•		•	•		•						20 %	23 %	25 %	15 %
Salmon Tartar Roll	•			•		•	•		•		•				29 %	60 %	28 %	22 %
Mixed Rolls	•		•	•		•	•		•						21 %	40 %	13 %	14 %
Corral Chicken Roll	•		•	•		•	•		•				•		30 %	64 %	23 %	16 %
<b>RICES</b>																		
Oyako Don	•		•	•		•									40 %	41 %	45 %	39 %
Oyako Don (no batter)	•		•	•		•									35 %	32 %	48 %	33 %
Karee Gyudon	•			•		•					•	•			26 %	17 %	13 %	31 %
Vegan Karee & Tofu	•					•			•	•	•				33 %	53 %	36 %	32 %
Yasai Karee & Tofu	•					•			•	•	•				36 %	52 %	48 %	33 %
Niku Don	•		•	•		•					•				36 %	44 %	31 %	34 %
Duck yakimeshi	•	•	•	•		•	•			•	•			•	36 %	44 %	31 %	34 %
<b>SALADS</b>																		
Kaesar Asian Salad	•		•	•		•	•	•	•						34 %	91 %	34 %	9 %
Salmon Quinoa Salad	•		•	•		•	•		•				•		24 %	63 %	19 %	6 %
Chicken Salad	•		•	•		•	•	•	•						33 %	95 %	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
<b>STIR-FRIED NOODLES</b>																		
<b>YAKISOBA or YAKI UDON</b>																		
Yasai	•					•					•				29 %	40 %	39 %	22 %
Chicken	•					•					•				33 %	43 %	52 %	25 %
Beef	•			•		•					•				32 %	43 %	58 %	22 %
Seafood	•	•		•		•					•		•	•	32 %	42 %	60 %	22 %
Corral Chicken	•					•					•				30 %	23 %	44 %	30 %
Heura	•					•					•				30 %	18 %	32 %	33 %
Corral Vegan	•					•					•				23 %	17 %	18 %	27 %
<b>CURRY NOODLES</b>																		
Vegan Miso Soba	•					•					•				34 %	45 %	37 %	28 %
Chicken Pad Thai	•			•		•		•						•	32 %	31 %	35 %	31 %
Seafood Pad Thai		•		•		•		•	•					•	45 %	52 %	32 %	46 %
Beef Udon Panang Curry	•			•		•	•	•			•			•	29 %	55 %	24 %	20 %
<b>SOUP NOODLES</b>																		
<b>RAMEN</b>																		
Miso Ramen	•		•	•		•					•	•			44 %	74 %	40 %	32 %
Vegan Ramen	•					•					•				25 %	50 %	42 %	22 %
Tampopo Ramen	•		•	•		•					•	•			29 %	52 %	27 %	21 %
Curry Ramen	•		•	•		•			•	•	•				41 %	45 %	52 %	34 %
Tonkotsu Ramen	•		•			•					•				31 %	34 %	23 %	26 %
Heura Tonkotsu Ramen	•		•			•					•				28 %	27 %	35 %	25 %
Chicken Ramen	•		•			•					•				24 %	23 %	23 %	24 %
<b>UDON</b>																		
Nabeyaki Udon	•	•	•	•		•					•			•	30 %	39 %	53 %	21 %
Corral Chicken Curry Udon	•		•	•		•	•			•	•				24 %	23 %	23 %	24 %
Kimchi Chicken Udon	•		•	•		•	•				•		•		32 %	16 %	37 %	27 %
<b>SOBA</b>																		
Tempura Soba	•	•		•		•								•	25 %	22 %	24 %	26 %
Kashiwa Soba	•		•	•		•					•				41 %	27 %	43 %	47 %
<b>DESSERTS (no ice cream)</b>																		
① Banana & Cho-co	•				•		•								20 %	66 %	3 %	5 %
Fruit Salad															3 %	1 %	1 %	6 %
① Cheesecake Mochi	•					•	•								12 %	10 %	3 %	15 %
① Chocolate Mochi	•					•	•								5 %	5 %	1 %	5 %
Chocolate Cup			•			•	•								9 %	13 %	4 %	9 %
① Vegan Chocolate Cup	•				•	•									29 %	62 %	9 %	20 %
Chocolate Dorayaki	•		•		•	•	•								12 %	14 %	5 %	13 %
① Thai "Torrija"	•		•				•								16 %	26 %	8 %	14 %
<b>ICE CREAMS</b>																		
① Chocolate						•	•								4 %	6 %	0 %	4 %
① Vanilla			•				•								4 %	10 %	1 %	3 %
① Green tea							•								4 %	6 %	1 %	4 %
① Coconut							•								5 %	11 %	1 %	3 %
① Bulgarian redcurrant yogurt							•								4 %	6 %	0 %	4 %
① Mango															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.



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WINTER 2024

UDON  
ASIAN  
FOOD

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DRINKS																		
WATER AND SOFT DRINKS																		
Still mineral water															0 %	0 %	0 %	0 %
San Pellegrino															0 %	0 %	0 %	0 %
Coca Cola															7 %	0 %	0 %	12 %
Coca Cola Zero															0 %	0 %	0 %	0 %
Lemon Fanta															3 %	0 %	0 %	1 %
Orange Fanta															3 %	0 %	0 %	5 %
Lemon Aquarius															3 %	0 %	0 %	5 %
Lemon Nestea															3 %	0 %	0 %	5 %
KOMBUCHAS																		
Ginger, mint and moringa															3 %	0 %	0 %	1 %
Blueberry and lavender															3 %	0 %	0 %	1 %
BEERS																		
Estrella Damm	•														8 %	0 %	2 %	5 %
Free Damm															3 %	0 %	1 %	5 %
Damm Lemon	•														8 %	0 %	1 %	8 %
Inedit	•														7 %	0 %	2 %	4 %
Daura															8 %	0 %	2 %	5 %
Sapporo	•														2 %	0 %	1 %	1 %
Asahi	•														1 %	0 %	0 %	0 %
TEAS																		
Black Chai															0 %	0 %	0 %	0 %
Rooibos & Nuts					•										0 %	0 %	0 %	0 %
Japanese Sencha	•				•										0 %	0 %	0 %	0 %
SAKE																		
Kuramoto															17 %	0 %	0 %	2 %
Kurabito 90ml															6 %	0 %	0 %	0 %
Kurabito 180ml															12 %	0 %	0 %	0 %
WINE																		
Jean Leon 3055 (red)														•	N/E	N/E	N/E	N/E
Dominio de Bornos Roble														•	N/E	N/E	N/E	N/E
22 Pies														•	N/E	N/E	N/E	N/E
Jean Leon 3055 (rosé)														•	N/E	N/E	N/E	N/E
Jean Leon 3055 (white)														•	N/E	N/E	N/E	N/E
Lolo														•	N/E	N/E	N/E	N/E
Celeste Verdejo														•	N/E	N/E	N/E	N/E
COFFEE																		
Espresso															0 %	0 %	0 %	0 %
Macchiato							•								1 %	2 %	1 %	0 %
White coffee							•								2 %	3 %	2 %	1 %
Cappuccino							•								3 %	7 %	4 %	2 %
American															0 %	0 %	0 %	0 %

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