

ALLERGENS AND NUTRITIONAL LIST

SPRING 2024

UDON ASIAN FOOD

	GLUTEN	CRUSTACEAN	EGG	FISH	NUTS	SOYA	DAIRY	PEANUT	MUSTARD	CELLERY	SESAME	LUPIN	SEAFOOD	SULPHITES (>10mg/Kg)	Kcal RDA 2000 Kcal	LIPIDS RDA 55 gr	PROTEINS RDA 75 gr	CARBOHYDRATES RDA 300 gr	
IZAKAYAS																			
CRUNCHY & TEMPURA																			
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 %	
① Mix Thai	•	•				•	•								11 %	45 %	10 %	19 %	
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																			
Chicken Curry	•					•	•								12 %	20 %	15 %	7 %	
Shrimp and Young Garlic	•	•				•	•								10 %	11 %	11 %	9 %	
Vegetable	•					•									11 %	14 %	7 %	11 %	
Pork	•					•	•						•		11 %	17 %	16 %	8 %	
SPECIALITIES																			
Pork Buns	•		•			•			•		•				10 %	25 %	5 %	4 %	
Negima Yakitori	•					•									11 %	23 %	23 %	2 %	
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 %	
① Duck and porcini mushroom kao	•					•	•								4 %	26 %	10 %	11 %	
① Prawn Tempura with Broccoli	•	•													22 %	32 %	33 %	26 %	
① Beijing Duck Bao	•					•									14 %	13 %	21 %	16 %	
NOODLE ROLLS																			
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 %	
RICES																			
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 %	
① Thai Chicken Panang Curry	•		•	•		•	•	•					•		33 %	56 %	32 %	40 %	
SALADS																			
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	
STIR-FRIED NOODLES																			
YAKISOBA or YAKI UDON																			
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 %	
CURRY NOODLES																			
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 %	
SOUP NOODLES																			
RAMEN																			
Miso Ramen	•		•	•		•				•	•				44 %	74 %	40 %	32 %	
Tantanmen 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 %	
UDON																			
Nabeyaki Udon	•	•	•	•		•					•			•	30 %	39 %	53 %	21 %	
Corral Chicken Curry Udon	•		•	•		•	•		•	•					24 %	23 %	23 %	24 %	
Kimchi Chicken Udon	•		•	•		•	•				•		•		32 %	16 %	37 %	27 %	
① Tori Nanban Udon	•					•					•				23 %	38 %	29 %	28 %	
DESSERTS (no ice cream)																			
Banana & Cho-co	•				•		•								20 %	66 %	3 %	5 %	
① Cheesecake	•		•				•							•	3 %	1 %	1 %	6 %	
Cheesecake Mochi	•					•	•								12 %	10 %	3 %	15 %	
Chocolate Mochi	•					•	•								5 %	5 %	1 %	5 %	
Chocolate Cup			•			•	•								9 %	13 %	4 %	9 %	
Vegan Chocolate Cup	•				•	•									29 %	62 %	9 %	20 %	
Chocolate Dorayaki	•		•		•	•	•								12 %	14 %	5 %	13 %	
Thai "Torrija"	•		•			•									16 %	26 %	8 %	14 %	
ICE CREAMS																			
Chocolate						•	•								4 %	6 %	0 %	4 %	
Vanilla			•				•								4 %	10 %	1 %	3 %	
Green tea							•								4 %	6 %	1 %	4 %	
Coconut							•								5 %	11 %	1 %	3 %	
Bulgarian redcurrant yogurt							•								4 %	6 %	0 %	4 %	
Mango															2 %	1 %	0 %	12 %	

All allergen information is based on data provided by our suppliers and our risk analysis updated to MARCH 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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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	
ⓘ Celeste Roble														•	N/E	N/E	N/E	N/E	
ⓘ Malpastor Crianza														•	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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