

Dishes containing any of the 14 common allergens are noted in this guide. A dish marked as “May Contain” means that, although these dishes do not contain the listed allergen as an ingredient, they are produced in an environment where the allergen is present. Please note that although we have stringent processes in place, we use many of these ingredients in our busy kitchen/cooking processes so we cannot guarantee that our dishes are 100% free of traces of these allergens. Please let us know if you have any food allergies or intolerances so we can assist and talk through our cooking process of any dish.

	Celery	Cereals (gluten)	Crustacean	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
VEGETABLE GYOZA		YES(WHEAT)		M/C				M/C				M/C	YES	
CHICKEN GYOZA	M/C	YES(WHEAT)	M/C	M/C	M/C			M/C			M/C	YES	YES	M/C
PRAWN GYOZA		YES(WHEAT)	YES							M/C	M/C	YES	YES	
EDAMAME													YES	
SIGNATURE STARTER	M/C	YES(WHEAT)	YES	YES	M/C			M/C	YES	M/C	M/C	YES	YES	M/C
KING PRAWN TEMPURA		YES (WHEAT)	YES											
KING PRAWN KATSU	YES	YES (WHEAT)	YES						YES				YES	
CHICKEN YAKITORI	M/C	YES(WHEAT)		M/C			M/C		M/C			YES	YES	YES
SPRING ROLL		YES(WHEAT)												
CHICKEN KARAGE		YES(WHEAT)											YES	
PUMPKIN KOROKKE	YES	YES(WHEAT)											YES	
MISO SOUP													YES	
KAISO SALAD												YES		
SALMON POKE		YES(WHEAT)			YES							YES	YES	
TUNA POKE		YES(WHEAT)										YES	YES	
FIRECRACKER POKE		YES(WHEAT)		YES					YES			YES	YES	YES
IRO SPECIAL POKE		YES(WHEAT)	YES	YES	YES				YES			YES	YES	

	Celery	Cereals (gluten)	Crustacean	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
<b>MAKI ROLLS</b>														
CUCUMBER MAKI		YES(WHEAT)							YES				YES	
AVOCADO MAKI		YES(WHEAT)							YES				YES	
SALMON MAKI		YES(WHEAT)			YES				YES				YES	
PRAWN AVOCADO MAKI		YES(WHEAT)	YES						YES				YES	
TUNA MAKI		YES(WHEAT)			YES				YES				YES	
SPICY TUNA MAKI		YES(WHEAT)		YES	YES				YES			YES	YES	
SALMON AVOCADO MAKI		YES(WHEAT)			YES				YES				YES	
EEL AVOCADO MAKI		YES(WHEAT)			YES				YES				YES	
<b>URAMAKI (ISO)</b>														
VEGETABLE ISO		YES(WHEAT)							YES			YES	YES	
GRILLED SALMON CREAMY ISO		YES(WHEAT)			YES		YES		YES			YES	YES	
PRAWN KATSU AVOCADO ISO	YES	YES(WHEAT)	YES						YES			YES	YES	
SALMON AVOCADO ISO		YES(WHEAT)			YES				YES			YES	YES	
TUNA AVOCADO ISO		YES(WHEAT)			YES				YES			YES	YES	
SPICY TUNA CUCUMBER ISO		YES(WHEAT)		YES	YES				YES			YES	YES	
CHICKEN KATSU AVOCADO ISO	YES	YES(WHEAT)		YES					YES			YES	YES	
CALIFORNIA ISO		YES(WHEAT)	YES	YES	YES				YES			YES	YES	
SALMON SKIN ISO		YES(WHEAT)			YES				YES			YES	YES	
<b>FUTOMAKI</b>														
CHICKEN KATSU FUTOMAKI	YES	YES(WHEAT)		YES					YES				YES	
SALMON AVOCADO FUTOMAKI		YES(WHEAT)			YES				YES				YES	

	Celery	Cereals (gluten)	Crustacean	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
SOFTSHELL CRAB FUTOMAKI		YES(WHEAT)	YES		YES				YES				YES	
PRAWN KASTU FUTOMAKI		YES(WHEAT)	YES	YES					YES				YES	
GRILLED EEL FUTOMAKI		YES(WHEAT)			YES				YES				YES	
<b>SUPPER CRUNCH</b>														
VEG LOVER		YES(WHEAT)							YES				YES	
SALMON LOVER		YES(WHEAT)			YES				YES				YES	
DRAGON EYE		YES(WHEAT)	YES	YES					YES				YES	
CRUCNHY SALMON SKIN		YES(WHEAT)			YES				YES				YES	
CRUNCHY CHICKEN	YES	YES(WHEAT)		YES					YES				YES	
<b>SIGNATURE ROLLS</b>														
SPECIAL SALMON ROLL		YES(WHEAT)			YES		YES					YES	YES	
SPICY RAINBOW		YES(WHEAT)	YES	YES	YES				YES			YES	YES	
IRO SPECIAL ROLL		YES(WHEAT)	YES		YES				YES				YES	
SPIDER ROLL		YES(WHEAT)	YES	YES					YES			YES	YES	
MOUNTAIN ROLL		YES(WHEAT)	YES						YES				YES	
CALIFORNIA DREAM		YES(WHEAT)	YES	YES	YES				YES				YES	
FIRE CRACKER ROLL		YES(WHEAT)	YES	YES	YES				YES			YES	YES	
SALMON		YES(WHEAT)			YES				YES				YES	
TUNA		YES(WHEAT)			YES				YES				YES	
PRAWN		YES(WHEAT)	YES						YES				YES	
EEL		YES(WHEAT)			YES				YES				YES	
AVOCADO		YES(WHEAT)							YES				YES	

	Celery	Cereals (gluten)	Crustacean	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
NIGIRI MIX		YES(WHEAT)	YES		YES				YES				YES	
<b>SASHIMI</b>														
SALMON		YES(WHEAT)			YES				YES				YES	
TUNA		YES(WHEAT)			YES				YES				YES	
PRAWN		YES(WHEAT)	YES						YES				YES	
EEL		YES(WHEAT)			YES				YES				YES	
SASHIMI MIX		YES(WHEAT)	YES		YES				YES				YES	
<b>TATAKI</b>														
SALMON TATAKI		YES(WHEAT)			YES				YES			YES	YES	
TUNA TATAKI		YES(WHEAT)			YES				YES			YES	YES	
MIX TATAKI		YES(WHEAT)			YES				YES			YES	YES	
<b>HAND ROLL /TEMAKI</b>														
SALMON AVOCADO TEMAKI		YES(WHEAT)			YES				YES			YES	YES	
SPICY TUNA TEMAKI		YES(WHEAT)		YES	YES				YES			YES	YES	
SOFTSHELL CRAB TEMAKI		YES(WHEAT)	YES						YES				YES	
CRABSTI TEMAKI		YES(WHEAT)	YES	YES	YES				YES				YES	
PRAWN KASTU TEMAKI	YES	YES(WHEAT)	YES	YES					YES			YES	YES	
<b>SUSHI BOXES</b>														
SALMON SELECTION		YES(WHEAT)			YES				YES			YES	YES	
VEGAN BOX		YES(WHEAT)							YES			YES	YES	
MAKI MIX		YES(WHEAT)	YES	YES	YES				YES			YES	YES	
IRO DELUXE		YES(WHEAT)			YES				YES			YES	YES	

	Celery	Cereals (gluten)	Crustacean	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
SALMON BOX		YES(WHEAT)			YES				YES			YES	YES	
SUSHI SLECTION		YES(WHEAT)	YES	YES	YES				YES			YES	YES	
TUNA BOX		YES(WHEAT)			YES				YES			YES	YES	
WELL DONE SET	YES	YES(WHEAT)	YES	YES					YES			YES	YES	
IRO BLAZING BANTER		YES(WHEAT)	YES	YES	YES				YES			YES	YES	
PHILLY ROLL SELECTION		YES(WHEAT)			YES		YES		YES			YES	YES	
SUPER DELUXE BOX		YES(WHEAT)	YES	YES	YES				YES			YES	YES	
IRO PLATTER		YES(WHEAT)	YES	YES	YES				YES			YES	YES	
100PC PLATTER		YES(WHEAT)	YES	YES	YES				YES			YES	YES	
OMEGA BOX		YES(WHEAT)			YES				YES			YES	YES	
<b>HOT DISHES</b>														
CHICKEN KATSU CURRY		YES(WHEAT)		YES								YES	YES	
PRAWN KASTSU CURRY		YES(WHEAT)	YES	YES								YES	YES	
VEG CURRY		YES(WHEAT)										YES	YES	
SALMON TERIYAKI		YES(WHEAT)			YES							YES	YES	
CHICKEN TERIYAKI		YES(WHEAT)										YES	YES	
FIRECRACKER CHICKEN RICE				YES								YES	YES	YES
<b>FRIED NOODLES</b>														
VEGETABLE NOODLE	YES	YES(WHEAT)		YES			M/C	M/C		M/C	M/C	YES	YES	M/C
CHICKEN NOODLE	YES	YES(WHEAT)		YES			M/C	M/C		M/C	M/C	YES	YES	M/C
SALMON NOODLE	YES	YES(WHEAT)		YES	YES		M/C	M/C		M/C	M/C	YES	YES	M/C
FIRECRACKER SUPRISE STIR				YES								YES	YES	YES

	Celery	Cereals (gluten)	Crustacean	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
<b>RAMEN SOUP</b>														
SPICY CHICKEN NOODLE SOUP	M/C	YES(WHEAT)		YES	M/C		M/C	M/C		M/C	M/C	YES	YES	M/C
VEGGI NOODLE SOUP		YES(WHEAT)						M/C				YES	YES	
SEAFOOD DELIGHT NOODLE SOUP		YES(WHEAT)	YES	YES	YES							YES	YES	
<b>DESSERTS</b>														
DORAYAKI		YES(WHEAT)		YES			YES		M/C	M/C	M/C	M/C	M/C	
MOCHI		YES(WHEAT)					YES							YES
<b>EXTRAS</b>														
PLAIN RICE														
CURRY SAUCE													YES	
WASABI									YES					
GINGER														
SOYA SAUCE		YES(WHEAT)											YES	
UNAGI SAUCE		YES(WHEAT)											YES	
MAYO		YES(WHEAT)		YES					YES				YES	
SPICY MAYO		YES(WHEAT)		YES					YES			YES		
TONKATSU SAUCE	YES												YES	
ONION CRUNCH		YES(WHEAT)												
SWEET CHILLI SAUCE														YES
TERIYAKI SAUCE		YES(WHEAT)											YES	
POKE SAUCE		YES(WHEAT)										YES	YES	
<b>MILK FRUIT BUBBLE TEA</b>														

	Celery	Cereals (gluten)	Crustacean	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
STRAWBERRY FRUIT MILK BUBBLE TEA							YES							
PINEAPPLE FRUIT MILK BUBBLE TEA							YES							
MANGO FRUIT BUBBLE MILK TEA							YES							
PASSIONFRUIT BUBBLE MILK TEA							YES							
RASPBERRY BUBBLE MILK TEA							YES							
LYCHEE BUBBLE MILK TEA							YES							
TARO MILK TEA							YES							
ORIGINAL TRADITIONAL MILK TEA							YES							
CARAMEL TRADITIONAL MILK TEA							YES							
VANILLA TRADITIONAL MILK TEA							YES							
ORIGINAL COFFEE MILK TEA							YES							
CARAMEL COFFEE MILK TEA							YES							
VANILLA COFFEE MILK TEA							YES							