ALLERGENS AND NUTRITIONAL LIST

UDON A FO A D

SPRING 2024

IZAKAYAS	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
			1		TANK THE				Sept 1		100		-				DE WALL	
CRUNCHY & TEMPURA	1 200												18.7°		00.04	45.00	040/	40.04
Ika Tempura		0.00		•		•	7/0	112	•		0.7	15	•		26 %	45 %	34 % 13 %	16 %
Chicken Thai Fingers			San I				•	201	25						11 % 16 %	21 %	22 %	12 %
Vegetable Temp. Prawns					STATE OF THE PARTY				MI Z	lette N					9 %	19 %	4 %	6 %
Ebi Fry Spring Roll		100	LIANE.	Wald.			1000		500				1		10 %	28 %	2 %	5 %
① Mix Thai		•	9052 9053		N. Contraction			1000	DESCRIPTION OF THE PERSON OF T			1	PHIS PASS		11 %	45 %	10 %	19 %
															11 /0	45 /0	10 /0	19 /0
TRADITIONAL											U S				4.04	0/	- 0/	0.04
Wakame Salad		10010			105				1300		•		3.00		4 %	5 %	5 %	3 %
Edamame		100 m	1000		STEE S	•	2	-0							9 %	20 %	13 %	ME 110 13
Miso Soup	•	99/5	4	•						VA.	500	1000		Thomas.	2 %	2 %	3 %	1 %
Gohan (White rice)															0 %	U %	4 70	12 %
GYOZAS																		
Chicken Curry					100	•							570	1400	12 %	20 %	15 %	7 %
Shrimp and Young Garlic		*	200			•	•								10 %	11 %	11 %	9 %
Vegetable	•				AND S	•			NAS.	2	SH.	1			11 %	14 %	7 %	11 %
Pork															11 %	17 %	16 %	8 %
SPECIALITIES																		
Pork Buns			•	Ne.	1	•			•		•		ST		10 %	25 %	5 %	4 %
Negima Yakitori	TT 1992				100	•		The second			1		No.	1	11 %	23 %	23 %	2 %
Japanese Roll			•	23		•	70		•		•				15 %	42 %	30 %	9 %
Salmon Tataki		2010		ā e		•	530	Me	•		•				16 %	43 %	25 %	2 %
Mixed Izakayas		1		•	100	•		X 24	•					30 3	28 %	67 %	34 %	23 %
Yasai Yakitori			1000			•					100				6 %	15 %	3 %	3 %
Takoyaki			200	•		•			• 10				Y		13 %	38 %	8 %	4 %
Heura Buns	Tiene •	188				•		S		GAIN.	•		1300		7 %	16 % 26 %	9 %	3 %
① Duck and porcini mushroom kao ① Prawn Tempura with Broccoli		•	HEER!		The second						210		OF S		22 %	32 %	33 %	26 %
① Beijing Duck Bao			PARTY.		THE STATE OF		75 1		ST No.	175	•				14 %	13 %	21 %	16 %
															14 70	13 70	21 70	10 70
NOODLE ROLLS			300				VIEW		6.5							14 16	Nine.	10
Veggie Roll			•	100		•			•		•	38	150			54 %	19 %	17 %
Salmon Avocado Roll				•			•		•		7	10			20 %	COLUMN TO SERVE	25 %	15 %
Salmon Tartar Roll	1	100	BVA	• 0		•	•	781	•		•			Chicago and the second	29 %	60 %	28 %	State of the State of the
Mixed Rolls		500	•	•		•	1		•		100		250		21 %	The Santa Control	13 %	
Corral Chicken Roll							6								30 %	64 %	23 %	16 %
RICES				3 8														
Oyako Don	•					•	33.7	-		1	-				40 %	41 %	45 %	39 %
Oyako Don (no batter)			*			•			- 110			T.S.			35 %	32 %	48 %	33 %
Karee Gyudon				W. S	1	•			40	•		¥ =	7		26 %	17 %	13 %	31 %
Vegan Karee & Tofu					The same	•			•	•	•	ON B			33 %	53 %	36 %	32 %
Yasai Karee & Tofu	•	2	197	216		•	THE REAL PROPERTY.		•		•	82			100000000000000000000000000000000000000	52 %	48 %	33 %
Niku Don			•		200	•		THE S	-	5	•	To the			36 %	The state of the s	31 %	34 %
① Thai Chicken Panang Curry							•	•							33 %	56 %	32 %	40 %
SALADS			1	4								100						
Kaesar Asian Salad		500	V .	•		•	•		200	BV4	1	217	1		34 %	91 %	34 %	9 %
Salmon Quinoa Salad		150	•	•		200	•		•			1	•		24 %	63 %	19 %	6 %
Chicken Salad				•	TO A	•	•				1				33 %	95 %	37 %	6 %

																		LES
		AN												VIII.	cal			CARBOHYDRATES RDA 300 gr
	Z	CRUSTACEAN						F	8	>	ш		00	SULPHITES (>10mg/Kg)	Kcal RDA 2000 Kcal	p P	PROTEINS RDA 75 gr	0 gr
	GLUTEN	UST	5	I	NUTS	SOYA	DAIRY	PEANUT	MUSTARD	CELERY	SESAME	LUPIN	SEAFOOD	LPH Mg/	al A 20	LIPIDS RDA 55 gr	OTE A 75	RBC A 30
	ᡖ	S.	EGG	FISH	3	So	PA	F	Z	CE	SE	3	SE	SU ₹	35 55	글윤	E. C.	SE
STIR-FRIED NOODLES				M.														
YAKISOBA or YAKI UDON					1		VX.E	1		010								al SI
Yasai											•				29 %	40 %	39 %	22 %
Chicken		0)	Ly			•			WII J		•		100		33 %	43 %	52 %	25 %
Beef			1000	•	49)	•	200		1.5	100	•	I.E.			32 %	43 %	58 %	22 %
Seafood		•		•	*	9.	I WE	18	22-1		•	-50			32 %	42 %	60 %	22 %
Corral Chicken	4	SAV				•	122				•		W.		30 %	23 %	44 %	30 %
Heura -					DX.	•				T S	•		4		30 %	18 %	32 %	33 %
Corral Vegan	2 000					•			10		•11	100			23 %	17 %	18 %	27 %
CURRY NOODLES													TW.					
Vegan Miso Soba															34 %	45 %	37 %	28 %
Chicken Pad Thai	- 1/0					•	NO.	8.	STATE OF	31.3	In S	ecits			32 %	31 %	35 %	31 %
Seafood Pad Thai			100			•	1 12	•			59			•	45 %	52 %	32 %	46 %
Beef Udon Panang Curry						, y,		•	District Control	ULA .	•				29 %	55 %	24 %	20 %
SOUP NOODLES			Viv	200	BILL	973	36	1			Dis		3					
RAMEN																		
Miso Ramen	•			•		•				•	•	100			44 %	74 %	40 %	32 %
Tantanmen Ramen			1			•			372	1/2	•	With		The state	25 %	50 %	42 %	22 %
Tampopo Ramen		N.	•	•		•	Mary				•		A INC.		29 %	52 %	27 %	21 %
Curry Ramen	•		•	•			165		•	•	•		13		41 %	45 %	52 %	34 %
Tonkotsu Ramen			• 0			•		COL	No.		•		HALL		31 %	34 %	23 %	26 %
Heura Tonkotsu Ramen									2		•				28 %	27 %	35 %	25 %
Chicken Ramen		100							NA.	•		1	SA SA		24 %	23 %	23 %	24 %
UDON																		
Nabeyaki Udon			•			•									30 %	39 %	53 %	21 %
Corral Chicken Curry Udon		N. F		•			•		•	•					24 %	23 %	23 %	24 %
Kimchi Chicken Udon			•	•	16	• 1	•						•		32 %	16 %	37 %	27 %
① Tori Nanban Udon			200	Ale		•	5				•				23 %	38 %	29 %	28 %
DESCEPTS (no ice eream)																		
DESSERTS (no ice cream)	I A STATE OF THE S		THE R		PO DE		H.				3 6			Ven C	00.01	00.00	0.00	
Banana & Cho-co			0.32		• -	Sta	•	850	100						20 %	66 %	3 %	5 %
① Cheesecake		3.5	•	S LEH			•	1	Mult			No.		•	3 %	1 %	1 %	6 %
Cheesecake Mochi	202		1000			•			37.6	2001	115				12 %	10 %	3 %	15 %
Chocolate Mochi							•			The same	EXS.		1000		5 %	5 %	1 %	5 %
Chocolate Cup			PER CONTRACTOR			•	-676		STATE OF THE PARTY	320			200	300	9 %	13 %	4 %	9 %
Vegan Chocolate Cup				MES.	•		5							T. C.	29 %	62 %	9 %	20 %
Chocolate Dorayaki Thai "Torrija"		THE ST				•	1		200				E E	TO SERVICE	12 %	14 % 26 %	5 % 8 %	13 %
mai Tornja															16 %	20 %	0 %	14 %
ICE CREAMS		13		300		No.							100					
Chocolate				2		•	•	1		THE REAL PROPERTY.	A LANGE	1	13		4 %	6 %	0 %	4 %
Vanilla	7 5		•	300		860	•	AS B		NEW YORK	31 12		200	SE OH E	4 %	10 %	1 %	3 %
Green tea			-	120	25		4			1	13 1		30		4 %	6 %	1 %	4 %
Coconut			The same		No.		100			STOR		ASS.			5 %	11 %	1 %	3 %
Bulgarian redcurrant yogurt	2 M	No.	10500	W.			•				1				4 %	6 %	0 %	4 %
Mango				300		THE					-				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 proparation 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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																		E S
	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
DRINKS	Total	100			12	1		1772				300	S. E.			14.00		188 MILES
WATER AND SOFT DRINKS																		
Still mineral water				- 3.5	No.	29			10/10				31000		0 %	0 %	0 %	0 %
San Pellegrino				2	T.		344		18	100	2011				0 %	0 %	0 %	0 %
Coca Cola			530				116			Ele			MA.		7 %	0 %	0 %	12 %
Coca Cola Zero	A SEC				MS				111121	24	88	The state of			0 %	0 %	0 %	0 %
Lemon Fanta		8.6			30	1	100		W.						3 %	0 %	0 %	1 %
Orange Fanta			LINE B	100			100	1		27	15%				3 %	0 %	0 %	5 %
Lemon Aquarius						100		1				-			3 %	0 %	0 %	5 %
Lemon Nestea							1								3 %	0 %	0 %	5 %
KOMBUCHAS																		
Ginger, mint and moringa												3,2			3 %	0 %	0 %	1 %
Blueberry and lavender	SER.	9.	# 15g				1	V	200	EX.					3 %	0 %	0 %	1 %
BEERS																		
Estrella Damm															8 %	0 %	2 %	5 %
Free Damm					100	100	-	Table 1							3 %	0 %	1 %	5 %
Damm Lemon								4				15/8	5.8	A GY	8 %	0 %	1 %	8 %
Inedit				- 10											7 %	0 %	2 %	4 %
Daura					200		13								8 %	0 %	2 %	5 %
Sapporo		25			1000				WE.	SE K	Single State of the last				2 %	0 %	1 %	1 %
Asahi			5	n a	153				No.			88			1 %	0 %	0 %	0 %
TEAS				160														
Black Chai															0 %	0 %	0 %	0 %
Rooibos & Nuts				2 7	-						19.4				0 %	0 %	0 %	0 %
Japanese Sencha	ICHIAL .		THE R						1000		5.3	は世	- 5		0 %	0 %	0 %	0 %
					CANAL PROPERTY.										0 /0	0 /0	0 /0	0 /
SAKE															B. 58			
Kuramoto			2				VI-S			2400		300	N.	28088	17 %	0 %	0 %	2 %
Kurabito 90ml	diene el								Bill						6 %	0 %	0 %	0 %
Kurabito 180ml															12 %	0 %	0 %	0 %
WINE																		
Jean Leon 3055 (red)					100								8		N/E	N/E	N/E	N/E
① Celeste Roble					320						1			• 1	N/E	N/E	N/E	N/E
① Malpastor Crianza															N/E	N/E	N/E	N/E
Jean Leon 3055 (rosé)						19 19			200					•	N/E	N/E	N/E	N/E
Jean Leon 3055 (white)		1							-			1		•	N/E	N/E	N/E	N/E
Lolo	123			27						SEX.	100		185V	•	N/E	N/E	N/E	N/E
Celeste Verdejo			700		130		1						548	•	N/E	N/E	N/E	N/E
COFFEE																		
Espresso															0 %	0 %	0 %	0 %
Macchiato			1	175		4		3.3	I m	4	Winds.		1000	al Red	1 %	2 %	1 %	0 %
White coffee		7		778	1		•						3		2 %	3 %	2 %	1 %
Cappuccino			15 18		THE REAL PROPERTY.						2000		4		3 %	7 %	4 %	2 %
American		200	8 4	5 65	E CO	TO STATE OF	THE STREET		1	1000	200		300		0 %	0 %	0 %	0 %

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