

INGREDIENTS LIST

Excelsior Public School, October 2020

Sushi Rolls

All Items May Contain: chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.

1. Teriyaki Chicken with Avocado Roll

Vinegared Rice (Sugar, Salt, Canola oil, Rice), Chicken, Teriyaki Sauce (Soy Sauce, Water, Soybean, Wheat, Fructose, Cooking Wine, Yeast extract, Oyster Extract, Cornflour), Nori (dried seaweed, Laver 100%), Mayonnaise (Soybean Oil, Liquid Egg Yolk, Liquid Eggwhite, Glucose), Avocado. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

2. Teriyaki Chicken with Cucumber Roll

Vinegared Rice (Sugar, Salt, Canola oil, Rice), Chicken, Teriyaki Sauce (Soy Sauce, Water, Soybean, Wheat, Fructose, Cooking Wine, Yeast extract, Oyster Extract, Cornflour), Nori (dried seaweed, Laver 100%), Mayonnaise (Soybean Oil, Liquid Egg Yolk, Liquid Eggwhite, Glucose), Cucumber. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

3. Plain Teriyaki Chicken Roll

Vinegared Rice (Sugar, Salt, Canola oil, Rice), Chicken, Teriyaki Sauce (Soy Sauce, Water, Soybean, Wheat, Fructose, Cooking Wine, Yeast extract, Oyster Extract, Cornflour), Nori (dried seaweed, Laver 100%), Mayonnaise (Soybean Oil, Liquid Egg Yolk, Liquid Eggwhite, Glucose). **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

4. Tuna Avocado Roll

Vinegared Rice (Sugar, Salt, Canola oil, Rice), Cooked Tuna, Soy Sauce, Nori (dried seaweed, Laver 100%), Mayonnaise (Soybean Oil, Liquid Egg Yolk, Liquid Eggwhite, Glucose), Avocado. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

5. Tuna Cucumber Roll

Vinegared Rice (Sugar, Salt, Canola oil, Rice), Cooked Tuna, Soy Sauce, Nori (dried seaweed, Laver 100%), Mayonnaise (Soybean Oil, Liquid Egg Yolk, Liquid Eggwhite, Glucose), Cucumber. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

6. Plain Tuna Roll

Vinegared Rice (Sugar, Salt, Canola oil, Rice), Cooked Tuna, Soy Sauce, Nori (dried seaweed, Laver 100%), Mayonnaise (Soybean Oil, Liquid Egg Yolk, Liquid Eggwhite, Glucose). **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

7. Sweet Chill Chicken with Avocado Roll

Vinegared Rice (Sugar, Salt, Canola oil, Rice), Chicken Breast, Breadcrumbs (Wheat flour shortening, sugar, yeast, salt, corn starch), Sweet Chilli Sauce, Nori (dried seaweed, Laver 100%), Mayonnaise (Soybean Oil, Liquid Egg Yolk, Liquid Eggwhite, Glucose), Avocado. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

8. California Roll

Vinegared Rice (Sugar, Salt, Canola oil, Rice), Crab sticks, Tobiko (Fish Roe), Nori (dried seaweed, Laver 100%), Mayonnaise (Soybean Oil, Liquid Egg Yolk, Liquid Eggwhite, Glucose), Avocado, Cucumber. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

9. Chicken Katsu with Avocado Roll

Vinegared Rice (Sugar, Salt, Canola oil, Rice), Chicken Breast, Breadcrumbs (Wheat flour shortening, sugar, yeast, salt, corn starch), Teriyaki Sauce (Soy Sauce, Water, Soybean, Wheat, Fructose, Cooking Wine, Yeast extract, Oyster Extract, Cornflour), Nori (dried seaweed, Laver 100%), Mayonnaise (Soybean Oil, Liquid Egg Yolk, Liquid Eggwhite, Glucose), Avocado. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

10. Chicken Katsu with Cucumber Roll

Vinegared Rice (Sugar, Salt, Canola oil, Rice), Chicken Breast, Breadcrumbs (Wheat flour shortening, sugar, yeast, salt, corn starch), Teriyaki Sauce (Soy Sauce, Water, Soybean, Wheat, Fructose, Cooking Wine, Yeast extract, Oyster Extract, Cornflour), Nori (dried seaweed, Laver 100%), Mayonnaise (Soybean Oil, Liquid Egg Yolk, Liquid Eggwhite, Glucose), Cucumber. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

11. Teriyaki Beef with Cucumber Roll

Vinegared Rice (Sugar, Salt, Canola Oil, Rice), Cooked Beef, Teriyaki Sauce (Soy Sauce, Water, Soybean, Wheat, Fructose, Cooking Wine, Yeast extract, Oyster Extract, Cornflour), Nori (dried seaweed, Laver 100%), Mayonnaise (Soybean Oil, Liquid Egg Yolk, Liquid Eggwhite, Glucose), Cucumber. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

12. Vegetable Roll

Vinegared Rice (Sugar, Salt, Canola oil, Rice), Yellow Pickled Radish (Radish, Salt, Glacial Acetic acid, Calcium Lactate, Citric acid), Carrot, Seaweed Salad, Roasted Sesame Seed, Nori (dried seaweed, Laver 100%), Avocado, Cucumber. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

13. Avocado Roll

Vinegared Rice (Sugar, Salt, Canola oil, Rice) Nori (dried seaweed, Laver 100%), Avocado. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

14. Cucumber Roll

Vinegared Rice (Sugar, Salt, Canola oil, Rice), Nori (dried seaweed, Laver 100%), Cucumber. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

15. Teriyaki Tofu Roll

Vinegared Rice (Sugar, Salt, Canola oil, Rice), Cooked Tofu (Soya Beans Extract, Calcium Sulphate), Teriyaki Sauce (Soy Sauce, Water, Wheat, Fructose, Cooking Wine, Yeast extract, Oyster Extract, Cornflour), Nori (dried seaweed, Laver 100%), Mayonnaise (Soybean Oil, Liquid Egg Yolk, Liquid Eggwhite, Glucose), Cucumber. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

Sushi Boxes

May contain Chicken Bones, traces of egg, shellfish, crustacean, soy, sesame seeds and seafood.

16. Mini Combi

Vinegared Rice (Sugar, Salt, Canola oil, Rice), Cooked Tuna, Carrot, Nori (dried seaweed, Laver 100%), Mayonnaise (Soybean Oil, Liquid Egg Yolk, Liquid Eggwhite, Glucose), Cucumber. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

17. Mini Plain Avocado

Vinegared Rice (Sugar, Salt, Canola oil, Rice), Nori (dried seaweed, Laver 100%), Avocado. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

18. Mini Plain Cucumber

Vinegared Rice (Sugar, Salt, Canola oil, Rice), Nori (dried seaweed, Laver 100%), Cucumber. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

Rice Paper Rolls

May contain Chicken Bones, traces of egg, shellfish, crustacean, soy, sesame seeds and seafood.

19. Teriyaki Chicken Rice Paper

Rice Paper (Tapioca, Water, Rice Flour, Salt), Lettuce, Carrot, Red & Green Capsicum, Cabbage, Salt, Chicken, Water, Teriyaki Sauce (Soybean, Wheat, Fructose, Cooking Wine, Yeast extract, Oyster Extract, Cornflour), Avocado, Cucumber. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

20. Tuna Rice Paper

Rice Paper (Tapioca, Water, Rice Flour, Salt), Lettuce, Carrot, Capsicum, Cabbage, Salt, Cooked Tuna, Mayonnaise (Soybean Oil, Liquid Egg Yolk, Liquid Eggwhite, Glucose), Avocado, Cucumber. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**

21. Vegetable Rice Paper

Rice Paper (Tapioca, Water, Rice Flour, Salt), Lettuce, Carrot, Capsicum, Cabbage, Avocado, Cucumber. **May contain chicken bones, traces of egg, shellfish, crustacean, soybean, wheat, cooking wine, sesame seeds and seafood.**