

ALLERGEN & NUTRITION

WE MAKE OUR SUSHI, SALADS AND HOT DISHES FRESH EVERY DAY IN OUR KITCHENS. THAT MEANS WE OFTEN HANDLE LOTS OF THE ALLERGENS BELOW:

CELERY

CEREALS CONTAINING GLUTEN

CRUSTACEANS (SUCH AS PRAWNS, CRABS AND LOBSTERS)

EGGS

FISH

LUPIN

MILK

MOLLUSCS (SUCH AS OCTOPUS AND OYSTERS)

MUSTARD

SESAME SEEDS

SOYBEANS

SULPHITES

NUTS

IF YOU HAVE AN ALLERGY OR INTOLERANCE PLEASE LET A TEAM MEMBER KNOW BEFORE YOU ORDER - SO THAT THEY CAN HELP YOU CHOOSE SUITABLE DISHES.

UNFORTUNATELY, WE CANNOT MODIFY DISHES FOR ALLERGIES OR INTOLERANCES, AS WHEN A VISIBLE ALLERGENIC INGREDIENT (SUCH AS A GARNISH) IS REMOVED, IT DOESN'T NECESSARILY MEAN THE DISH NO LONGER CONTAINS THAT ALLERGEN (AS IT COULD BE CONTAINED WITHIN THE SAUCE OR OTHER INGREDIENT). SO WHILE THIS MAY NOT SEEM VERY FLEXIBLE, IT IS FOR THE SAFETY OF OUR GUESTS AND OUR TEAMS.

ALTHOUGH WE DON'T USE PEANUTS IN THE DISHES WE MAKE, WE CAN'T GUARANTEE THAT OUR SUPPLIERS WORK IN NUT-FREE ENVIRONMENTS.

WHILST WE AIM TO PREVENT CROSS CONTAMINATION, UNFORTUNATELY THE RISK OF THIS DOES STILL REMAIN AS OUR KITCHENS HANDLE A NUMBER OF ALLERGENS. WE THEREFORE CANNOT GUARANTEE THAT OUR DISHES ARE ALLERGEN FREE OR SUITABLE FOR PEOPLE WITH ALLERGIES. OUR RECIPES DO CHANGE FROM TIME TO TIME SO PLEASE DO TAKE TIME TO CHECK. IF YOU HAVE A QUESTION, PLEASE ASK A MEMBER OF THE TEAM

Mitsuryu Master Allergen List

ALLERGENS

MENU ITEM	NUTS	PEANUTS	EGGS	DAIRY	FISH	CRUSTACEANS	MOLLUSCS	CEREALS (GLUTEN)	CELERY	LUPIN	MUSTARD	SESAME	SOYA	SULPHUR DIOXIDE
Hot Food Sides														
Karaage			MAYO					☑				☑	☑	☑
Spicy Karaage								☑				☑	☑	☑
Prawn Tempura			☑			☑		☑					☑	☑
Miso Soup					☑								☑	☑
Edamame													☑	☑
Tako Yaki			☑		☑		☑	☑					☑	☑
Veg Gyoza								☑					☑	☑
Pumpkin Croquette			☑					☑					☑	☑
Prawn gyoza						☑		☑				☑	☑	☑
Octopus Tempura							☑	☑					☑	☑
Sea Bass Tempura					☑			☑					☑	☑
Chips with Aonori														☑
Chips with Curry Sauce			MAY CONTAIN TRACE	MAY CONTAIN TRACE	MAY CONTAIN TRACE	MAY CONTAIN TRACE		☑	MAY CONTAIN TRACE					☑
Cold Food - Sides														
Seaweed Salads								☑				☑	☑	
Salmon Tataki					☑			☑					☑	☑
Scallop Tataki					☑		☑						☑	☑
Otoro Tataki					☑							☑	☑	☑
Maguro Natto					☑			☑					☑	☑
Tamago Yaki			☑											
Tuna Tataki					☑			ONIONS				☑	☑	☑
Beef Tataki								☑					☑	☑
Scallop Tartare							☑	☑					☑	☑
Hiramasa Tartare					☑			☑					☑	☑
Mains														
Chicken Katsu Burger			☑	☑				☑					☑	☑
Spicy Salmon					☑			☑				☑	☑	☑
Prawn Tempura						☑		☑					☑	☑
Chicken Katsu			☑					☑					☑	☑
Chicken Teriyaki								☑				☑	☑	☑
Chicken Karaage								☑				☑	☑	☑
Tofu Steak								☑				☑	☑	☑
Chicken Katsu Curry			☑	MAY CONTAIN TRACE	MAY CONTAIN TRACE	MAY CONTAIN TRACE		☑	MAY CONTAIN TRACE				☑	☑
Salmon Teriyaki					☑			☑				☑	☑	☑
Beef Shogayaki								☑				☑	☑	☑
Beef Kuwayaki								☑				☑	☑	☑
Unagi Don					☑			☑				☑	☑	☑
Mushroom Teriyaki								☑				☑	☑	☑
Salmon Lover Set					☑			☑				☑	☑	☑
Nigiri Set					☑	☑	☑	☑				☑	☑	☑
Sashimi Set					☑								☑	☑
Special Rolls														
Spicy Cali Roll			☑			☑						☑		☑
Crunchy Cali Roll			☑			☑		☑					☑	☑
Shojin Futomaki (VEG)								ONIONS					☑	☑
Crunchy Salmon Roll			☑		☑			☑					☑	☑
Spicy Tuna crunch					☑			☑				☑	☑	☑
Spicy Salmon Roll			☑		☑			☑				☑	☑	☑
Salmon Cream Cheese				☑	☑								☑	☑
Dragon Roll (Unagi)					☑			☑				☑	☑	☑
Salmon Dragon Roll					☑	☑		☑					☑	☑
Tuna Dragon Roll					☑	☑		☑					☑	☑
King Unagi Roll					☑	☑		☑				☑	☑	☑
Crab Futomaki			☑		☑	☑		☑					☑	☑
Veggie Crunch Roll					☑			☑					☑	☑
California Mango Roll			☑		☑	☑		☑					☑	☑
Seared Salmon Roll					☑			☑					☑	☑

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MENU ITEM	NUTS	PEANUTS	EGGS	DAIRY	FISH	CRUSTACEANS	MOLLUSCS	CEREALS (GLUTEN)	CELERY	LUPIN	MUSTARD	SESAME	SOYA	SULPHUR DIOXIDE
Green Dragon Roll				☒				☒						☒
Veggie Crunch Roll														☒
Salmon Supreme Roll			☒		☒	☒		☒					☒	☒
Sushi Menus														
Combo 1					☒									☒
Combo 2					☒							☒		☒
Combo 3			☒		☒	☒								☒
Combo 4					☒							☒		☒
Combo 5			☒		☒			☒						☒
Combo 6			☒		☒	☒		☒				☒		☒
Combo 7					☒							☒		☒
Salmon Nigiri					☒									☒
Nigiri Combo					☒									☒
Veggie Combo Platter								☒				☒	☒	☒
Sashimi Combo Small					☒									☒
Sashimi Combo Large					☒	☒								☒
Mitsuryu Platter			☒		☒	☒		☒				☒	☒	☒
Nigiri Sets														
Aburi Salmon Nigiri					☒			☒					☒	☒
Aburi Tuna Nigiri					☒			☒				☒	☒	☒
Assorted Aburi Nigiri					☒			☒				☒	☒	☒
Set 1					☒									☒
Set 2					☒									☒
Set 3					☒									☒
Set 4					☒	☒		☒					☒	☒
Set 5					☒	☒		☒					☒	☒
Sushi Platter														
Mitsuryu Platter (Hampstead)			☒		☒	☒		☒			☒	☒	☒	☒
Nigiri Platter (Hampstead)					☒	☒		☒			☒	☒	☒	☒
Maki														
Cucumber														☒
Avocado														☒
Salmon					☒									☒
Tuna					☒									☒
Fresh Crab Maki						☒								☒
Tuna Belly with Spring Onion					☒									☒
Sashimi														
Salmon					☒									
Prawn						☒								
Tuna					☒									
Yellowtail					☒									
Seabass					☒									
Unagi					☒			☒				☒	☒	
Sea Bream					☒									
Botan Ebi						☒		☒						
Ikura					☒								☒	
Otoro					☒									
Scallop							☒							
Nigiris														
Salmon					☒									☒
Prawn						☒								☒
Tuna					☒									☒
Yellowtail					☒									☒
Seabass					☒									☒
Unagi (Grilled eel)					☒			☒				☒	☒	☒
Aburi Salmon					☒			☒					☒	☒
Aburi Tuna					☒								☒	☒

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Aburi Hiramasa Nigiri					☑			☑			☑		☑	☑
Otoro Nigiri					☑									☑
Cooked Ebi Nigiri						☑								☑
Scallop Nigiri							☑							☑
Inside Out Rolls														
Salmon & Avocado					☑							☑		☑
Veggie Roll								☑				☑		☑
Crispy Salmon Skin					☑							☑		☑
Tuna & Cucumber					☑							☑		☑
California						☑						☑		☑
Prawn Tempura			☑			☑						☑		☑
Chicken Teriyaki Roll								☑				☑		☑
Unagi & Cucumber								☑				☑		☑
Gunkan														
Tobiko					☑			☑					☑	☑
Spicy Tuna					☑			☑				☑	☑	☑
Fresh Crab Gunkan						☑								☑
Ikura Gunkan					☑								☑	☑
Temaki (Hand rolls)														
Salmon Temaki					☑							☑		☑
Spicy Tuna Temaki			☑		☑			☑				☑	☑	☑
Unagi Temaki					☑			☑				☑		☑
Vegi Temaki												☑		☑
Chirashi														
Salmon Chirashi			☑		☑			☑				☑	☑	☑
Fukiyose Chirashi			☑		☑			☑				☑	☑	☑
Spicy Tuna Chirashi					☑			☑				☑	☑	☑
Veggie Poke								☑				☑	☑	☑
Salmon Poke					☑			☑				☑	☑	☑
Spicy Tuna Poke					☑			☑				☑	☑	☑
Salmon Teriyaki Poke					☑			☑				☑	☑	☑
Chicken Teriyaki Poke								☑				☑	☑	☑
													☑	
Desserts													☑	
Mango Ice Cream Mochi	MAY CONTAIN TRACE	MAY CONTAIN TRACE	MAY CONTAIN TRACE	☑								MAY CONTAIN TRACE	☑	☑
Matcha Ice Cream Mochi	MAY CONTAIN TRACE	MAY CONTAIN TRACE	MAY CONTAIN TRACE	☑								MAY CONTAIN TRACE	☑	☑
Yuzu Lemon Ice Cream Mochi	MAY CONTAIN TRACE	MAY CONTAIN TRACE	MAY CONTAIN TRACE	☑								MAY CONTAIN TRACE	☑	☑
Vegan Passion & Mango Ice Cream	MAY CONTAIN TRACE	MAY CONTAIN TRACE	MAY CONTAIN TRACE	☑								MAY CONTAIN TRACE	☑	☑
Salted Caramel Ice Cream Mochi	MAY CONTAIN TRACE	MAY CONTAIN TRACE	MAY CONTAIN TRACE	☑								MAY CONTAIN TRACE	☑	☑
Chocolate Ganache Mochi	MAY CONTAIN TRACE	MAY CONTAIN TRACE	MAY CONTAIN TRACE	☑								MAY CONTAIN TRACE	☑	☑
Extras														
Curry Sauce			MAY CONTAIN TRACE	MAY CONTAIN TRACE	MAY CONTAIN TRACE	MAY CONTAIN TRACE		☑	MAY CONTAIN TRACE					☑
Teriyaki Sauce								☑				☑	☑	☑
Mayonnaise			☑											☑
Spicy Mayonnaise			☑											☑
Pickled Ginger														☑
Unagi Sauce								☑					☑	☑
Tonkatsu Sauce														☑
Ponzu Sauce								☑					☑	☑
Salad Dressing								☑				☑	☑	☑
Mixed Pickles								☑				☑	☑	☑
Japanese Mayo			☑					☑			☑	☑	☑	☑

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