All boxes marked with a X indicate the presence of an allergen
All boxes marked with a -- indicate a 'may contain', due to precautionary labelling procedures followed by our suppliers, with regards to shared production spaces and/or equipment
Please note that while some of our dishes are marked as not containing an allergen, our kitchen is not an allergy free environment and while we do our utmost to avoid it cross contamination can occur

	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Modifications
Fu Pork Gyoza					X							X	X		
Fu Shiitake & Kale Gyoza	--				X							X	X		
Fu Fried Chicken					X				X *			X **	X		*Mustard free without QP Mayo, ** Sesame free without shichimi
Crispy Cauliflower					X				X *			X **	X***		*Mustard free without QP Mayo, **Sesame free without shichimi, ***Soya free without KFC sauce
Salmon Tartare			X *	X	X				X **			X	X		*Egg free without wonton crisps, ** Mustard free without mustard leaf
Korean Beef Bao-nut					X		X						X		
BBQ Sweetcorn							X					X*	X		*Sesame free without garnish
Cucumber Salad					X *							X	X		*Gluten free without crunchy chilli oil
Kimchi					X								X		
Fu Pickles												X	X	X	
Tomato Salad												X	X		
Tenderstem Broccoli												X*			* no oil or seeds as garnish
Original Fu Ramen			X *	X	X							--	X		*Egg free without ramen egg
Spicy Fu Tantanmen			X *		X							X	X		*Egg free without ramen egg
Yuzu Chicken Ramen			X*		X		X					X	X		
Shoyu Beef Mazesoba			X*	X	X							X	X		
Kimchi & Cheese Ramen					X		X *					X	X		*Milk free without cheese
Shoyu Tofu Mazesoba					X							X	X		
Spicy Miso Tantanmen					X							X	X		
California Bowl				X								X *	X		*Sesame free without garnish
Spicy Tuna Bowl				X	X							X *	X		*Sesame free without garnish
Roast Beetroot Bowl					X *							X **	X		*Gluten free without furikake **Sesame free without garnish
Spicy Tofu					X							X	X		
Teriyaki Chicken Bowl			X						X*			X*	X		*Mustard free without garlic mayo
Teriyaki Mushroom									X*			X*	X	X	*Mustard free without garlic mayo
Fu Katsu	X		X		X				X						
Fu Cauliflower Bowl					X				X *			X **	X		*Mustard free without QP mayo, **Sesame free without garnish
Pork Chashu													X		
Teriyaki Chicken Tenders													X		
Spiced Pork Mince					X							X	X		
Plant Based Mince					X								X		
Ramen Egg			X										X		
Tofu					X *								X		
Pak Choi					X *										Trace gluten due to being cooked in pasta boiler
Cabbage Kimchi					X								X		
Menma															
Teriyaki Mushrooms													X		
Tenderstem Broccoli					--										Trace gluten due to being cooked in pasta boiler
Crunchy Chilli Oil					X							X	X		
Chocolate & Caramel					X								X		
Yuzu Meringue Pudding			X		X		X					X			
Baked Matcha Cheesecake			X				X								