

ALLERGEN INFORMATION & DIETARY GUIDE

Panku Kiosk May 22

The logo for Panku Streetfood is a red circle containing the text. The Japanese characters 'パンク' are at the top, followed by 'Panku' in a large, bold, white sans-serif font, and 'Streetfood' in a smaller, white sans-serif font at the bottom.

パンク
Panku
Streetfood

Panku Menu May 2022

Dish Name	CEREALS CONTAINING GLUTEN :							Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	TREE NUTS :																
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Almonds							Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin				
Spicy Salmon & Avocado Crunch Roll Panku 22	✓	✓					✓																			✓				
Spicy Tuna Crunch Roll Panku 22	✓	✓					✓																				✓			
Spicy Vegan Crunch Roll Panku 22	✓	✓																								✓				

COMBO PACKS

All Salmon Love Set Panku 22	✓	✓					✓				✓															✓			
Chicken Top Hits Panku 22	✓	✓									✓															✓			
Crunch Combo Roll Box Panku 22	✓	✓					✓	✓		✓	✓															✓			
Crunchy Katsu & Hoisin Box Panku 22	✓	✓									✓															✓			
Great Catch Combo Box Panku 22	✓	✓					✓	✓			✓															✓			
Inari Snack Pack Panku 22	✓	✓									✓																		
Panku Classics Panku 22	✓	✓					✓	✓			✓														✓		✓		
Plant Power Panku 22	✓	✓									✓																		
Salmon Snack Pack Panku 22							✓																						
Shrimply the Best Panku 22	✓	✓						✓			✓															✓		✓	
Super Salmon Panku 22							✓																			✓		✓	
Super Sharer Panku 22	✓	✓					✓	✓		✓	✓														✓		✓		
Veggie Pick 'n' Mix Panku 22	✓	✓									✓															✓			

PLATTER

All Stars Plant Platter Panku 22	✓	✓									✓															✓			
Ultimate Panku Party Platter Panku 22	✓	✓					✓	✓		✓	✓															✓			

Nutritional Information Recipe List (Values per serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	Saturates (g)	Carbs (g)	NMES (g)	Protein (g)	Fibre (g)	Sodium (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Vit. A (µg)	Folic Acid (folate) (µg)	Vit. C (mg)
All Salmon Love Set Panku 22	1026.5	4341.5	35.7	7.3	132.2	-	28.2	3.3	2668.5	-	-	-	-	-	-
All Stars Plant Platter Panku 22	1440.5	6058.7	36.4	8.3	240.6	-	13.5	8.3	4693.7	-	-	-	-	-	-
Avocado Maki Panku 22	201.3	847.2	5.7	1.3	33.4	-	1.6	1.6	850.3	-	-	-	-	-	-
California Crunch Roll Panku 22	460.8	1929.8	20.5	3.8	60.5	-	5.1	1.3	857.0	-	-	-	-	-	-
California Roll Panku 22	408.3	1713.8	14.5	1.9	54.0	-	6.3	1.3	615.7	-	-	-	-	-	-
Chicken Gyoza Panku 22	221.7	935.6	4.5	1.0	35.6	-	7.7	2.3	741.5	-	-	-	-	-	-
Chicken Katsu Crunch Roll Panku 22	458.0	1922.0	17.9	5.4	61.1	-	9.5	1.7	905.0	-	-	-	-	-	-
Chicken Katsu Curry Noodles Panku 22	553.9	2363.8	16.5	4.5	80.3	-	23.9	3.9	1815.8	-	-	-	-	-	-
Chicken Katsu Curry Panku 22	566.3	2421.5	12.6	4.1	92.1	-	15.8	2.2	1317.6	-	-	-	-	-	-
Chicken Katsu Roll Panku 22	426.3	1793.5	12.6	3.6	57.4	-	11.2	1.8	697.7	-	-	-	-	-	-
Chicken Top Hits Panku 22	996.7	4187.6	32.8	9.4	132.9	-	28.1	5.3	2705.1	-	-	-	-	-	-
Chocolate Mochi Panku 22	204.2	854.2	6.1	3.7	32.9	-	2.2	0.0	243.8	-	-	-	-	-	-
Crunch Combo Roll Box Panku 22	634.7	2667.1	24.4	5.2	85.8	-	12.3	1.7	1719.9	-	-	-	-	-	-
Crunchy Katsu & Hoisin Box Panku 22	606.3	2551.1	17.5	4.7	88.8	-	15.0	2.1	1221.0	-	-	-	-	-	-
Cucumber Maki Panku 22	146.4	619.8	0.3	0.1	32.1	-	1.3	0.5	830.9	-	-	-	-	-	-
Duck Gyoza Panku 22	221.2	930.9	4.3	1.2	35.8	-	9.5	0.0	766.0	-	-	-	-	-	-
Dynamite Roll Panku 22	516.3	2177.9	23.2	2.9	56.9	-	16.6	1.5	798.0	-	-	-	-	-	-
Edamame Panku 22	203.6	852.1	9.3	1.2	13.5	-	17.5	0.0	799.3	-	-	-	-	-	-
Goma Wakame Salad Panku 22	162.1	510.9	7.9	0.0	10.7	-	1.4	0.0	641.0	-	-	-	-	-	-
Great Catch Combo Box Panku 22	593.1	2511.7	11.0	2.1	85.0	-	16.2	1.5	1558.1	-	-	-	-	-	-
Hoi Sin Duck Roll Panku 22	319.5	1351.0	3.4	0.7	52.9	-	10.1	0.7	661.2	-	-	-	-	-	-
Hoisin Duck Bao Panku 22	237.7	996.7	5.0	2.0	37.7	-	6.1	1.3	588.8	-	-	-	-	-	-
Hoisin Duck Crunch Roll Panku 22	372.0	1567.0	9.4	2.6	59.3	-	8.9	0.7	902.5	-	-	-	-	-	-
Hoisin Duck Rice Bowl Panku 22	600.1	2548.0	1.4	0.3	120.7	-	19.4	2.0	1919.8	-	-	-	-	-	-
Hot Chicken Katsu Curry Noodles Panku 22	553.9	2363.8	16.5	4.5	80.3	-	23.9	3.9	1815.8	-	-	-	-	-	-
Hot Chicken Katsu Curry Panku 22	566.3	2421.5	12.6	4.1	92.1	-	15.8	2.2	1317.6	-	-	-	-	-	-
Hot Hoisin Duck Rice Bowl Panku 22	600.1	2548.0	1.4	0.3	120.7	-	19.4	2.0	1919.8	-	-	-	-	-	-
Hot Korean Beef Noodles Panku 22	550.3	2328.4	7.9	1.2	101.2	-	18.5	2.8	2212.9	-	-	-	-	-	-
Hot Korean Chicken Noodles Panku 22	703.4	2971.1	15.1	2.2	124.4	-	21.7	2.3	1351.2	-	-	-	-	-	-

Nutritional Information Recipe List (Values per serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	Saturates (g)	Carbs (g)	NMES (g)	Protein (g)	Fibre (g)	Sodium (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Vit. A (µg)	Folic Acid (folate) (µg)	Vit. C (mg)
Hot Korean Chilli Beef Bulgogi Panku 22	456.5	1930.7	6.2	1.1	84.9	-	11.5	2.5	18.8	-	-	-	-	-	-
Hot Pumpkin Katsu Curry Panku 22	526.0	2252.1	6.6	1.3	103.8	-	7.2	1.5	1391.5	-	-	-	-	-	-
Hot Spicy Korean Chicken Rice Bowl Panku 22	675.4	2852.2	13.8	2.2	119.4	-	17.3	1.9	784.3	-	-	-	-	-	-
Hot Spicy Teriyaki Chicken Rice Bowl Panku 22	764.6	3229.5	14.4	2.2	133.9	-	20.7	2.0	2289.8	-	-	-	-	-	-
Hot Teriyaki Noodles Panku 22	454.4	1925.9	4.3	0.5	92.2	-	11.9	2.4	2212.4	-	-	-	-	-	-
Inari and Kaiso Nigiri Panku 22	263.4	1081.1	9.3	1.5	36.0	-	5.7	0.2	922.4	-	-	-	-	-	-
Inari Nigiri Panku 22	269.6	1134.0	9.1	1.7	38.8	-	6.2	0.2	927.3	-	-	-	-	-	-
Inari Snack Pack Panku 22	218.1	919.5	5.3	1.0	37.1	-	3.4	0.3	475.4	-	-	-	-	-	-
Japanese Chicken Bites Panku 22	674.4	2809.0	43.5	5.4	43.0	-	30.8	0.0	1379.2	-	-	-	-	-	-
Korean Beef Noodles Panku 22	550.3	2328.4	7.9	1.2	101.2	-	18.5	2.8	2212.9	-	-	-	-	-	-
Korean Chicken Bao Panku 22	269.3	1126.9	8.1	3.3	38.9	-	5.8	1.6	575.9	-	-	-	-	-	-
Korean Chicken Bites Panku 22	731.8	3076.8	26.5	4.2	95.1	-	31.1	0.0	1520.0	-	-	-	-	-	-
Korean Chicken Noodles Panku 22	703.4	2971.1	15.1	2.2	124.4	-	21.7	2.3	1351.2	-	-	-	-	-	-
Korean Chilli Beef Bulgogi Panku 22	456.5	1930.7	6.2	1.1	84.9	-	11.5	2.5	18.8	-	-	-	-	-	-
Korean Pulled Pork Bao Panku 22	263.3	1100.2	9.2	3.4	38.0	-	2.5	1.5	631.1	-	-	-	-	-	-
Mango Cheesecake Mochi Panku 22	206.7	869.8	8.3	5.1	35.2	-	2.3	0.0	9.6	-	-	-	-	-	-
Panku Classics Panku 22	545.1	2307.4	12.3	2.3	81.9	-	13.6	1.4	1483.9	-	-	-	-	-	-
Plant Power Panku 22	593.9	2494.1	19.6	4.5	92.1	-	5.8	3.1	1236.3	-	-	-	-	-	-
Prawn Gyoza Panku 22	218.8	920.7	4.2	1.2	35.5	-	9.3	0.0	760.2	-	-	-	-	-	-
Prawn Katsu Crunch Roll Panku 22	414.4	1741.4	13.0	3.6	64.3	-	6.2	0.6	994.8	-	-	-	-	-	-
Prawn Katsu Roll Panku 22	361.9	1525.4	7.1	1.7	57.9	-	7.4	0.6	753.5	-	-	-	-	-	-
Pumpkin Katsu Bao Panku 22	245.9	1028.8	5.7	2.2	41.9	-	2.2	1.3	586.1	-	-	-	-	-	-
Pumpkin Katsu Curry Panku 22	526.0	2252.1	6.6	1.3	103.8	-	7.2	1.5	1391.5	-	-	-	-	-	-
Raspberry White Chocolate Mochi Panku 22	206.7	869.8	8.3	5.1	35.2	-	2.3	0.0	9.6	-	-	-	-	-	-
Salmon & Avocado Crunch Roll Panku 22	425.2	1792.5	17.7	4.1	54.0	-	8.	1.5	803.4	-	-	-	-	-	-
Salmon And Prawn Nigiri Panku 22	334.9	1419.2	4.9	0.9	45.1	-	11.1	0.5	1106.5	-	-	-	-	-	-
Salmon Avo Roll Panku 22	372.7	1576.5	11.8	2.2	47.6	-	9.8	1.4	562.1	-	-	-	-	-	-
Salmon Maki Panku 22	195.6	832.0	3.8	0.7	31.8	-	6.1	0.4	852.6	-	-	-	-	-	-

Nutritional Information Recipe List (Values per serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	Saturates (g)	Carbs (g)	NMES (g)	Protein (g)	Fibre (g)	Sodium (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Vit. A (µg)	Folic Acid (folate) (µg)	Vit. C (mg)
Salmon Nigiri Panku 22	335.6	1430.0	9.3	1.6	45.5	-	13.9	0.6	1072.0	-	-	-	-	-	-
Salmon Sashimi Panku 22	151.5	651.0	10.2	1.7	0.3	-	14.6	0.3	60.0	-	-	-	-	-	-
Salmon Snack Pack Panku 22	192.9	821.6	4.7	0.8	28.9	-	6.7	0.4	363.4	-	-	-	-	-	-
Shrimply the Best Panku 22	982.2	4132.5	23.5	6.4	159.4	-	15.7	1.9	3089.0	-	-	-	-	-	-
Spicy Cali Roll Panku 22	395.1	1657.1	15.0	1.5	56.7	-	5.0	1.3	750.0	-	-	-	-	-	-
Spicy California Crunch Roll Panku 22	453.1	1898.1	19.4	3.5	60.7	-	5.6	1.3	790.0	-	-	-	-	-	-
Spicy Chicken Katsu Crunch Roll Panku 22	471.8	1980.3	17.7	5.3	64.2	-	10.4	1.8	877.9	-	-	-	-	-	-
Spicy Chicken Katsu Roll Panku 22	392.3	1649.3	12.5	3.1	57.3	-	9.4	1.7	798.0	-	-	-	-	-	-
Spicy Crispy Tuna Roll Panku 22	400.6	1678.3	16.9	2.9	51.1	-	6.7	0.6	1570.6	-	-	-	-	-	-
Spicy Korean Chicken Rice Bowl Panku 22	675.4	2852.2	13.8	2.2	119.4	-	17.3	1.9	784.3	-	-	-	-	-	-
Spicy Prawn Katsu Crunch Roll Panku 22	406.7	1709.7	12.0	3.3	64.5	-	6.7	0.6	927.8	-	-	-	-	-	-
Spicy Prawn Katsu Roll Panku 22	348.7	1468.7	7.6	1.3	60.5	-	6.1	0.6	887.8	-	-	-	-	-	-
Spicy Salmon & Avocado Crunch Roll Panku 22	417.5	1760.8	16.7	3.8	54.2	-	9.1	1.4	736.4	-	-	-	-	-	-
Spicy Salmon Avo Roll Panku 22	359.5	1519.8	12.3	1.8	50.2	-	8.5	1.4	696.4	-	-	-	-	-	-
Spicy Teriyaki Chicken Rice Bowl Panku 22	764.6	3229.5	14.4	2.2	133.9	-	20.7	2.0	2289.8	-	-	-	-	-	-
Spicy Tuna Crunch Roll Panku 22	369.6	1554.6	10.6	2.4	55.6	-	9.5	0.6	863.1	-	-	-	-	-	-
Spicy Tuna Roll Panku 22	311.6	1313.6	6.2	0.4	51.6	-	8.9	0.6	823.1	-	-	-	-	-	-
Spicy Vegan Crunch Roll Panku 22	362.6	1521.6	12.6	3.1	55.7	-	2.7	2.1	711.0	-	-	-	-	-	-
Spicy Vegan Roll Panku 22	304.6	1280.6	8.2	1.1	51.7	-	2.1	2.1	671.0	-	-	-	-	-	-
Strawberry and Cream Dorayaki Panku 22	237.0	997.5	9.7	5.9	33.8	-	3.5	0.4	51.0	-	-	-	-	-	-
Strawberry Cheesecake Mochi Panku 22	185.0	773.9	5.4	3.1	32.4	-	0.0	0.0	69.1	-	-	-	-	-	-
Super Salmon Panku 22	459.0	1950.1	11.8	2.2	67.6	-	13.8	1.3	832.0	-	-	-	-	-	-
Super Sharer Panku 22	1049.1	4405.2	34.9	7.0	146.4	-	20.5	2.0	3003.1	-	-	-	-	-	-
Teriyaki Chicken Bites Panku 22	759.0	3187.1	29.4	4.6	81.8	-	36.1	0.1	2891.6	-	-	-	-	-	-
Teriyaki Noodles Panku 22	454.4	1925.9	4.3	0.5	92.2	-	11.9	2.4	2212.4	-	-	-	-	-	-
Tuna Crunch Roll Panku 22	377.3	1586.3	11.6	2.7	55.4	-	9.0	0.6	930.1	-	-	-	-	-	-

Nutritional Information Recipe List (Values per serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	Saturates (g)	Carbs (g)	NMES (g)	Protein (g)	Fibre (g)	Sodium (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Vit. A (µg)	Folic Acid (folate) (µg)	Vit. C (mg)
Tuna Roll Panku 22	324.8	1370.3	5.7	0.8	48.9	-	10.2	0.6	688.8	-	-	-	-	-	-
Ultimate Panku Party Platter Panku 22	1506.2	6351.7	45.2	9.7	222.7	-	34.1	4.4	4604.9	-	-	-	-	-	-
Vegan Crunch Roll Panku 22	370.3	1553.3	13.6	3.4	55.5	-	2.2	2.2	778.0	-	-	-	-	-	-
Vegan Gyoza Panku 22	232.5	979.8	4.6	0.4	40.5	-	6.2	1.6	726.7	-	-	-	-	-	-
Vegan Roll Panku 22	317.8	1337.3	7.7	1.4	49.1	-	3.4	2.1	536.7	-	-	-	-	-	-
Veggie Pick 'n' Mix Panku 22	820.3	3447.0	24.2	5.2	126.4	-	9.3	4.6	2384.1	-	-	-	-	-	-