

ALLERGEN INFORMATION & DIETARY GUIDE

Panku Kiosk April 2023

パンク
Panku
Streetfood

Recipe FIR Intolerance Report

Dish Name	Cereals containing Gluten :										Tree Nuts :																
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs	
Coronation Chicken Sando Retail	✓	✓								✓																	
KFC Prawn Sando Retail							✓																✓				
Tuna Mayo Sando Retail								✓		✓													✓				

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
All Salmon Love Set Panku 22	1080.1	4533.0	42.2	7.5	5.0	0.9	135.0	0.7	21.0	24.5	3.8	1759.6
Avocado Maki Panku 22	211.7	891.1	6.1	1.3	3.5	0.6	35.2	0.0	4.7	1.5	2.1	405.9
Beef Rendang Curry NPD Panku 22	541.5	2277.4	17.9	8.0	4.2	4.0	82.5	1.5	5.9	9.2	4.7	399.9
California Crunch Roll Mini Pack Panku 22	232.5	973.6	10.3	1.9	1.2	0.2	30.4	0.3	5.8	2.8	0.9	430.0
California Crunch Roll Panku 22	464.9	1947.1	20.5	3.8	2.4	0.4	60.9	0.7	11.6	5.6	1.7	860.0
California Roll Panku 22	410.1	1721.1	14.5	1.9	2.4	0.4	54.1	0.0	7.6	6.7	1.7	615.1
Chicken Gyoza Mini Pack Panku 22	87.9	369.3	2.7	0.6	0.0	0.0	10.6	0.0	1.0	4.4	1.4	195.3
Chicken Gyoza Panku 22	221.7	935.6	4.5	1.0	0.0	0.0	35.6	0.0	17.9	7.7	2.3	741.5
Chicken Katsu Crunch Roll Mini Pack Panku 22	231.1	969.7	9.0	2.7	1.2	0.2	30.8	0.3	5.5	5.0	1.1	454.0
Chicken Katsu Crunch Roll Panku 22	462.2	1939.3	18.0	5.4	2.4	0.4	61.5	0.7	11.0	10.0	2.1	908.0
Chicken Katsu Curry Panku 22	566.3	2421.5	12.6	4.1	0.0	0.0	92.1	0.0	5.7	15.8	2.2	1317.6
Chicken Pad Thai NPD Panku 22	920.3	3900.8	8.6	2.9	0.0	0.0	185.2	0.3	46.5	32.1	3.0	688.0
Chicken Top Hits Panku 22	1020.6	4288.6	33.9	9.7	5.0	0.9	136.2	0.0	17.6	28.5	6.3	1838.9
Chocolate Mochi Panku 22	204.2	854.2	6.1	3.7	0.0	0.0	32.9	0.0	8.0	2.2	0.0	243.8
Chocolate Mousse & Miso Caramel Pot Panku 22	258.3	1076.0	18.9	8.9	0.0	0.0	19.1	0.0	17.2	1.9	2.5	139.1
Crunch Combo Roll Box Panku 22	652.0	2734.5	25.8	5.3	2.5	0.4	87.4	0.7	15.9	11.9	2.3	1287.2
Crunchy Katsu & Hoisin Box Panku 22	609.2	2563.2	17.5	4.7	2.5	0.5	88.9	0.4	15.4	15.7	2.7	1218.7
Cucumber Maki Panku 22	153.7	650.8	0.4	0.1	0.0	0.0	34.0	0.0	4.8	1.2	1.0	391.9
Duck Gyoza Panku 22	221.2	930.9	4.3	1.2	0.0	0.0	35.8	0.0	16.2	9.5	0.0	766.0
Dynamite Roll Panku 22	533.7	2232.8	25.9	2.8	2.4	0.4	56.8	0.0	8.4	14.9	1.7	778.4
Edamame Panku 22	203.6	852.1	9.3	1.2	0.0	0.0	13.5	0.0	0.0	17.5	0.0	799.3
Goma Wakame Salad Panku 22	162.1	510.9	7.9	0.0	0.0	0.0	10.7	0.0	0.0	1.4	0.0	641.0
Great Catch Combo Box Panku 22	618.1	2601.9	13.8	2.1	1.3	0.2	86.5	0.0	11.9	14.6	1.8	1091.1
Hoi Sin Duck Roll Panku 22	321.7	1360.2	3.4	0.7	0.0	0.0	53.0	0.0	11.1	10.6	1.1	660.2
Hoisin Duck Bao Panku 22	235.7	987.6	5.3	2.8	0.0	0.0	38.4	0.0	14.2	8.8	0.2	429.3
Hoisin Duck Crunch Roll Panku 22	376.1	1584.3	9.4	2.6	0.0	0.0	59.8	0.7	15.2	9.4	1.1	905.5
Inari Nigiri Panku 22	278.5	1171.7	9.6	1.8	0.0	0.0	40.3	0.0	18.4	5.9	0.2	552.6
Inari Snack Pack Panku 22	219.4	925.0	5.3	1.1	0.0	0.0	37.1	0.0	12.0	3.7	0.6	474.9
Korean Beef Noodles Panku 22	550.3	2328.4	7.9	1.2	2.6	2.8	101.2	47.7	40.3	18.5	2.8	2212.9

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Korean Chicken Bao Panku 22	267.3	1117.8	8.4	4.2	0.0	0.0	39.6	0.0	11.5	8.4	0.5	416.4
Korean Chicken Bites Mini Pack Panku 22	365.9	1538.4	13.3	2.1	0.0	0.0	47.6	0.0	23.1	15.6	0.0	760.0
Korean Chicken Bites Panku 22	731.8	3076.8	26.5	4.2	0.0	0.0	95.1	0.0	46.3	31.1	0.0	1520.0
Korean Chicken Noodles Panku 22	703.4	2971.1	15.1	2.2	0.6	2.0	124.4	40.8	49.9	21.7	2.3	1351.2
Korean Chilli Beef Bulgogi Panku 22	456.5	1930.7	6.2	1.1	2.8	1.2	84.9	0.1	8.3	11.5	2.5	18.8
Mango Cheesecake Mochi Panku 22	206.7	869.8	8.3	5.1	0.0	0.0	35.2	0.0	28.2	2.3	0.0	9.6
Panku Classics Panku 22	568.4	2392.8	14.7	2.4	1.3	0.2	83.5	0.0	15.0	12.5	1.9	1027.7
Plant Power Panku 22	583.6	2453.7	18.3	4.3	2.4	0.4	92.4	0.7	23.8	6.3	2.2	1395.9
Prawn Gyoza Panku 22	218.8	920.7	4.2	1.2	0.0	0.0	35.5	0.0	16.2	9.3	0.0	760.2
Pumpkin Katsu Bao Panku 22	243.9	1019.7	6.0	3.1	0.0	0.0	42.5	0.0	11.0	4.9	0.2	426.6
Pumpkin Katsu Curry Panku 22	526.0	2252.1	6.6	1.3	0.0	0.0	103.8	0.0	4.3	7.2	1.5	1391.5
Raspberry White Chocolate Mochi Panku 22	206.7	869.8	8.3	5.1	0.0	0.0	35.2	0.0	28.2	2.3	0.0	9.6
Salmon & Avocado Crunch Roll Panku 22	438.5	1837.4	19.4	4.1	2.4	0.4	54.3	0.7	10.2	7.8	1.7	795.2
Salmon And Prawn Nigiri Panku 22	354.1	1490.8	6.7	0.9	0.0	0.0	46.6	0.0	6.5	9.7	0.4	635.3
Salmon Avo Roll Panku 22	383.6	1611.3	13.4	2.2	2.4	0.4	47.6	0.0	6.2	9.0	1.7	550.5
Salmon Maki Panku 22	213.2	898.3	5.3	0.7	0.0	0.0	33.6	0.0	4.4	5.3	0.8	404.2
Salmon Nigiri Panku 22	362.5	1523.3	12.9	1.7	0.0	0.0	46.7	0.0	6.3	11.3	0.4	580.2
Salmon Snack Pack Panku 22	202.4	851.5	6.2	0.8	0.0	0.0	28.8	0.0	3.8	5.7	0.5	352.4
Salmon Summer Roll Panku	236.8	989.6	11.8	2.9	2.5	0.9	24.9	8.1	8.6	7.5	1.7	630.0
Satay chicken Rice Bowl NPD Panku 22	540.0	2279.5	11.7	7.2	0.0	0.0	81.5	0.2	5.2	24.5	4.0	655.5
Satay Yakitori NPD Panku 22	212.8	888.2	10.6	6.3	1.7	0.8	10.3	0.0	6.6	19.3	2.0	568.4
Shrimply the Best Panku 22	999.1	4204.5	23.8	6.6	0.0	0.0	162.8	0.7	27.6	16.2	2.7	2361.5
Spicy California Crunch Roll Panku 22	454.8	1905.1	19.4	3.5	2.4	0.4	60.8	0.0	9.2	6.0	1.7	788.7
Spicy Chicken Katsu Crunch Roll Mini Pack Panku 22	475.7	1996.9	17.7	5.3	2.5	0.5	64.7	0.0	9.0	11.0	2.2	872.6
Spicy Chicken Katsu Crunch Roll Panku 22	473.5	1987.4	17.6	5.3	2.5	0.5	64.3	0.0	9.0	10.9	2.2	876.2
Spicy Korean Chicken Rice Bowl Panku 22	675.4	2852.2	13.8	2.2	0.0	0.0	119.4	0.2	24.9	17.3	1.9	784.3

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Spicy Prawn Katsu Roll Panku 22	352.9	1486.0	7.6	1.3	0.0	0.0	60.9	0.0	9.5	6.6	1.0	890.8
Spicy Salmon & Avocado Crunch Roll Mini pack Panku 22	217.6	911.9	9.3	1.9	1.2	0.2	27.6	0.0	3.9	4.2	0.9	364.4
Spicy Salmon & Avocado Crunch Roll Panku 22	430.8	1805.7	18.4	3.8	2.4	0.4	54.5	0.0	7.9	8.3	1.7	728.2
Spicy Teriyaki Chicken Rice Bowl Panku 22	764.6	3229.5	14.4	2.2	0.0	0.0	133.9	7.0	33.8	20.7	2.0	2289.8
Spicy Tuna Roll Panku 22	315.7	1330.9	6.2	0.4	0.0	0.0	52.0	0.0	8.5	9.4	1.0	826.1
Spicy Vegan Crunch Roll Mini Pack Panku 22	181.8	763.2	6.1	1.5	1.2	0.2	28.3	0.0	4.5	1.6	0.9	396.3
Spicy Vegan Crunch Roll Panku 22	359.2	1508.3	12.0	3.0	2.4	0.4	56.0	0.0	9.0	3.1	1.9	792.0
Spicy Yakitori NPD Panku 22	185.2	778.4	4.1	1.4	1.7	0.8	18.2	0.0	15.0	18.5	1.6	1429.6
Strawberry and Cream Dorayaki Panku 22	237.0	997.5	9.7	5.9	2.4	0.6	33.8	0.0	19.7	3.5	0.4	51.0
Strawberry Cheesecake Mochi Panku 22	185.0	773.9	5.4	3.1	0.0	0.0	32.4	0.0	21.1	0.0	0.0	69.1
Super Salmon May '23	522.5	2191.4	22.1	2.9	0.6	0.2	57.5	0.0	8.4	19.0	1.2	841.4
Super Sharer Panku 22	1071.4	4499.2	35.8	7.2	2.4	0.4	149.7	0.7	32.2	20.7	2.9	2187.7
Teriyaki Chicken Bites Mini Pack Panku 22	376.9	1582.7	14.6	2.3	0.0	0.0	40.7	3.5	16.4	17.9	0.1	1439.6
Teriyaki Chicken Bites Panku 22	753.8	3165.4	29.1	4.6	0.0	0.0	81.4	6.9	32.9	35.8	0.1	2879.2
Teriyaki Mayo Chicken Bites Mini Pack Panku 22	381.3	1589.7	23.4	2.8	0.0	0.0	27.7	1.1	6.1	15.9	0.0	967.8
Teriyaki Noodles Panku 22	454.4	1925.9	4.3	0.5	0.6	2.0	92.2	47.7	35.8	11.9	2.4	2212.4
Thai Chicken Roll Batch NPD Retail 22	25.5	108.0	0.1	0.1	0.0	0.0	4.6	0.0	0.7	1.1	0.1	61.7
Thai Chicken Roll NPD Panku 22	316.6	1336.1	5.5	4.1	0.0	0.0	51.5	0.0	10.0	12.2	2.1	822.5
Thai Green Curry	551.7	2326.6	10.6	6.2	0.7	1.6	86.9	4.8	6.5	24.1	4.5	730.7
Thai Salmon Roll NPD Panku 22	396.7	1665.3	14.8	5.5	2.4	0.4	54.6	0.0	12.2	7.9	3.1	935.1
Tuna Crunch Roll Panku 22	381.4	1603.6	11.7	2.7	0.0	0.0	55.8	0.7	11.6	9.5	1.0	933.1
Vegan Crunch Roll Panku 22	366.9	1540.0	13.0	3.3	2.4	0.4	55.8	0.7	11.3	2.7	1.9	859.0
Vegan Gyoza Mini Pack Panku 22	94.4	395.9	2.8	0.2	0.0	0.0	13.6	0.0	1.7	3.5	0.9	186.4
Vegan Gyoza Panku 22	232.5	979.8	4.6	0.4	0.0	0.0	40.5	0.0	19.1	6.2	1.6	726.7
Yuzu Cheesecake Pot Panku 22	193.0	805.7	11.7	7.3	0.0	0.0	18.9	0.0	12.3	2.4	1.2	60.5

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Coronation Chicken Sando Retail	620.9	2601.1	29.3	5.4	0.0	0.0	65.9	0.0	8.6	20.1	2.2	1468.9
KFC Prawn Sando Retail	521.9	2181.7	23.9	2.0	0.0	0.0	59.1	0.0	12.1	14.2	1.4	1320.2
Tuna Mayo Sando Retail	377.1	1586.1	10.0	1.1	0.0	0.0	51.0	0.0	6.7	17.0	1.5	1169.0