

ALLERGEN INFORMATION & DIETARY GUIDE

Panku Kiosk Sept 2023

The logo for Panku Streetfood is a red circle containing the text 'パンク' in white Japanese characters at the top, 'Panku' in a large white sans-serif font in the middle, and 'Streetfood' in a smaller white sans-serif font at the bottom. The background of the entire page features a stylized sunburst pattern with light blue rays radiating from the right side.

パンク
Panku
Streetfood

Recipe FIR Intolerance Report

| Dish Name | Cereals containing Gluten : | | | | | | Crustaceans | Eggs | Fish | Peanuts | Soybeans | Milk | Tree Nuts : | | | | | | | | | | | Celery | Mustard | Sesame | Sulphur dioxide/sulphites | Lupin | Molluscs | | | | | |
|--|-----------------------------|---------------|---------------|-----|--------|------|-------------|------|------|---------|----------|------|-------------|----------|--------|------------|-----------|------------|---------------|---------------------------------|--|--|--|--------|---------|--------|---------------------------|-------|----------|--|--|--|--|--|
| | Wheat | Spelt (Wheat) | Kamut (Wheat) | Rye | Barley | Oats | | | | | | | Almonds | Hazelnut | Walnut | Cashew nut | Pecan nut | Brazil nut | Pistachio nut | Macadamia nut or Queensland nut | | | | | | | | | | | | | | |
| Great Catch Combo Box Panku 22 | | | | | | | ✓ | | ✓ | | | | | | | | | | | | | | | | | | | | ✓ | | | | | |
| Hoi Sin Duck Roll Panku 22 | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | |
| Hoisin Duck Bao Panku 22 | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Hoisin Duck Crunch Roll Panku 22 | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Inari Nigiri Panku 22 | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Inari Snack Pack Panku 22 | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Korean Beef Noodles Panku 22 | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Korean Chicken Bao Panku 22 | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Korean Chicken Bites Mini Pack Panku 22 | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Korean Chicken Bites Panku 22 | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Korean Chicken Noodles Panku 22 | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Korean Chilli Beef Bulgogi Panku 22 | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Mango Cheesecake Mochi Panku 22 | ✓ | ✓ | | | | | | | | | | ✓ | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Panku Classics Panku 22 | ✓ | ✓ | | | | | ✓ | | ✓ | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Plant Power Panku 22 | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Prawn Gyoza Panku 22 | ✓ | ✓ | | | | | ✓ | ✓ | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Pumpkin Katsu Bao Panku 22 | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Pumpkin Katsu Curry Panku 22 | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Raspberry White Chocolate Mochi Panku 22 | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Salmon & Avocado Crunch Roll Panku 22 | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Salmon And Prawn Nigiri Panku 22 | | | | | | | ✓ | | ✓ | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |
| Salmon Avo Roll Panku 22 | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | | ✓ | | | | | | | |

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 | |
| Beef Massaman Curry Sept 23 P | ✓ | ✓ | | | | | | | | | ✓ | | | | | | | | | | | ✓ | | | | | |
| Korean BBQ Wings Sept 23 P | ✓ | ✓ | | | ✓ | | | | | | | | | | | | | | | | | ✓ | ✓ | | | | |
| Sept Yellow Thai Chicken Curry PK | | | | | | | | | ✓ | | | | | | | | | | | | | | | | | | |
| Spicy Korean BBQ Wings Sept 23 P | ✓ | ✓ | | | ✓ | | | | | | | | | | | | | | | | | ✓ | ✓ | | | | |
| Sweet & Sour Namabn Chicken Sept 23 P | ✓ | ✓ | | | | | | ✓ | ✓ | | ✓ | ✓ | | | | | | | | | | | ✓ | ✓ | | | |
| Sweet and Sour Namban Bites Sept 23 P | ✓ | ✓ | | | | | | ✓ | ✓ | | ✓ | ✓ | | | | | | | | | | | | ✓ | | | |

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 |

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) |
|--|--------------------------|------------------------|--------------------|--------------------------|---------------------|---------------------|---------------------|-----------------------|-----------------------|------------------------|----------------------|------------------------|
| 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 |

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) |
|---------------------------------------|--------------------------|------------------------|--------------------|--------------------------|---------------------|---------------------|---------------------|-----------------------|-----------------------|------------------------|----------------------|------------------------|
| Beef Massaman Curry Sept 23 P | 339.8 | 1430.5 | 9.1 | 3.8 | - | - | 55.8 | - | 4.1 | 5.9 | 2.4 | 252.0 |
| Korean BBQ Wings Sept 23 P | 482.8 | 2028.8 | 19.6 | 4.7 | 0.0 | 0.0 | 38.8 | 4.8 | - | 34.3 | 1.8 | 1039.1 |
| Sept Yellow Thai Chicken Curry PK | 819.3 | 1835.3 | 9.5 | 6.3 | - | - | 80.7 | - | 5.1 | 22.7 | 3.3 | 594.2 |
| Spicy Korean BBQ Wings Sept 23 P | 492.7 | 2070.1 | 19.8 | 4.7 | 0.0 | 0.0 | 41.7 | 4.8 | - | 34.6 | 1.8 | 1041.9 |
| Sweet & Sour Namabn Chicken Sept 23 P | 619.3 | 2616.8 | 11.0 | 1.7 | 0.0 | 0.0 | 113.9 | - | 39.9 | 14.1 | - | 921.0 |
| Sweet and Sour Namban Bites Sept 23 P | 665.5 | 2797.0 | 24.0 | 3.8 | 0.0 | 0.0 | 86.1 | - | 45.8 | 28.7 | - | 1615.0 |