

ALLERGEN INFORMATION & DIETARY GUIDE

Panku Kiosk Oct 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 emanating from the right side.

パンク
Panku
Streetfood

Menu FIR Intolerance Report

Version 8

Effective 01-08-23

Approved

PK 23 Tier 1

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

PK

All Salmon Love Set Panku 22	✓	✓					✓				✓														✓	
All Stars Plant Platter Panku 22	✓	✓									✓														✓	
Avocado Maki Panku 22																										
Beef Rendang Curry NPD Panku 22	✓	✓			✓						✓															
California Crunch Roll Mini Pack Panku 22	✓	✓					✓	✓		✓	✓															
California Crunch Roll Panku 22	✓	✓					✓	✓		✓	✓															
California Roll Panku 22	✓	✓					✓	✓		✓	✓													✓		
Chicken Gyoza Mini Pack Panku 22	✓	✓									✓													✓		
Chicken Gyoza Panku 22	✓	✓									✓													✓		
Chicken Katsu Crunch Roll Mini Pack Panku 22	✓	✓									✓													✓		
Chicken Katsu Crunch Roll Panku 22	✓	✓									✓													✓		
Chicken Katsu Curry Panku 22	✓	✓									✓													✓		
Chicken Katsu Roll Panku 22	✓	✓									✓													✓		
Chicken Pad Thai NPD Panku 22							✓																			
Chicken Top Hits Panku 22	✓	✓									✓													✓		
Chocolate Mochi Panku 22											✓	✓														
Chocolate Mousse & Miso Caramel Pot Panku 22	✓	✓									✓	✓														
Coronation Chicken Sando Retail PK	✓	✓									✓													✓		
Crunch Combo Roll Box Panku 22	✓	✓					✓	✓		✓	✓													✓		

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
All Stars Plant Platter Panku 22	1440.0	6063.5	34.4	8.2	6.9	1.3	246.4	0.7	45.4	13.6	7.2	3498.4
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	935.4	4.5	1.0	0.0	0.0	35.6	0.0	17.9	7.7	2.3	741.4
Chicken Katsu Crunch Roll Mini Pack Panku 22	231.5	971.7	9.3	2.9	1.2	0.2	30.3	0.3	5.2	4.5	1.3	465.7
Chicken Katsu Crunch Roll Panku 22	463.1	1943.4	18.6	5.8	2.4	0.4	60.6	0.7	10.4	9.1	2.6	931.4
Chicken Katsu Curry Panku 22	567.9	2428.7	13.8	4.8	0.0	0.0	90.5	0.0	4.6	14.2	3.1	1359.2
Chicken Katsu Roll Panku 22	429.0	1805.2	13.3	4.0	2.5	0.5	56.6	0.0	6.7	10.7	2.7	721.2
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	1022.5	4297.0	35.3	10.5	5.0	0.9	134.3	0.0	16.4	26.7	7.3	1887.6
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
Coronation Chicken Sando Retail PK	622.5	2608.3	30.5	6.2	0.0	0.0	64.3	0.0	7.6	18.5	3.1	1510.5
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	610.1	2567.4	18.2	5.1	2.5	0.5	88.0	0.4	14.8	14.8	3.3	1242.8
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

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)
Hoisin Duck Rice Bowl Panku 22	600.1	2548.0	1.4	0.3	0.0	0.0	120.7	7.0	42.2	19.4	2.0	1919.8
Hot Chicken Katsu Curry Noodles Panku 22	555.5	2371.0	17.7	5.2	0.6	2.0	78.7	40.8	9.0	22.3	4.8	1857.4
Hot Korean Beef Noodles Panku 22	589.5	2491.5	11.6	3.1	4.0	2.6	101.8	49.1	41.5	17.8	2.8	2576.4
Hot Korean Chicken Noodles Panku 22	729.4	3079.9	16.4	2.4	0.6	2.0	126.5	40.8	50.0	23.3	2.3	1413.4
Hot 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
Inari Nigiri Panku 22	271.7	1144.0	8.3	1.6	0.0	0.0	42.0	0.0	16.7	5.1	0.2	561.0
Inari Snack Pack Panku 22	215.8	910.1	4.6	0.9	0.0	0.0	38.0	0.0	11.2	3.3	0.6	479.4
KFC Prawn Sando Retail PK	521.9	2181.7	23.9	2.0	0.0	0.0	59.1	0.0	12.1	14.2	1.4	1320.2
Korean Beef Noodles Panku 22	589.5	2491.5	11.6	3.1	4.0	2.6	101.8	49.1	41.5	17.8	2.8	2576.4
Korean Chicken Bao Panku 22	267.9	1120.5	8.9	4.4	0.0	0.0	39.0	0.0	11.1	7.8	0.8	432.0
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	729.4	3079.9	16.4	2.4	0.6	2.0	126.5	40.8	50.0	23.3	2.3	1413.4
Korean Chilli Beef Bulgogi Panku 22	512.5	2163.7	11.4	3.9	4.8	0.9	85.8	2.2	10.0	10.4	2.4	538.1
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	566.4	2385.0	14.3	2.3	1.3	0.2	84.0	0.0	14.5	12.3	1.9	1030.1
Panku Meat in the Park Bundle	703.0	2956.6	19.9	6.0	2.0	0.4	108.8	0.4	22.5	15.2	3.5	1448.2
Panku Seafood Rays Bundle	715.1	3000.4	25.5	5.6	3.2	0.6	101.7	0.4	17.1	12.9	3.4	1291.5
Panku Veggie Vibes Bundle	651.2	2728.5	18.0	4.7	2.4	0.4	107.0	0.4	21.7	8.0	3.0	1438.0
Plant Power Panku 22	579.9	2438.8	17.6	4.2	2.4	0.4	93.3	0.7	22.9	5.9	2.2	1400.5
Prawn Gyoza Panku 22	218.7	920.5	4.2	1.2	0.0	0.0	35.5	0.0	16.2	9.3	0.0	760.0
Prawn Katsu Crunch Roll Panku 22	418.6	1758.7	13.1	3.6	0.0	0.0	64.8	0.7	12.7	6.7	1.0	997.8
Prawn Katsu Roll Panku 22	364.0	1533.8	7.1	1.7	0.0	0.0	58.0	0.0	8.6	7.9	1.0	752.1
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

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)
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	476.7	2001.1	18.4	5.7	2.5	0.5	63.7	0.0	8.4	10.0	2.7	896.9
Spicy Chicken Katsu Crunch Roll Panku 22	474.4	1991.7	18.3	5.7	2.5	0.5	63.4	0.0	8.4	10.0	2.7	900.6
Spicy Korean Chicken Rice Bowl Panku 22	672.8	2841.3	13.7	2.2	0.0	0.0	119.2	0.2	24.9	17.1	1.9	778.1
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	762.0	3218.6	14.3	2.2	0.0	0.0	133.7	7.0	33.8	20.6	2.0	2283.6
Spicy Tuna Crunch Roll Panku 22	373.7	1571.9	10.6	2.4	0.0	0.0	56.0	0.0	9.3	10.0	1.0	866.1
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 Veggie 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 Veggie 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	185.6	782.1	5.1	3.1	0.0	0.0	33.3	0.0	20.9	1.5	0.0	74.2
Super Salmon Panku 22	479.3	2016.4	14.8	2.2	1.2	0.2	67.6	0.0	9.0	12.2	1.7	812.5

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)
Super Sharer Panku 22	1067.8	4484.5	35.1	7.1	2.4	0.4	150.6	0.7	31.4	20.3	2.9	2192.2
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
Tuna Mayo Sando Retail TSK	377.1	1586.1	10.0	1.1	0.0	0.0	51.0	0.0	6.7	17.0	1.5	1169.0
Tuna Roll Panku 22	326.9	1379.1	5.7	0.8	0.0	0.0	49.1	0.0	7.6	10.6	1.0	687.6
Ultimate Panku Party Platter Panku 22	1563.0	6569.3	50.4	10.2	4.5	0.8	228.0	0.7	35.1	31.5	5.9	3089.8
Veggie 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
Veggie Gyoza Mini Pack Panku 22	94.4	395.8	2.8	0.2	0.0	0.0	13.6	0.0	1.7	3.5	0.9	186.4
Veggie Gyoza Panku 22	232.5	979.6	4.6	0.4	0.0	0.0	40.5	0.0	19.1	6.2	1.6	726.6
Veggie Roll Panku 22	312.5	1315.9	7.0	1.4	2.4	0.4	49.1	0.0	7.2	3.8	1.9	614.0
Yuzu & Mango Cheesecake	223.5	930.2	14.2	0.0	0.0	0.0	20.6	0.0	13.8	2.4	1.3	100.6
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	441.0	1860.3	9.2	3.8	-	-	78.8	-	4.2	6.2	2.6	252.0
Korean BBQ Wings Sept 23 P	407.5	1709.3	19.6	4.7	0.0	0.0	19.8	4.8	-	34.4	1.9	1032.9
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	531.8	2152.1	23.6	5.2	0.0	0.0	34.3	4.8	-	37.4	1.8	1730.6
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

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)
NPD April 2023 Tickled Pink Panku Charity Box	504.3	2121.9	10.2	1.7	1.9	0.4	71.3	0.0	11.8	10.9	2.0	1089.2
