

You Me Sushi Allergens Matrix (October 2025)

PLEASE BE AWARE WE HANDLE SEVERAL ALLERGENS IN OUR KITCHENS AND CANNOT GUARANTEE THAT OUR DISHES ARE ALLERGEN FREE

CATEGORY	PRODUCT	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Soya	Sesame	Sulphur Dioxide
Appetisers	Chicken Katsu Bites	✳	Wheat		✳								✳	✳	
	Edamame plain												✳		
	Edamame salty												✳		
	Edamame spicy												✳		
	Edamame warm												✳		
	Miso Aubergine		Wheat										✳	✳	
	Miso Soup												✳		
	Seaweed Pot												✳	✳	
	Prawn Katsu (4 & 8 pcs)	✳	Wheat	✳									✳		
	Vegetable Gyoza		Wheat										✳	✳	
	Chicken Gyoza		Wheat										✳	✳	
	Prawn Gyoza		Wheat	✳	✳								✳	✳	
	Japanese Fried Chicken		Wheat		✳								✳	✳	
	Spicy Japanese Fried Chicken		Wheat			✳							✳	✳	
Sashimi	White Rice													✳	
	Salmon Sashimi		Wheat			✳				✳			✳		
	Tuna Sashimi		Wheat			✳				✳			✳		
Nigiri	Sashimi Platter		Wheat			✳				✳			✳	✳	
	Japanese Omelette Nigiri		Wheat		✳					✳			✳		
	Prawn Nigiri		Wheat	✳						✳			✳		
	Salmon & Cream Cheese Nigiri		Wheat			✳		✳		✳			✳		
	Salmon Nigiri		Wheat			✳				✳			✳		
	Tuna Nigiri		Wheat			✳				✳			✳		
	Sweet Tofu Pouch		Wheat							✳			✳		
	Flying Fish Roe Gunkan		Wheat			✳				✳			✳		
Maki	Cucumber Maki		Wheat							✳			✳		
	Avocado Maki		Wheat							✳			✳		
	Prawn & Avocado Maki		Wheat	✳						✳			✳		
	Salmon & Avocado Maki		Wheat			✳				✳			✳		
	Salmon Maki		Wheat			✳				✳			✳		
	Tuna & Avocado Maki		Wheat			✳				✳			✳		
	Tuna Maki		Wheat			✳				✳			✳		
Uramaki	California Uramaki		Wheat	✳	✳	✳				✳			✳		
	Chicken Katsu		Wheat		✳					✳			✳	✳	
	Prawn Katsu & Avocado Uramaki	✳	Wheat	✳						✳			✳	✳	
	Salmon & Avocado Uramaki		Wheat			✳				✳			✳	✳	
	Spicy California Uramaki		Wheat	✳	✳	✳				✳			✳	✳	
	Spicy Tuna Uramaki		Wheat		✳	✳				✳			✳	✳	
	Vegan Roll Uramaki		Wheat							✳			✳	✳	
	Vegetable Tempura Uramaki		Wheat							✳			✳	✳	
	RocknRolla		Wheat		✳	✳				✳			✳	✳	
	Sexy Fish		Wheat		✳	✳				✳			✳	✳	
	Crunchy California		Wheat	✳	✳	✳				✳			✳		
	Spicy Prawn		Wheat	✳	✳	✳				✳			✳	✳	
	Crazy Crunchy Chicken Katsu		Wheat		✳					✳			✳	✳	
Crazy Crunchy Rolls	Crazy Crunchy Prawn Katsu		Wheat	✳	✳					✳			✳	✳	
	Crazy Crunchy Salmon		Wheat		✳	✳				✳			✳	✳	
	Crazy Crunchy Soft Shell Crab		Wheat	✳	✳	✳				✳			✳	✳	
	Crazy Crunchy Vegan		Wheat							✳			✳	✳	
Temaki	Avocado Temaki		Wheat		✳					✳			✳	✳	
	Crabstick & Avocado Temaki		Wheat	✳	✳	✳				✳			✳	✳	
	Prawn Katsu Temaki		Wheat	✳	✳					✳			✳	✳	
	Salmon & Avocado Temaki		Wheat			✳				✳			✳	✳	
	Soft Shell Crab Temaki		Wheat	✳	✳	✳				✳			✳	✳	
	Spicy Tuna Temaki		Wheat		✳	✳				✳			✳	✳	
Desserts								✳					✳		
	Mochi Strawberry Cheesecake							✳					✳		
	Mochi Raspberry & White Chocolate							✳					✳		
	Mochi Mango Cheesecake							✳					✳		
	Mochi Chocolate Ganache							✳					✳		
	Dorayaki Strawberry		Wheat		✳			✳							
	Dorayaki Red Bean		Wheat		✳										
	Dorayaki Custard		Wheat		✳			✳							
	Dorayaki Chocolate		Wheat		✳			✳					✳		
	Soft serve Ice cream-Vanilla/Matcha							✳							

