

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
	Chicken Katsu Bites	0	Wheat		0									0	·
	Edamame plain												0		
	Edamame salty												0		
	Edamame spicy												0		
	Edamame warm												0		
	Miso Aubergine		Wheat										0_	0	
	Miso Soup												0		
Appetisers	Seaweed Pot	_											0	0	
	Prawn Katsu (4 & 8 pcs)	0	Wheat	٥									0	_	
	Vegetable Gyoza		Wheat										<u> </u>	0	
	Chicken Gyoza		Wheat	_	0								0	0	
	Prawn Gyoza Japanese Fried Chicken		Wheat Wheat	0	0								0	Ö	
	Spicy Japanese Fried Chicken		Wheat			0							0	Ö	
	White Rice		vviicat											Ö	
Sashimi	Salmon Sashimi		Wheat			0				0			0		
	Tuna Sashimi		Wheat			0				0			0		
	Sashimi Platter		Wheat			0				0			0	0	
	Japanese Omelette Nigiri		Wheat		0					0			0		
	Prawn Nigiri		Wheat	0		_				٥			0		
	Salmon & Cream Cheese Nigiri		Wheat			0		0		0	_		0_		
Nigiri	Salmon Nigiri		Wheat			0				0	-		0		
	Tuna Nigiri		Wheat			0				0			0_		
	Sweet Tofu Pouch		Wheat			_				0			0		
	Flying Fish Roe Gunkan		Wheat			0				0			0		
	Cucumber Maki		Wheat Wheat							0			0		
	Avocado Maki		Wheat	0						Ö			Ö		
Maki	Prawn & Avocado Maki Salmon & Avocado Maki		Wheat	U U		0				Ö			Ö		
Maki	Salmon Maki		Wheat			0				Ö			0		
	Tuna & Avocado Maki		Wheat			Ö				Ö			Ö		
	Tuna Maki		Wheat			Ö				Ö			Ö		
	California Uramaki		Wheat	٥	0	Ö				Ö			Ö		
	Chicken Katsu		Wheat		0					Ö			Ö	0	
	Prawn Katsu & Avocado Uramaki	0	Wheat	0						0			0	0	
	Salmon & Avocado Uramaki		Wheat			0				0			0	0	
	Spicy California Uramaki		Wheat	٥	0	0				٥			0	0	
l lunus alsi	Spicy Tuna Uramaki		Wheat		0	0				0			0	0	
Uramaki	Vegan Roll Uramaki		Wheat							0			0	0	
	Vegetable Tempura Uramaki		Wheat							0			0	0	
	RocknRolla		Wheat		0	0				0			0	0	
	Sexy Fish		Wheat		0	0				٥			0	0	
	Crunchy California		Wheat	٥	0	0				0			0		
	Spicy Prawn		Wheat	0	٥	0				0			0	0	
	Crazy Crunchy Chicken Katsu		Wheat	_	٥					٥			<u> </u>	0	
	Crazy Crunchy Prawn Katsu		Wheat	٥	0	_				0			0	0	
Crazy Crunchy Rolls	Crazy Crunchy Salmon		Wheat		0	0				0			0	0	
	Crazy Crunchy Soft Shell Crab		Wheat	0	0	0				0			0_	0	
Temaki	Crazy Crunchy Vegan		Wheat							0			0	0	
	Avocado Temaki		Wheat	_	0					0			0	0	
	Crabstick & Avocado Temaki	-	Wheat	0	0	٥				0			0	0	
	Prawn Katsu Temaki		Wheat Wheat	- 	"	0				0			0	0	
	Salmon & Avocado Temaki Soft Shell Crab Temaki		Wheat	٥	٥	0				Ö			Ö	Ö	
	Spicy Tuna Temaki		Wheat	_	0	0				Ö			Ö	ö	
Desserts	Mochi Strawberry Cheescake		vviicat			-		0					o		
	Mochi Raspberry & White Chocolate							Ö					Ö		
	Mochi Mango Cheesecake							Ö					Ö		
	Mochi Chocolate Ganache							Ö					Ö		
	Dorayaki Strawberry		Wheat		0			0							
	Dorayaki Red Bean		Wheat		0										
	Dorayaki Custard		Wheat		0			0							
	Dorayaki Chocolate		Wheat		٥			0					0		
	Soft serve Ice cream-Vanila/Matcha							0							



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CATEGORY	PRODUCT	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin [Milk	Molluscs	Mustard	Nuts	Peanuts	Soya	Sesame	Sulphur Dioxide
CAILGONI	Crunchy Salmon		Wheat		0	0				٥			O	0	
	*			٥	o	o				Ö			0	0	
	Firecracker Roll		Wheat											U	
	Rainbow Roll		Wheat	0	0	0				٥			0		
Speciality Roll	Spicy Rainbow Roll		Wheat	0	0	0				0			0	0	
	Dragon Roll		Wheat	Ö	-	Ö				Ö			0	0	
				•	_										
	Volcano Roll		Wheat		0	0				٥			0	0	
	Spicy Volcano Roll		Wheat		0	0				0			0	0	
	Red Dragon Roll		Wheat	0		0				0			0	0	
				•	_										
	Salmon Lover		Wheat		0	0				٥			٥	0	
	Supersalman		Wheat			0				0			0		
	Super Tuna		Wheat			0				0			0		
				0	0	0				Ö			Ö	0	
	Salmon Box		Wheat	<u> </u>	•	U								-	
	Happy Vegan		Wheat							0			٥	0	
	Omega 3 Box		Wheat			0				0			0	0	
	Deluxe Box		Wheat			0				۵			٥	0	
				_	_										
	Detox Box		Wheat	0	0	0				0			0	0	
	Lush Box		Wheat			0				0			0	0	
Sushi Boxes & Platters	Salmon Classic		Wheat			0				٥			0		
Susin Boxes & Hatters				_	_					_				_	
	Super Box		Wheat	0	0	0				0			0	0	
	Veggie Box		Wheat		0					0			0	0	
	YouMe Nigiri Box		Wheat	0		0				0			0	0	
	The LA Box		Wheat	Ö	0	ō				Ö			0	Ö	
		-					\vdash							-	
	Sea Platter		Wheat	0	0	0				0			0	0	
	Party Box (Platter)		Wheat	0	0	0				0			0	0	
	Spring Box (Platter)		Wheat	_	0	_		0		Ö			Ö	O	
		 			_		+	.						-	
	Love Box (Platter)		Wheat	0	0	0				0			0	0	
	Monster Box (Platter)		Wheat	O	0	0				0			0	0	
	Salmon Poke		Wheat			0							Ö	0	
							+							-	
Poke	Tuna Poke		Wheat			0							0	0	
	Vegan Poke		Wheat		<u></u>								0	0	
	Chicken Ramen Noodle Soup		Wheat		0	0							0	0	
Soup				0	0	Ö			0				O		
	Seafood Ramen Noodle Soup		Wheat	•					.						
	Small Chicken Ramen Noodle Soup		Wheat		0	0							0		
	Small Seafood Ramen Noodle Soup		Wheat	0	0	0			•				٥		
	Chicken Katsu Curry - Rice		Wheat	-	0								0	0	
	Chicken Katsu Curry- Noodles		Wheat		0								٥	0	
	Chicken Teriyaki - Noodles		Wheat										٥	0	
	Chicken Teriyaki - Rice		Wheat										0	0	
	•													-	
	Miso Aubergine - Noodle		Wheat										٥	0	
Hot Food	Miso Aubergine - Rice		Wheat										0	0	
	Tofu Curry - Rice		Wheat		0								0	0	
11011000	•				_								Ö	0	
	Tofu Curry- Noodles		Wheat		0										
	Japanese Fried Chicken bowl		Wheat			0							٥	0	
	Kick-Ass Noodle Chicken	0	Wheat										0	0	
İ		0											0	0	0
	Kick-Ass Noodle - Mushroom	- w	Wheat											-	
	Shroom Katsu Curry		Wheat										0	0	0
	Loaded Katsu		Wheat					0					0		
	Vegan Deluxe Box		Wheat							٥			0	0	
														-	
	Vegan Detox Box		Wheat				$\perp \perp$			0			<u> </u>	0	
	Vegan California Roll	1	Wheat							0			0	0	
	Vegan Dragon Roll		Wheat							٥			٥		
Vegan Sushi							 							_	
	Vegan Salmon Box		Wheat				\vdash			٥			٥	0	
	Vegan Salmon Uramaki	L_	Wheat	<u></u>		L				0			0	0	<u> </u>
	Vegan Tuna Uramaki		Wheat							0			٥	0	
			Wheat			†				Ö			Ö	0	
	Vegan Super Love Platter	-			_	-	+	_							
Wings	Savoury Wings		Wheat		0			0					0	0	
	Sweet & Spicy Wings		Wheat		0								0	0	
	Honey Glaze Wings		Wheat		0								٥	Ö	
	· · · · · · · · · · · · · · · · · · ·					-	+								
	Teriyaki Wings		Wheat		0		\vdash						0	0	
Sauce pots	Sesame Sauce		Wheat		0								0	0	
	Spicy Mayo		Wheat		٥									0	
					<u> </u>								0		
	Teriyaki Sauce	-	Wheat		_	-	-			_			J		
	Wasabi Mayo				0					٥					
	Hot Chilli Sauce														
	Sweet Chilli Sauce														
					<u> </u>	-	+								
	Tonkatsu Sauce	0					$\perp \perp$						٥	1	
	Unagi Sauce		Wheat	7		1							0		
	Crispy Onion		Wheat												
		-											_		
	Soy Sauce		Wheat				\vdash						٥	1	
	Wasabi Paste	L			L	L				0					
	Lava Sauce		Wheat		0			0					0		
					_			_					Ö	_	
	Mayoki	-	Wheat		0		\vdash							٥	
	Sweet & Spicy (Wings)		Wheat		<u></u>		\Box						0	0	
	Ginger														
	Tempura Flakes		Wheat												
	•						-							-	
	Curry Sauce		Wheat										0		