

You Me Sushi Allergens Matrix (July 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		☛								☛	☛	
Sashimi	Spicy Japanese Fried Chicken		Wheat			☛							☛	☛	
	White Rice													☛	
	Salmon Sashimi		Wheat			☛				☛			☛		
Nigiri	Tuna Sashimi		Wheat			☛				☛			☛		
	Sashimi Platter		Wheat			☛				☛			☛	☛	
	Japanese Omelette Nigiri		Wheat		☛					☛			☛		
	Prawn Nigiri		Wheat	☛						☛			☛		
	Salmon & Cream Cheese Nigiri		Wheat			☛		☛		☛			☛		
	Salmon Nigiri		Wheat			☛				☛			☛		
	Tuna Nigiri		Wheat			☛				☛			☛		
Maki	Sweet Tofu Pouch		Wheat							☛			☛		
	Flying Fish Roe Gunkan		Wheat			☛				☛			☛		
	Cucumber Maki		Wheat							☛			☛		
	Avocado Maki		Wheat							☛			☛		
	Prawn & Avocado Maki		Wheat	☛						☛			☛		
	Salmon & Avocado Maki		Wheat			☛		☛		☛			☛		
	Salmon Maki		Wheat			☛				☛			☛		
Uramaki	Tuna & Avocado Maki		Wheat			☛				☛			☛		
	Tuna Maki		Wheat			☛				☛			☛		
	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 Rolls	Crazy Crunchy Chicken Katsu		Wheat		☛					☛			☛	☛	
	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							☛							

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youme

sushi

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Speciality Roll	Crunchy Salmon		Wheat		*	*				*			*	*	
	Firecracker Roll		Wheat	*	*	*				*			*	*	
	Rainbow Roll		Wheat	*	*	*				*			*		
	Spicy Rainbow Roll		Wheat	*	*	*				*			*	*	
	Dragon Roll		Wheat	*		*				*			*	*	
	Volcano Roll		Wheat		*	*				*			*	*	
	Spicy Volcano Roll		Wheat		*	*				*			*	*	
Red Dragon Roll		Wheat	*		*				*			*	*		
Sushi Boxes & Platters	Salmon Lover		Wheat		*	*				*			*	*	
	Supersalman		Wheat			*				*			*		
	Super Tuna		Wheat			*				*			*		
	Salmon Box		Wheat	*	*	*				*			*	*	
	Happy Vegan		Wheat							*			*	*	
	Omega 3 Box		Wheat			*				*			*	*	
	Deluxe Box		Wheat			*				*			*	*	
	Detox Box		Wheat	*	*	*				*			*	*	
	Lush Box		Wheat			*				*			*	*	
	Salmon Classic		Wheat			*				*			*		
	Super Box		Wheat	*	*	*				*			*	*	
	Veggie Box		Wheat		*					*			*	*	
	YouMe Nigiri Box		Wheat	*		*				*			*	*	
	The LA Box		Wheat	*	*	*				*			*	*	
	Sea Platter		Wheat	*	*	*				*			*	*	
	Party Box (Platter)		Wheat	*	*	*				*			*	*	
	Spring Box (Platter)		Wheat		*			*		*			*	*	
Love Box (Platter)		Wheat	*	*	*				*			*	*		
Poke	Salmon Poke		Wheat			*							*	*	
	Tuna Poke		Wheat			*							*	*	
	Vegan Poke		Wheat										*	*	
Soup	Chicken Ramen Noodle Soup		Wheat		*	*							*	*	
	Seafood Ramen Noodle Soup		Wheat	*	*	*			*				*		
	Small Chicken Ramen Noodle Soup		Wheat		*	*							*		
	Small Seafood Ramen Noodle Soup		Wheat	*	*	*			*				*		
Hot Food	Chicken Katsu Curry - Rice		Wheat		*								*	*	
	Chicken Katsu Curry- Noodles		Wheat		*								*	*	
	Chicken Teriyaki - Noodles		Wheat										*	*	
	Chicken Teriyaki - Rice		Wheat										*	*	
	Miso Aubergine - Noodle		Wheat										*	*	
	Miso Aubergine - Rice		Wheat										*	*	
	Tofu Curry - Rice		Wheat		*								*	*	
	Tofu Curry- Noodles		Wheat		*								*	*	
	Japanese Fried Chicken bowl		Wheat			*							*	*	
	Kick-Ass Noodle Chicken	*	Wheat										*	*	
	Kick-Ass Noodle - Mushroom	*	Wheat										*	*	*
	Shroom Katsu Curry		Wheat										*	*	*
	Vegan Deluxe Box		Wheat						*				*	*	
	Vegan Detox Box		Wheat						*				*	*	
Vegan California Roll		Wheat						*				*	*		
Vegan Dragon Roll		Wheat						*				*			
Vegan Salmon Box		Wheat						*				*	*		
Vegan Salmon Uramaki		Wheat						*				*	*		
Vegan Tuna Uramaki		Wheat						*				*	*		
Vegan Super Love Platter		Wheat						*				*	*		
Wings	Savoury Wings		Wheat		*			*					*	*	
	Sweet & Spicy Wings		Wheat		*								*	*	
	Honey Glaze Wings		Wheat		*								*	*	
	Teriyaki Wings		Wheat		*								*	*	
Sauce pots	Sesame Sauce		Wheat		*								*	*	
	Spicy Mayo		Wheat		*									*	
	Teriyaki Sauce		Wheat										*		
	Wasabi Mayo				*				*						
	Hot Chilli Sauce														
	Sweet Chilli Sauce														
	Tonkatsu Sauce	*											*		
	Unagi Sauce		Wheat										*		
	Crispy Onion		Wheat												*



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