



All boxes marked with a X indicate the presence of an allergen

All boxes marked with a -- indicate a 'may contain', due to precautionary labelling procedures followed by our suppliers, with regards to shared production spaces and/or equipment

Please note that while some of our dishes are marked as not containing an allergen, our kitchen is not an allergy free environment and while we do our utmost to avoid it cross contamination can occur

| | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphites | Modifications |
|--------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------|------|-----------|---|
| Fu Pork Gyoza | | | | | X | | | | | | | X | X | | |
| Fu Shiitake & Kale Gyoza | -- | | | | X | | | | | | | X | X | | |
| Fu Fried Chicken | | | X* | | X | | | | X* | | | X** | X | | *Egg & Mustard free without Shiso Tartare, ** Sesame free without shichimi |
| Crispy Cauliflower | | | | | X | | | | X* | | | X** | X** | | *Mustard free without OP Mayo, **Sesame free without shichimi, ***Soya free without KFC sauce |
| Salmon Tartare | | | X* | X | X | | | | X** | | | X | X | | *Egg free without wonton crisps, ** Mustard free without mustard leaf |
| Chilli Crunch Rice | | | | | X* | | | | | | | X | X | | *Gluten free without crunchy chilli oil |
| Cucumber Salad | | | | | X* | | | | | | | X | X | | *Gluten free without crunchy chilli oil |
| Kimchi Selection | | | | | -- | | | | | | | X | X | | |
| Fu Pickles | | | | | -- | | | | | | | X | X | X | |
| Whipped Tofu | | | | | | | | | | | | X | X | | |
| Kakuni Pork Belly | | | | | | | | | | | | X | X | | |
| Prawn Toast | | X | | | X | | | | X | | | X | X | | |
| Tenderstem Broccoli | | | | | | | | | | | | X* | X* | | * no oil or seeds as garnish |
| Original Fu Ramen | | | X* | X | X | | | | | | | -- | X | | *Egg free without ramen egg |
| Spicy Fu Tantanmen | | | X* | | X | | | | | | | X | X | | *Egg free without ramen egg |
| Shoyu Chicken Ramen | | | | X | X | | X* | | | | | -- | X | | *Replace chicken chashu with chicken tenders |
| Classic Tonkotsu | | | X* | | X | | | | | | | X** | X | | *Egg free without ramen egg ** sesame seed garnish |
| Kimchi & Cheese Ramen | | | | | X | | X* | | | | | X | X | | *Milk free without cheese |
| Tofu Tonkotsu | | | | | X | | | | | | | X | X | | |
| Spicy Miso Tantanmen | | | | | X | | | | | | | X | X | | |
| California Bowl | | | | X | | | | | | | | X* | X | | *Sesame free without garnish |
| Spicy Tuna Bowl | | | | X | -- | | | | | | | X* | X | | *Sesame free without garnish |
| Roast Beetroot Bowl | | | | | X* | | | | | | | X** | X | | *Gluten free without furikake **Sesame free without garnish |
| Spicy Tofu | | | | | -- | | | | | | | X* | X | | *Sesame free without any chilli oil |
| Teriyaki Chicken Bowl | | | X | | | | | | X* | | | X* | X | | *Mustard free, remove mayo |
| Teriyaki Mushroom | | | | | | | | | X* | | | X* | X | | *Mustard free, remove mayo |
| Fu Katsu | X | | X | | X | | | | X | | | | | | |
| Fu Cauliflower Bowl | | | | | | | | | X* | | | X** | X | | *Mustard free without OP mayo, **Sesame free without garnish |
| Pork Chashu | | | | | | | | | | | | | X | | |
| Teriyaki Chicken Tender | | | | | | | | | | | | | X | | |
| Spiced Pork Mince | | | | | -- | | | | | | | X | X | | |
| Plant Based Mince | | | | | -- | | | | | | | | X | | |
| Ramen Egg | | | X | | | | | | | | | | X | | |
| Tofu | | | | | X* | | | | | | | | X | | *Gluten free if not cooked in pasta boiler |
| Pak Choi | | | | | X* | | | | | | | | | | *Gluten free if not cooked in pasta boiler |
| Cabbage Kimchi | | | | | -- | | | | | | | | X | | |
| Charred Corn | | | | | | | | | | | | | | | |
| Teriyaki Mushrooms | | | | | | | | | | | | | | | |
| Tenderstem Broccoli | | | | | | | | | | | | | | | |
| Crunchy Chilli Oil | | | | | X | | | | | | | X | X | | |
| Chocolate & Caramel | | | | | X | | | | | | | | X | | |
| Yuzu & Matcha | | | X | | X | | X | | | | | X | | | |
| Hojicha Pudding | | | X | | X | | X | | | | | X | X | | |

FEASTING MENU

| | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphites | Modifications |
|----------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------|------|-----------|---|
| Avocado Tostada | | | | | X* | | X | | | | | X | X | | *Can be made gluten free with corn tortilla |
| Spicy Tuna Tostada | | | | X | X* | | | | | | | X | | | *Can be made gluten free with corn tortilla |
| Seabream Carpaccio | | | | X | X* | | | | | | | X | X | | *Gluten free without crunchy chilli oil |
| Venison Tataki | | | | | | | | | | | | X | X | | |
| Whipped Tofu | | | | | | | | | | | | X | X | | |
| Chicken Tsukune | | | | | | | | | | | | X | X | | |
| Prawn Toast | | X | | | X | | | | X | | | X | X | | |
| Iberico Pork Bossam | | | | | X | | | | | | | X | X | | |
| Eringi Skewer (VE) | | | | | | | | | | | | | X | | |
| Miso Soup | | | | | | | | | | | | | X | | |
| Korean Fried Chicken | | | | | X | | | | | | | X | X | | |
| Hoisin Boston Butt | | | | | X | | | | X | | | X | X | X | |

