



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		
Whipped Tofu												X	X	X	
Tenderstem Broccoli												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**	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		

