

# Allergy Information Sheet



✓ = Contains the allergen

\* = May contain the allergen



| CATEGORY  | ITEM                      | MODIFICATION                       | WHEAT | SOY | SESAME | MILK | EGG | FISH | SHELLFISH | MUSTARD |
|-----------|---------------------------|------------------------------------|-------|-----|--------|------|-----|------|-----------|---------|
| Appetizer | Edamame Salad             |                                    |       | ✓   |        |      | ✓   |      |           |         |
| Appetizer | Seaweed Salad             |                                    |       | ✓   | ✓      |      | ✓   |      |           |         |
| Appetizer | Gushi Chicken             | Original                           | ✓     | ✓   | ✓      |      |     |      |           | ✓       |
| Appetizer | Gushi Chicken             | Teriyaki Sesame                    | *     | ✓   | ✓      |      |     |      |           |         |
| Appetizer | Gushi Chicken             | Hot & Maple                        | *     | ✓   | ✓      |      |     |      |           |         |
| Appetizer | Gushi Chicken             | Nanban                             | ✓     | ✓   | ✓      |      |     |      |           | ✓       |
| Appetizer | Gushi Chicken             | No Sauce                           | *     | ✓   | ✓      |      |     |      |           |         |
| Appetizer | Takoyaki                  |                                    | ✓     | ✓   | ✓      |      | *   |      | ✓         | ✓       |
| Appetizer | Croquette                 |                                    | ✓     | ✓   | ✓      | ✓    |     |      |           | ✓       |
| Meal      | Original Gushi Chicken    | Rice                               | ✓     | ✓   | ✓      |      | ✓   |      |           | ✓       |
| Meal      | Original Gushi Chicken    | Quinoa                             | ✓     | ✓   | ✓      |      | ✓   |      |           | ✓       |
| Meal      | Original Gushi Chicken    | Fries                              | ✓     | ✓   | ✓      |      | ✓   |      |           | ✓       |
| Meal      | Original Everything       | Takoyaki, Croquette, Gushi Chicken | ✓     | ✓   | ✓      | ✓    | ✓   |      | ✓         | ✓       |
| Meal      | Original Everything       | Croquette Only                     | ✓     | ✓   | ✓      | ✓    | ✓   |      |           | ✓       |
| Meal      | Original Everything       | Takoyaki Only                      | ✓     | ✓   | ✓      |      | ✓   |      | ✓         | ✓       |
| Meal      | Nanban Gushi Chicken      | Rice                               | ✓     | ✓   | ✓      |      | ✓   |      |           | ✓       |
| Meal      | Nanben Gushi Chicken      | Quinoa                             | ✓     | ✓   | ✓      |      | ✓   |      |           | ✓       |
| Meal      | Nanban Gushi Chicken      | Fries                              | ✓     | ✓   | ✓      |      | ✓   |      |           | ✓       |
| Meal      | Nanban Everything         | Takoyaki, Croquette, Gushi Chicken | ✓     | ✓   | ✓      | ✓    | ✓   |      | ✓         | ✓       |
| Meal      | Nanban Everything         | Croquette Only                     | ✓     | ✓   | ✓      | ✓    | ✓   |      |           | ✓       |
| Meal      | Nanban Everything         | Takoyaki Only                      | ✓     | ✓   | ✓      |      | ✓   |      | ✓         | ✓       |
| Meal      | Japan Curry Gushi Chicken | Rice                               | ✓     | ✓   | ✓      |      |     |      |           |         |
| Meal      | Japan Curry Gushi Chicken | Quinoa                             | ✓     | ✓   | ✓      |      |     |      |           |         |
| Meal      | Japan Curry Gushi Chicken | Fries                              | ✓     | ✓   | ✓      |      |     |      |           |         |
| Meal      | Japan Curry Everything    | Takoyaki, Croquette, Gushi Chicken | ✓     | ✓   | ✓      | ✓    | *   |      | ✓         |         |
| Meal      | Japan Curry Everything    | Croquette Only                     | ✓     | ✓   | ✓      | ✓    |     |      |           |         |
| Meal      | Japan Curry Everything    | Takoyaki Only                      | ✓     | ✓   | ✓      |      | *   |      | ✓         |         |

| CATEGORY | ITEM                          | MODIFICATION |  WHEAT |  SOY |  SESAME |  MILK |  EGG |  FISH |  SHELLFISH |  MUSTARD |
|----------|-------------------------------|--------------|---|--|---|---|--|---|--|--|
| Soup     | Ontario Miso                  |              |   | ✓  |   |   |  | ✓   |  |  |
| Snack    | Teriyaki Gushi Chicken Slider |              | ✓   | ✓  | ✓   | ✓   | ✓  |   |  | ✓  |
| Snack    | Teriyaki Croquette Slider     |              | ✓   | ✓  | ✓   | ✓   | ✓  |   |  | ✓  |
| Snack    | Curry Poutine                 |              | ✓   | ✓  |   |   |  |   |  |  |
| Snack    | Original Fries                |              |   | ✓  | ✓   |   | ✓  |   |  | ✓  |
| Snack    | Fries                         |              |   |  |   |   |  |   |  |  |
| Snack    | Curry Rice                    |              | ✓   | ✓  |   |   |  |   |  |  |
| Dessert  | Old School Cheese Cake        |              | ✓   |  |   | ✓   | ✓  |   |  |  |
| Dessert  | Morning Chocolate Cake        |              | ✓   |  |   | ✓   | ✓  |   |  |  |
| Dessert  | Green Tea Cheese Cake         |              | ✓   | ✓  |   | ✓   | ✓  |   |  |  |
| Dessert  | Mango Cheese Cake             |              | ✓   | ✓  |   | ✓   | ✓  |   |  |  |
| Side     | Purple Rice                   |              |   |  |   |   |  |   |  |  |
| Side     | Golden Quinoa                 |              |   |  |   |   |  |   |  |  |
| Side     | Curry Gravy                   |              | ✓   | ✓  |   |   |  |   |  |  |
| Side     | Mozzarella Cheese             |              |   |  |   | ✓   |  |   |  |  |
| Side     | Red Radish                    |              |   |  | ✓   |   |  |   |  |  |
| Side     | Red Ginger                    |              |   |  |   |   |  |   |  |  |
| Sauce    | Sesame Sauce                  |              | ✓   | ✓  | ✓   |   |  |   |  |  |
| Sauce    | Spicy Mayo                    |              |   |  |   |   | ✓  |   |  | ✓  |
| Sauce    | Nanban Sauce                  |              | ✓   | ✓  | ✓   |   |  |   |  |  |
| Sauce    | Garlic Mayo                   |              |   | ✓  |   |   | ✓  |   |  | ✓  |
| Sauce    | Teriyaki Sauce                |              |   | ✓  | ✓   |   |  |   |  |  |
| Sauce    | Hachimi Pepper                |              |   |  | ✓   |   |  |   |  |  |
| Sauce    | Hot and Maple Sauce           |              |   |  | ✓   |   |  |   |  |  |
| Sauce    | Gingery Dressing              |              |   | ✓  |   |   | ✓  |   |  |  |

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 Gushi DO NOT use Peanuts, Tree Nuts, Sulphite, Barley, Buckwheat, and Triticale

