



Gluten Free Info

For those that can't eat gluten... St Pierre's is the place for you! While our soy sauce, teriyaki sauce, and sushi vinegar all contain small amounts of wheat, the natural processing techniques means they contain no detectable gluten!

How does this work?

At St Pierre's our soy sauce and vinegar contain wheat as an ingredient. Our teriyaki sauce also contains wheat, because it is made with soy sauce.

INGREDIENTS

Yamasa Soy Sauce: Water, soybeans, salt, wheat, ethanol.

St Pierre's Teriyaki Sauce: Soy sauce (water, soybeans, salt, wheat, ethanol), corn syrup, sugar, water, modified starch, natural colouring, ethanol, natural flavouring, ascorbic acid.

Sushi Vinegar: Distilled vinegar (wheat, sake cake, rice, corn extract), salt.

The ingredients (e.g. soy beans, wheat, other grains) in Yamasa soy sauce and our sushi vinegar are fermented during the natural brewing process. Fermentation is when microorganisms (e.g. bacteria) chew up sugars and protein, the same as during beer and wine production!

Soy sauce, in particular, is fermented for a long time – up to 6 months. This gives the bacteria a long time to work. At St Pierre's we only use naturally brewed Yamasa soy sauce! The bacteria used to make Yamasa soy sauce, our sushi vinegar, and St Pierre's teriyaki sauce chew up gluten in the wheat! **This leaves almost no gluten left.**

How do we know there's no gluten left?

We sent the soy sauce, vinegar & teriyaki sauce to an independent laboratory, where they tested them for gluten. The results showed that no gluten could be found. We can therefore say that our soy sauce, vinegar & teriyaki sauce have no detectable gluten.

Does that mean they're gluten free?

Yes and no. Since gluten could not be detected, we are allowed to say our soy sauce, teriyaki sauce & vinegar are gluten free (according to New Zealand Food Standards (FSANZ 2010)). However, a very very small amount of gluten may be still there, too small for us to find it.

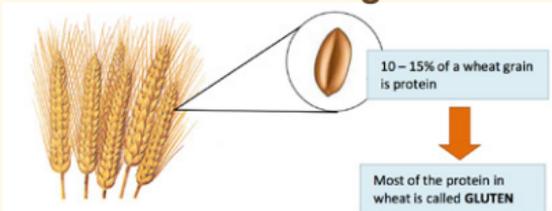
How do NZ gluten free rules differ?

In the USA, a food must have under 20 parts per million gluten to be classed as gluten free. However, NZ standards are more strict with under 3 parts per million detectable gluten.

St Pierre's sushi is ideal for those who want a tasty, healthy takeaway option with no detectable gluten!

What's the difference between wheat & gluten?

We all know **WHEAT**:



Although gluten gets chewed up by the bacteria, other parts of the wheat are left. **So our soy sauce, vinegar & teriyaki sauce are NOT wheat-free.**

Choose your sushi flavours carefully

Although our soy sauce, sushi vinegar and teriyaki sauce are tested as Gluten Free, choosing a flavour without gluten is critical.

Katsu chicken or crispy chicken is **NOT** gluten free, and Inari sushi may have traces of gluten.

Here is a summary of high and low risk flavours.

NOT GLUTEN FREE (Contains gluten)	TRACES OF GLUTEN (Contains gluten)
Katsu chicken Crispy chicken Crispy prawn Fried Salmon Inari sushi	Crispy spinach fish balls Vegetarian fish balls Oden soup Seafood combo Seaweed salad Shrimp cocktail Unagi (eel) Crab (surimi) nuggets

Safe flavours

Fresh salmon, teriyaki chicken and tuna mayo are all safe options.



Although we take every care, we cannot guarantee any sushi purchased will be totally gluten free as our kitchen and processing tools may have unintentional traces of gluten through possible cross contamination. People with severe cases of coeliac disease are advised to be extremely cautious.

For any further questions please contact us on our website
www.stpierres.co.nz
or our Facebook page

