

# FOOD ALLERGY?

If you have a food allergy and are in need of a special dietary requirement, please inform our staff that it's a **"special order"** before you place the order.

We respect that the final decision sits with our customer if you wish to place the order.

## COMMON ALLERGENS



**Molluscs**



**Soybeans**



**Fish**



**Gluten**



**Eggs**



**Sesame Seeds**



**Lupin**



**Crustacea**

## COELIAC SAFE GLUTEN FREE

(No soy sauce or any sauces)\*

- Fresh Salmon Sushi/Nigiri
- Fresh Tuna Sushi & Tasty Tuna Sushi
- Vegetarian Regular/Double Avo/Fusion
- Smoked Salmon Sushi

\*Gluten Free Mayonnaise available

## NON-DETECTABLE GLUTEN

- Teriyaki Salmon on Rice
- Teriyaki Chicken Sushi
- Teriyaki Chicken on Rice
- Miso Soup

## OTHER DAIRY FREE

- Vegetarian Sushi
- Fresh Salmon Sushi
- Teriyaki Chicken Sushi
- Tasty Tuna Sushi

## EGG FREE

(No Mayonnaise)

- Vegetarian Sushi
- Fresh Salmon Sushi
- Teriyaki Chicken Sushi

## SOY FREE NOT AVAILABLE

(Kitchen equipment may use a soy-based oil lubricant)

\*\*This applies to most of our shops. For specific details, please check with individual shops, as allergy information may vary.

**SCAN FOR MORE INFO**  
or visit [stpierres.co.nz/nutrition](https://stpierres.co.nz/nutrition)



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