



food allergies

WHAT YOU NEED TO KNOW

If you have a food allergy or a special dietary requirement, please inform our staff before you place your order. Some of our products may contain the below allergens:



SHELLFISH



WHEAT



SOYBEANS (SOY)



SESAME SEEDS



DAIRY



FISH

LUPIN

LUPIN



EGGS

ARE YOU COELIAC?

At St Pierre's, customers wanting to avoid gluten can order a suitable version of most products - made fresh on the premises to order.

If you are Coeliac or have a special dietary requirement, please inform our friendly staff at the front of house or speak to our store manager so that we can discuss how to prevent your sushi from being cross-contaminated.

ARE OUR SUSHI GLUTEN FREE (GF)?

Some of our sushi products are Gluten Free.

WHY? Our soy sauce, teriyaki sauce and mayonnaise are used in majority of our sushi products and these ingredients contain wheat. However, these ingredients undergo Gluten testing and results show that they are safe for Coeliac customers. They pass New Zealand Food Safety standards of under 3 Part per Million gluten.

PRODUCT TESTING

Our soy sauce, teriyaki sauce and mayonnaise are tested annually by Eurofins Laboratory and results show <2.5 Parts per Million (PPM), meaning No Detectable Gluten (NDG) is present in these ingredients. However, we cannot claim our products are Gluten Free as these ingredients contain wheat.

As a duty of care, these results are available on our website so that you can make your own informed decision about what is safe for you.

ALLERGY-FREE SUSHI RECOMMENDATION:

VEGETARIAN

- ✓ Vegetarian sushi
- ✓ Inari

VEGAN (No animal products included)

- ✓ Inari Crunch sushi (no mayonnaise)
- ✓ Double Avocado Vegetarian (no mayonnaise)
- ✓ Vegetarian Regular (no mayonnaise)
- ✓ Vegetarian Fusion (no mayonnaise)
- ✓ Sunfed Chicken Free Chicken sushi & on Rice (no mayonnaise)

**Vegan cream cheese is available on request.*

GLUTEN FREE

- ✓ Vegetarian sushi (no mayonnaise, soy sauce or any sauces)
- ✓ Fresh Salmon sushi / nigiri (no mayonnaise, soy sauce or any sauces)
- ✓ Smoked Salmon sushi (no mayonnaise, soy sauce or any sauces)
- ✓ Fresh Tuna sushi (no mayonnaise, soy sauce or any sauces)
- ✓ Miso soup

COELIAC SAFE (Non-Detectable Gluten)

- ✓ Vegetarian Regular/ Double Avocado / Fusion
- ✓ Fresh Salmon sushi & Teriyaki Salmon on Rice
- ✓ Smoked Salmon sushi
- ✓ Teriyaki Chicken sushi & Teriyaki Chicken on Rice
- ✓ Tasty Tuna sushi
- ✓ Sunfed Chicken Free Chicken sushi & on Rice

SOY FREE

Sorry not available as our kitchen equipment may use a soy-based oil lubricant.

DAIRY FREE

- ✓ Vegetarian sushi (no cream cheese)
- ✓ Fresh Salmon sushi (no cream cheese)
- ✓ Teriyaki Chicken sushi (no cream cheese)
- ✓ Tasty Tuna sushi

EGG FREE

- ✓ Vegetarian sushi (no mayo)
- ✓ Fresh Salmon sushi (no mayo)
- ✓ Teriyaki Chicken sushi (no mayo)

