

* =Contains the allergen X =May Contain the allergen	Peanuts	Tree Nuts	Sesame	Eggs	Milk	Soy	Fish	Shellfish	Mustard	Sulphites	Wheat	Barley	Sulphites	Buckwheat	Triticale
MEAL															
Original Gushi Chicken Rice Meal			*	*		*			*		X				
Original Gushi Chicken Quinoa Meal			*	*		*			*		X				
Original Gushi Chicken Salad Meal			*	*		*			*		X				
Original Takoyaki Rice Meal			*	*		*	*		*		*				
Original Takoyaki Quinoa Meal			*	*		*	*		*		*				
Original Takoyaki Salad Meal			*	*		*	*		*		*				
Original Croquette Rice Meal			*	*	*	*			*		*				
Original Croquette Quinoa Meal			*	*	*	*			*		*				
Original Croquette Salad Meal			*	*	*	*			*		*				
Original Vegan Rice Meal			*			*					*				
Original Vegan Quinoa Meal			*			*					*				
Original Vegan Salad Meal			*			*					*				
Original Everything Rice Meal			*	*	*	*	*		*		*				
Original Everything Quinoa Meal			*	*	*	*	*		*		*				
Original Everything Salad Meal			*	*	*	*	*		*		*				
Nanban Gushi Chicken Rice Meal			*	*		*			*		X				
Nanban Gushi Chicken Quinoa Meal			*	*		*			*		X				
Nanban Gushi Chicken Salad Meal			*	*		*			*		X				
Nanban Takoyaki Rice Meal			*	*		*	*		*		*				
Nanban Takoyaki Quinoa Meal			*	*		*	*		*		*				
Nanban Takoyaki Salad Meal			*	*		*	*		*		*				
Nanban Croquette Rice Meal			*	*	*	*			*		*				
Nanban Croquette Quinoa Meal			*	*	*	*			*		*				
Nanban Croquette Salad Meal			*	*	*	*			*		*				

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Nanban Vegan Rice Meal			*			*					*				
Nanban Vegan Quinoa Meal			*			*					*				
Nanban Vegan Salad Meal			*			*					*				
Nanban Everything Rice Meal			*	*	*	*	*		*		*				
Nanban Everything Quinoa Meal			*	*	*	*	*		*		*				
Nanban Everything Salad Meal			*	*	*	*	*		*		*				
Japan Curry Gushi Chicken Rice Meal			*			*					*				
Japan Curry Gushi Chicken Quinoa Meal			*			*					*				
Japan Curry Gushi Chicken Salad Meal			*			*					*				
Japan Curry Takoyaki Rice Meal			*	X		*	*				*				
Japan Curry Takoyaki Quinoa Meal			*	X		*	*				*				
Japan Curry Takoyaki Salad Meal			*	X		*	*				*				
Japan Curry Croquette Rice Meal			*		*	*					*				
Japan Curry Croquette Quinoa Meal			*		*	*					*				
Japan Curry Croquette Salad Meal			*		*	*					*				
Japan Curry Vegan Nugget Rice Meal			*			*					*				
Japan Curry Vegan Nugget Quinoa Meal			*			*					*				
Japan Curry Vegan Nugget Salad Meal			*			*					*				
Japan Curry Everything Rice Meal			*	X	*	*	*				*				
Japan Curry Everything Quinoa Meal			*	X	*	*	*				*				
Japan Curry Everything Salad Meal			*	X	*	*	*				*				

