

Sushi Haven allergen matrix. Updated April 2021

ARTICAL NAME	MUSTARD	GLUTEN	EGG	FISH	SOYA	SESAME
[CUCUMBER ROLL]						✓
[CARROT ROLL]						✓
[AVOCADO ROLL]						✓
[MANGO ROLL]						✓
[PEPPER ROLL]						✓
[CARROT AVO ROLL]						✓
[CUCUMBER AVO ROLL]						✓
[SPINACH CUCUMBER ROLL]						✓
[AAC ROLL]						✓
[PORTOB. MUSHROOM ROLL]						✓
[MIXED VEG ROLL]						✓
[GARDEN ROLL]						✓
[TROPICAL ROLL]						✓
[SUNSHINE ROLL]		Wheat				✓
[SWEET POTATO TEMPURA ROLL]		Wheat				✓
[NO WAY JOSE ROLL]						✓
[MAGNIFICENT ROLL]		Wheat			✓	
[SAPPORO ROLL]	✓	Wheat	✓			
[VEG TEMPURA ROLL]		Wheat			✓	
[SALMON ROLL]				✓		✓
[SPICY SALMON ROLL]	✓		✓	✓		✓
[TUNA ROLL]				✓		✓
[SPICY TUNA ROLL]	✓		✓	✓		✓
[SALMON AVO ROLL]				✓		✓
[SPICY SALMON AVO ROLL]	✓		✓	✓		✓
[CALIFORNIA ROLL]		Wheat	✓	✓	✓	✓
[HEIMISH ROLL]	✓	Wheat	✓	✓	✓	✓
[ALASKA ROLL]				✓		✓
[TUNA AVO ROLL]				✓		✓
[SPICY TUNA AVO ROLL]	✓		✓	✓		✓
[SMOKED SALMON AVO ROLL]				✓		✓
[YELLOWTAIL ROLL]				✓		✓
[SCALLION ROLL]	✓	Wheat	✓	✓		✓
[SALMON SKIN & CUCUMBER ROLL]		Wheat		✓		✓
[PHILADELPHIA ROLL]				✓	✓	✓
[SPICY KANI ROLL]	✓	Wheat	✓	✓	✓	✓
[NINJA ROLL]		Wheat		✓		✓
[NEW YORK ROLL]	✓		✓	✓		✓
[SEA BASS & SCALLION ROLL]				✓		✓
[SALMON TERIYAKI ROLL]				✓		✓
[SNACK BOX]				✓		✓
[LUNCH BOX]	✓	Wheat	✓	✓	✓	✓
[BENTO LUNCH]	✓	Wheat	✓	✓	✓	✓

[VEG SNACK BOX]						✓
[VEGAN LUNCH BOX]					✓	✓
[SWEET HEART ROLL]	✓	Wheat	✓	✓		✓
[SMART ROLL]				✓		
[GREEN DRAGON]		Wheat	✓	✓	✓	
[CALIFORNIA DREAM]		Wheat	✓	✓	✓	
[KAWASAKI ROLL]		Wheat	✓	✓	✓	
[RAINBOW ROLL]		Wheat	✓	✓	✓	
[RED DRAGON]		Wheat	✓	✓	✓	
[BLACK PEPPER TUNA ROLL]	✓	Wheat	✓	✓		✓
[ROCK & ROLL]	✓		✓	✓		✓
[KINGDOM ROLL]	✓		✓	✓		✓
[FIREMAN ROLL]	✓	Wheat	✓	✓		✓
[KAMIKAZE ROLL]	✓	Wheat	✓	✓		✓
[SPLENDID ROLL]	✓	Wheat	✓	✓		✓
[TIGER ROLL]		Wheat		✓		
[HEALTHY ROLL]			✓	✓	✓	✓
[GODZILLA ROLL]	✓	Wheat	✓	✓	✓	✓
[ORANGE DRAGON]				✓		
[VOLCANO ROLL]	✓	Wheat	✓	✓	✓	✓
[OTT ROLL]	✓	Wheat	✓	✓	✓	✓
[SAKURA ROLL]				✓		
[CUCUMBER SKIN ROLL]				✓		
[SAMURAI ROLL]	✓	Wheat	✓	✓	✓	✓
[CENTRAL LONDON ROLL]	✓	Wheat	✓	✓		✓
[TSUNAMI ROLL]	✓	Wheat	✓	✓	✓	✓
[CATERPILLAR ROLL]	✓	Wheat	✓	✓	✓	✓
[SUNNY ROLL]				✓		
[GALAXY ROLL]	✓	Wheat	✓	✓	✓	✓
[TOKYO ROLL]	✓	Wheat	✓	✓		✓
[GRILLED SALMON AVO ROLL]	✓		✓	✓		✓
[GRILLED CRUNCHY SALMON AVO]		Wheat		✓	✓	✓
[SUSHI SANDWICH]	✓		✓	✓		✓
[SALMON & AVOCADO TEMPURA]	✓	Wheat	✓	✓		✓
[KANI TEMPURA ROLL]		Wheat	✓	✓	✓	
[CRUNCHY TEMPURA]		Wheat		✓	✓	
[SPIDER ROLL]		Wheat	✓	✓	✓	
[TOASTED BAGEL ROLL]	✓	Wheat	✓	✓	✓	✓
[SMOKED SALMON TEMPURA]	✓	Wheat	✓	✓		✓
[SUPER ROLL]		Wheat		✓	✓	
[DYNAMITE ROLL]		Wheat		✓	✓	
[OMG! ROLL]		Wheat		✓	✓	
[HAVEN ROLL]	✓	Wheat		✓	✓	
[SUPER SPICY TEMPURA]		Wheat		✓		
[HECTIC ROLL]		Wheat		✓	✓	
[CRISPY SALMON ROLL]	✓	Wheat	✓	✓	✓	✓

[NIGIRI BOX]				✓		
[SASHIMI 6 PIECES]				✓		
[LARGE SUSHI PLATTER]	✓	Wheat	✓	✓	✓	✓
[MEDIUM SUSHI PLATTER]	✓	Wheat	✓	✓	✓	✓
[SMALL SUSHI PLATTER]	✓	Wheat	✓	✓	✓	✓
[MINI SUSHI PLATTER]	✓	Wheat	✓	✓	✓	✓
[LARGE VEG PLATTER]	✓	Wheat	✓		✓	✓
[MEDIUM VEG PLATTER]	✓	Wheat	✓		✓	✓
[SMALL VEG PLATTER]	✓	Wheat	✓		✓	✓
[EDAMAME BEANS]					✓	
[KANI SALAD]	✓	Wheat	✓	✓	✓	✓
[SWEET POTATO TEMPURA FRIES]		Wheat				
[SEAWEED SALAD]						✓
[KANI POPPERS]		Wheat	✓	✓	✓	
[SUSHI PIZZA]	✓	Wheat	✓	✓		✓
[CRISPY AVOCADO FRIES]		Wheat				
[HEALTHY SALAD]				✓		✓
[CHIRASHI]				✓		✓
[SUSHI POPPERS]	✓	Wheat	✓	✓	✓	✓
[SUSHI SALAD]				✓		✓
[SUSHI FLOWER]				✓		
[SESAME NOODLE SALAD]		Wheat	✓		✓	✓
[TORPEDOES!]	✓		✓	✓	✓	✓
[POKE` BOWL]	✓	Wheat	✓	✓	✓	✓
[AVOCADO SALAD]						✓
[SASHIMI PLATE]				✓		
[BLACK PEPPER TUNA GUACAMOLE]				✓		
[BOWL OF RICE]						
[NOODLES & SALMON]		Wheat	✓	✓	✓	
[SALMON TARTAR]		Wheat		✓	✓	✓
[TEMPURA VEG]		Wheat				
[JALAPENO MADNESS]	✓	Wheat	✓	✓	✓	✓
[MISO SOUP]					✓	
[MISO + UDON SOUP]		Wheat			✓	✓
[RAMEN BOWL]			✓		✓	✓
[TERIYAKI DISH]		Wheat		✓	✓	✓
[TOKYO GREENS]					✓	✓
[CHICKEN KATSU]		Wheat	✓			
[CURRY SAUCE]						
[YAKI NOODLES]		Wheat	✓		✓	✓
[UDON NOODLES]		Wheat				
[CRISPY TOFU]		Wheat			✓	
[VEGETABLE TEMPURA]		Wheat				
[GRILLED SALMON]				✓		
[KANI TEMPURA]		Wheat	✓	✓	✓	
[KANI]		Wheat	✓	✓	✓	

[SOY SAUCE]		Wheat			✓	
[LOW S SOY SAUCE]		Wheat			✓	
[SWEET SAUCE]		Wheat			✓	
[SUSHI SALAD DRESSING]		Wheat			✓	✓
[SPICY MAYO]	✓		✓			✓
[SRIRACHA SAUCE]						
[VIETNAMESE SAUCE]						
[WASABI SAUCE]	✓		✓			
[MANGO SAUCE]	✓		✓			
[PONZU SAUCE]		Wheat			✓	
[GINGER]						
[WASABI]	✓					
[CRUNCH]		Wheat				
[CRISPY FRIED ONION]		Wheat				
[NON DAIRY CREAM CHEESE]					✓	
[TOFU]					✓	
[RICE PAPER]						
[SOY PAPER]			✓		✓	✓
[TEMPURA FLOUR]		Wheat				
[PANKO]		Wheat				

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