

ALLERGEN INFORMATION & DIETARY GUIDE

Panku Kiosk Oct 2023

The logo for Panku Streetfood is a red circle containing the text 'パンク' in white Japanese characters at the top, 'Panku' in a large white sans-serif font in the middle, and 'Streetfood' in a smaller white sans-serif font at the bottom. The background of the entire page features a stylized sunburst pattern with light blue rays radiating from the right side.

パンク
Panku
Streetfood

Menu FIR Intolerance Report

Version 1

Panku September 24

20 Sep 2024

Panku Nutritional Menu September 2024

Dish Name	Cereals containing Gluten :						Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :													
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats							Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin

Maki

Avocado Maki Panku 22																											
Cucumber Maki Panku 22																											
Salmon Maki Panku 22							✓																				

Nigiri

Inari Nigiri Panku 22	✓	✓									✓																
Salmon And Prawn Nigiri Panku 22							✓	✓																			
Salmon Nigiri Panku 22							✓	✓																			

Sesame Topped ISO

California Roll Panku 22	✓	✓					✓	✓		✓	✓													✓	✓		
Chicken Katsu Roll Panku 22	✓	✓					✓			✓	✓													✓	✓		
Dynamite Roll Panku 22	✓	✓					✓	✓		✓	✓													✓	✓		
Hoisin Duck Roll Panku 22	✓	✓					✓				✓													✓	✓		
Prawn Katsu Roll Panku 22	✓	✓						✓			✓													✓	✓		
Salmon Avocado Roll Panku 22							✓	✓																✓	✓		
Tuna Roll Panku 22							✓																	✓	✓		
Veggie Roll Panku 22																								✓	✓		

Crunch ISO

Panku Nutritional Menu September 2024

Dish Name	Cereals containing Gluten :							Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :												
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats							Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin

Combo Packs

All Salmon Love Set Panku 22	✓	✓					✓					✓													✓	✓
Chicken Top Hits Panku 22	✓	✓					✓					✓													✓	✓
Crunch Combo Roll Box Panku 22	✓	✓					✓	✓			✓	✓													✓	✓
Crunchy Katsu & Hoisin Box Panku 22	✓	✓					✓	✓				✓													✓	✓
Great Catch Combo Box Panku 22							✓	✓				✓													✓	✓
Inari Snack Pack Panku 22	✓	✓										✓													✓	
Mixed Nigiri Panku 23							✓	✓																		
Panku Classics Panku 22	✓	✓					✓	✓				✓													✓	
Plant Power Panku 22	✓	✓					✓	✓				✓														
Salmon Snack Pack Panku 22							✓																			
Shrimply the Best Panku 22	✓	✓					✓	✓				✓													✓	✓
Super Salmon Panku 22							✓	✓																	✓	✓
Super Sharer Panku 22	✓	✓					✓	✓			✓	✓													✓	✓
Tuna Mix Combo B Panku 23	✓	✓					✓	✓			✓	✓														
Tuna Mix Combo C Panku 23							✓																		✓	

Party Platters

All Stars Plant Platter Panku 22	✓	✓					✓	✓				✓													✓	✓
Ultimate Panku Party Platter Panku 22	✓	✓					✓	✓			✓	✓													✓	✓

Mini Packs

Panku Nutritional Menu September 2024

Dish Name	Cereals containing Gluten :					Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :													
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley							Oats	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites
Korean Style BBQ Yakitori Panku 24	✓	✓							✓												✓	✓			
Pumpkin Katsu Bao Panku 22	✓	✓							✓													✓	✓		
Satay Yakitori NPD Panku 22	✓	✓							✓													✓			
Spicy Korean BBQ Wings Sept 23 P	✓	✓							✓													✓			
Spicy Yakitori NPD Panku 22	✓	✓							✓																
Sweet & Sour Nanban Chicken bites Panku 23	✓	✓							✓														✓		
Teriyaki Chicken Bites Panku 22	✓	✓							✓														✓		
Veggie Gyoza Panku 22	✓	✓							✓														✓		

Ready Meals - Heat At Home

Beef Massaman Curry Sept 23 Panku	✓	✓							✓																
Chicken Katsu Curry Noodles Panku 22	✓	✓							✓													✓	✓		
Chicken Katsu Curry Panku 22	✓	✓							✓													✓			
Hoisin Duck Rice Bowl Panku 22	✓	✓							✓														✓		
Korean Beef Noodles Panku 22	✓	✓							✓														✓		
Korean Chicken Noodles Panku 22	✓	✓							✓														✓		
Korean style Beef Rice Bowl panku 22	✓	✓							✓														✓		
Pumpkin Katsu Curry Panku 22	✓	✓							✓													✓			
Satay chicken Rice Bowl NPD Panku 22	✓	✓							✓														✓		
Spicy Korean Chicken Rice Bowl Panku 22	✓	✓							✓																
Spicy Teriyaki Chicken Rice Bowl Panku 22	✓	✓							✓														✓		
Sweet & Sour Nanban Chicken Rice bowl panku 23	✓	✓							✓														✓		

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
All Salmon Love Set Panku 22	510.2	2127.0	21.4	3.7	2.4	0.4	64.6	0.3	9.2	14.6	2.9	740.7
All Stars Plant Platter Panku 22	369.6	1540.5	9.4	2.1	1.8	0.3	64.2	0.2	10.7	6.6	2.7	771.8
Avocado Maki Panku 22	185.8	774.6	5.3	1.1	3.2	0.6	31.7	0.0	3.8	2.9	1.8	309.5
Beef Massaman Curry Sept 23 Panku	439.4	1834.1	9.2	3.7	0.0	0.0	79.8	0.1	4.3	10.2	2.9	252.8
Cali Dragon Roll PK	483.7	2014.2	23.2	2.7	2.4	0.4	52.6	0.1	7.5	16.5	1.7	829.8
California Crunch Roll Mini Pack Panku 22	225.3	938.2	10.0	1.9	1.2	0.2	29.9	0.3	5.5	3.9	1.1	505.1
California Crunch Roll Panku 22	450.6	1876.4	20.0	3.8	2.4	0.4	59.8	0.7	10.9	7.8	2.2	1010.1
California Roll Panku 22	400.8	1671.9	17.0	2.2	2.4	0.4	53.5	0.0	6.9	8.8	3.3	762.6
Chicken Gyoza Mini Pack Panku 22	83.4	351.6	1.7	0.4	0.0	0.0	12.0	0.0	0.9	4.4	1.4	288.0
Chicken Gyoza Panku 22	272.6	618.0	4.4	0.9	0.7	0.7	21.9	0.0	2.0	9.1	2.3	1926.0
Chicken Katsu Crunch Roll Mini Pack Panku 22	227.9	951.0	9.2	2.9	1.2	0.2	30.3	0.3	4.9	5.7	1.6	428.1
Chicken Katsu Crunch Roll Panku 22	455.9	1902.0	18.4	5.7	2.4	0.4	60.6	0.7	9.8	11.4	3.1	856.3
Chicken Katsu Curry Mayo Roll PK 24	544.2	2273.2	17.5	5.3	3.7	0.7	80.4	0.0	8.8	16.0	4.0	1004.3
Chicken Katsu Curry Noodles Panku 22	573.2	2411.9	20.0	5.5	0.6	2.0	80.7	40.8	11.6	22.2	5.6	1823.4
Chicken Katsu Curry Panku 22	583.2	2441.0	15.4	4.9	0.0	0.0	93.4	0.0	7.3	17.9	3.7	1348.2
Chicken Katsu Roll Panku 22	406.0	1697.5	15.4	4.2	2.4	0.4	54.2	0.0	5.8	12.4	4.2	608.8
Chicken Poké bowl Panku 22	634.1	2648.4	22.2	3.6	0.0	0.0	90.2	1.7	15.3	17.9	3.1	970.6
Chicken Top Hits Panku 22	482.7	2018.5	17.5	5.1	2.4	0.4	65.2	0.0	7.7	15.0	4.6	892.5
Crunch Combo Roll Box Panku 22	636.0	2649.7	25.4	5.2	2.5	0.4	86.6	0.7	15.4	14.9	3.0	1321.4
Crunchy Katsu & Hoisin Box Panku 22	584.2	2441.7	18.9	5.0	2.4	0.4	85.4	0.4	14.1	17.8	4.2	1092.3
Cucumber Maki Panku 22	134.9	564.1	0.2	0.0	0.0	0.0	30.8	0.0	3.9	2.5	0.8	301.6
Curry Chicken Onigiri Panku 24	150.7	630.6	2.0	0.3	0.0	0.0	24.3	0.0	3.0	8.6	0.6	347.3
Dragon Mix Box 3 PKF	645.5	2691.8	20.5	2.8	4.1	0.8	98.3	0.1	13.1	17.2	3.6	1142.5
Duck Gyoza Panku 22	304.6	748.0	7.7	1.4	0.7	0.7	22.9	0.0	4.3	9.0	1.9	1446.4
Dynamite Roll Panku 22	520.8	2168.5	25.5	2.7	2.4	0.4	55.6	0.0	8.7	17.2	1.7	926.9
Edamame Panku 22	174.0	727.5	5.0	0.8	0.0	0.0	18.0	0.0	1.4	17.7	6.9	787.1
Fresh Tuna Caterpillar Roll PKF	345.5	1441.3	10.6	1.9	4.9	1.1	50.8	0.4	7.8	12.2	2.9	585.0
Goma Wakame Salad Panku 22	90.6	379.5	4.2	0.6	0.0	0.0	9.7	0.0	9.5	1.2	0.2	560.2
Great Catch Combo Box Panku 22	515.5	2152.7	14.0	2.0	1.2	0.2	80.1	0.0	9.6	17.3	2.5	865.1
Green Dragon Roll PK	308.4	1284.9	8.4	1.3	2.4	0.4	47.8	0.1	6.9	10.4	2.1	727.4
Hoisin & Katsu Sushi Sharer	530.7	2211.2	14.3	3.5	2.0	0.4	84.7	0.4	17.1	15.1	2.8	1082.8
Hoisin Duck Bao Panku 22	233.4	978.1	5.2	2.8	0.0	0.0	38.0	0.0	13.9	8.7	0.4	390.8
Hoisin Duck Crunch Roll Panku 22	368.9	1542.8	9.2	2.5	0.0	0.0	59.7	0.7	14.6	11.7	1.6	830.3
Hoisin Duck Rice Bowl Panku 22	589.0	2480.9	2.0	0.3	0.0	0.0	122.2	7.0	42.7	23.4	2.6	1921.2
Hoisin Duck Roll Panku 22	319.1	1338.3	6.2	1.0	0.0	0.0	53.3	0.0	10.5	12.7	2.7	582.8
Hot Chicken Katsu Curry Noodles Panku 22	573.2	2411.9	20.0	5.5	0.6	2.0	80.7	40.8	11.6	22.2	5.6	1823.4
Hot Chicken Katsu Curry Panku 22	583.2	2441.0	15.4	4.9	0.0	0.0	93.4	0.0	7.3	17.9	3.7	1348.2
Hot Hoisin Duck Rice Bowl Panku 22	589.0	2480.9	2.0	0.3	0.0	0.0	122.2	7.0	42.7	23.4	2.6	1921.2
Hot Korean Beef Noodles Panku 22	580.7	2452.4	12.1	3.2	4.0	2.6	102.5	49.1	42.0	18.0	3.1	2155.7
Hot Korean Chicken Noodles Panku 22	702.6	2970.8	12.4	5.1	0.6	2.0	122.9	40.8	46.2	26.9	4.5	1335.4
Hot Korean Chilli Beef Bulgogi Panku 22	511.4	2140.5	11.9	3.9	4.8	0.9	86.8	2.2	10.1	14.2	3.0	19.1
Hot Pumpkin Katsu Curry Panku 22	626.3	2620.7	8.4	0.7	0.0	0.0	114.5	0.0	6.9	9.4	4.1	1076.2
Hot Spicy Korean Chicken Rice Bowl Panku 22	636.8	2675.0	8.7	4.9	0.0	0.0	115.6	0.2	22.6	24.9	4.2	751.3
Hot Spicy Teriyaki Chicken Rice Bowl Panku 22	719.3	3022.0	9.7	5.2	0.0	0.0	130.4	7.0	34.5	29.3	4.4	2276.3
Hot Teriyaki Noodles Panku 22	445.6	1886.8	4.9	0.6	0.6	2.0	92.9	47.7	36.3	12.1	2.7	2155.4
Inari and Kaiso Nigiri Panku 22	302.7	1239.4	8.1	1.1	0.0	0.0	46.1	0.0	18.3	9.1	0.3	682.7
Inari Nigiri Panku 22	285.9	1169.0	7.4	1.0	0.0	0.0	44.2	0.0	16.4	8.9	0.3	570.7
Inari Snack Pack Panku 22	210.4	866.6	3.8	0.5	0.0	0.0	37.5	0.0	10.2	5.7	0.6	436.2
Kaiso Topped California Roll Panku 24	391.0	1631.3	13.1	1.6	2.4	0.4	60.5	0.1	12.5	7.9	2.5	1237.0
Kaiso Volcano Roll NPD Panku 22	284.1	1188.1	4.9	0.9	2.4	0.4	55.5	0.1	11.9	4.7	2.8	978.2
Korean BBQ Wings Sept 23 P	408.0	1711.5	20.2	4.8	0.0	0.0	19.9	4.8	14.6	34.3	2.2	1033.3
Korean Beef Noodles Panku 22	580.7	2452.4	12.1	3.2	4.0	2.6	102.5	49.1	42.0	18.0	3.1	2155.7
Korean Chicken Bao Panku 22	266.0	1112.3	8.8	4.4	0.0	0.0	38.6	0.0	10.6	7.8	1.0	393.9
Korean Chicken Bites Mini Pack Panku 22	331.5	1397.4	8.3	5.0	0.0	0.0	43.0	0.0	20.8	19.5	2.1	733.2
Korean Chicken Bites Panku 22	663.0	2794.8	16.5	9.9	0.0	0.0	85.9	0.0	41.5	39.0	4.2	1466.4
Korean Chicken Noodles Panku 22	702.6	2970.8	12.4	5.1	0.6	2.0	122.9	40.8	46.2	26.9	4.5	1335.4
Korean Style BBQ Bites Panku 24	527.9	2200.7	20.5	10.9	0.0	0.0	41.8	0.0	3.0	40.5	4.9	1615.2
Korean Style BBQ Yakitori Panku 24	211.9	874.2	7.8	2.3	1.7	0.8	14.9	0.0	8.0	19.6	1.1	818.4
Korean style Beef Rice Bowl panku 22	511.4	2140.5	11.9	3.9	4.8	0.9	86.8	2.2	10.1	14.2	3.0	19.1
Loaded BBQ Chicken Gyoza Panku 24	226.9	941.0	6.8	1.7	0.0	0.0	29.9	0.0	4.5	9.0	3.0	924.8
Loaded BBQ Duck Gyoza Panku 24	258.9	1071.0	10.1	2.2	0.0	0.0	30.9	0.0	6.8	8.9	2.6	445.3
Loaded BBQ Veggie Gyoza Panku 24	237.3	986.0	4.9	1.2	0.0	0.0	38.4	0.0	5.6	7.9	2.0	814.4
Mixed Nigiri Panku 23	516.1	2158.5	10.2	1.3	0.1	0.3	80.9	0.0	9.7	25.8	1.0	842.8
Panku Classics Panku 22	509.5	2121.2	14.3	2.0	1.2	0.2	79.2	0.0	12.3	15.7	2.6	844.8
Panku Combo 1 SD 22	523.5	2183.9	19.1	2.7	2.3	0.4	71.2	0.0	8.4	16.8	2.7	727.2
Panku Combo 2 SD 22	376.3	1569.5	14.2	2.1	2.3	0.4	50.9	0.0	6.0	11.2	2.4	513.5

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Panku Combo 3 SD 22	625.0	2607.3	21.7	3.7	3.3	0.6	90.5	0.3	12.9	17.0	3.6	1170.1
Plant Power Panku 22	564.7	2343.2	16.6	3.8	2.4	0.4	91.9	0.7	20.8	10.5	3.0	1236.6
Prawn Katsu Crunch Roll Mini Pack Panku 22	185.2	773.0	5.8	1.3	0.0	0.0	29.8	0.4	4.9	3.4	0.7	411.3
Prawn Katsu Crunch Roll Panku 22	370.5	1546.0	11.6	2.5	0.0	0.0	59.7	0.7	9.8	6.7	1.5	822.7
Prawn Katsu Roll Panku 22	320.6	1341.5	8.5	1.0	0.0	0.0	53.3	0.0	5.8	7.8	2.6	575.2
Pumpkin Katsu Bao Panku 22	269.0	1124.6	6.0	2.8	0.0	0.0	44.7	0.0	10.5	4.4	1.1	291.9
Pumpkin Katsu Curry Panku 22	626.3	2620.7	8.4	0.7	0.0	0.0	114.5	0.0	6.9	9.4	4.1	1076.2
Rainbow Roll Panku 24	440.7	1836.4	19.1	2.7	4.9	1.0	52.1	0.0	6.9	15.6	2.7	777.7
Salmon & Avocado Crunch Roll Mini Pack Panku 22	215.6	898.0	9.6	2.0	1.2	0.2	27.1	0.3	4.8	5.1	1.1	360.0
Salmon & Avocado Crunch Roll Panku 22	431.3	1796.0	19.2	4.0	2.4	0.4	54.3	0.7	9.7	10.1	2.2	720.1
Salmon & Tuna Deluxe Panku 23	697.3	2913.9	16.3	2.1	1.3	0.5	109.6	0.0	14.6	28.6	3.1	1258.5
Salmon And Prawn Nigiri Panku 22	292.2	1220.3	6.6	0.8	0.0	0.0	46.2	0.0	5.5	11.8	0.5	542.7
Salmon Avocado Roll Panku 22	381.4	1591.5	16.2	2.5	2.4	0.4	47.9	0.0	5.6	11.2	3.3	472.6
Salmon Maki Panku 22	188.2	785.7	4.7	0.6	0.0	0.0	30.3	0.0	3.6	6.3	0.6	311.3
Salmon Nigiri Panku 22	311.6	1299.6	11.2	1.3	0.0	0.0	40.7	0.0	4.9	12.0	0.4	433.0
Salmon Poké bowl Panku 22	600.8	2518.5	14.2	3.4	0.0	0.0	100.9	0.0	30.3	15.8	4.8	2647.0
Salmon Sashimi Panku 22	171.0	710.3	13.7	1.7	0.0	0.0	0.0	0.0	0.0	11.9	0.0	36.0
Salmon Snack Pack Panku 22	198.0	826.1	6.1	0.7	0.0	0.0	28.7	0.0	3.4	7.1	0.4	300.0
Satay chicken Rice Bowl NPD Panku 22	547.1	2289.8	11.1	6.7	0.0	0.0	82.7	0.2	5.5	31.5	3.0	700.8
Satay Yakitori NPD Panku 22	212.8	887.4	10.6	6.3	1.7	0.8	10.3	0.0	6.6	19.5	1.4	572.4
Seafood Sushi Sharer	539.7	2249.4	20.1	3.2	3.2	0.6	77.3	0.4	11.9	12.3	2.7	1034.1
Shrimply the Best Panku 22	469.0	1958.7	11.2	2.4	0.0	0.0	82.0	0.4	12.0	9.8	1.9	1046.5
Spicy Cali Roll Panku 22	384.0	1600.3	14.6	1.4	2.4	0.4	55.6	0.0	8.7	7.7	1.7	898.1
Spicy California Crunch Roll Panku 22	443.0	1845.3	19.0	3.5	2.4	0.4	59.6	0.0	9.6	8.3	2.2	946.1
Spicy Chicken Katsu Crunch Roll Mini Pack Panku 22	226.2	944.1	8.8	2.7	1.2	0.2	30.4	0.0	4.3	6.0	1.5	396.7
Spicy Chicken Katsu Crunch Roll Panku 22	448.2	1870.9	17.4	5.5	2.4	0.4	60.3	0.0	8.5	11.9	3.1	792.3
Spicy Chicken Katsu Roll Panku 22	389.2	1625.8	13.0	3.4	2.4	0.4	56.3	0.0	7.6	11.3	2.6	744.3
Spicy Chicken Teriyaki Crunch Roll PK 22	444.1	1854.3	16.7	5.4	2.4	0.4	61.4	0.7	10.6	11.4	3.1	951.5
Spicy Korean BBQ Wings Sept 23 P	531.8	2152.1	23.6	5.2	0.0	0.0	34.3	4.8	7.3	37.4	1.8	1730.6
Spicy Korean Chicken Rice Bowl Panku 22	636.8	2675.0	8.7	4.9	0.0	0.0	115.6	0.2	22.6	24.9	4.2	751.3
Spicy Prawn Katsu Roll Panku 22	303.8	1269.9	6.1	0.2	0.0	0.0	55.4	0.0	7.6	6.7	0.9	710.7
Spicy Prawn Katsu Teriyaki Crunch Roll PK 22	358.7	1498.3	9.8	2.2	0.0	0.0	60.5	0.7	10.6	6.8	1.5	917.9
Spicy Salmon & Avocado Crunch Roll Mini pack Panku 22	213.9	891.1	9.2	1.9	1.2	0.2	27.3	0.0	4.3	5.4	1.1	328.6
Spicy Salmon & Avocado Crunch Roll Panku 22	423.6	1764.9	18.2	3.8	2.4	0.4	54.0	0.0	8.3	10.6	2.2	656.1
Spicy Salmon and Avocado Teriyaki Crunch Roll PK 22	419.5	1748.3	17.5	3.7	2.4	0.4	55.1	0.7	10.4	10.2	2.2	815.3
Spicy Salmon Avo Roll Panku 22	364.6	1519.9	13.8	1.7	2.4	0.4	50.0	0.0	7.4	10.0	1.7	608.1
Spicy Surimi Topped Salmon Roll Panku March 24	365.0	1522.4	13.3	1.8	2.4	0.4	50.5	0.0	7.4	11.0	1.9	745.7
Spicy Teriyaki Chicken Rice Bowl Panku 22	712.0	2991.5	9.4	5.0	0.0	0.0	129.9	7.0	34.5	28.6	4.3	2256.9
Spicy Tuna Crunch Roll Panku 22	363.9	1518.0	10.5	2.5	0.0	0.0	55.5	0.0	9.6	11.3	1.4	858.2
Spicy Tuna Roll Panku 22	304.9	1273.0	6.1	0.4	0.0	0.0	51.5	0.0	8.7	10.7	0.9	810.2
Spicy Veggie Crunch Roll Mini Pack Panku 22	177.3	739.2	6.0	1.5	1.2	0.2	27.8	0.0	4.7	2.8	1.2	348.5
Spicy Veggie Crunch Roll Panku 22	350.4	1461.0	11.8	3.0	2.4	0.4	55.1	0.0	9.1	5.5	2.5	695.9
Spicy Veggie Roll Panku 22	291.4	1216.1	7.4	0.9	2.4	0.4	51.1	0.0	8.2	4.9	2.0	647.9
Spicy Yakitori NPD Panku 22	185.2	778.4	4.1	1.4	1.7	0.8	18.2	0.0	15.0	18.7	1.6	1429.6
Super Salmon Panku 22	469.6	1959.7	15.4	2.1	1.2	0.2	67.5	0.0	8.0	15.5	2.1	691.5
Super Sharer Panku 22	512.6	2131.1	17.2	3.4	1.2	0.2	75.5	0.4	15.2	13.2	2.0	1164.0
Sweet & Sour Nanban Chicken bites Panku 23	597.0	2517.0	15.0	9.0	0.0	0.0	77.1	-	44.2	35.9	-	1559.0
Sweet & Sour Nanban Chicken Rice bowl panku 23	748.9	3152.5	9.1	5.0	0.0	0.0	141.0	-	50.6	25.8	-	1144.7
Teriyaki Chicken Bites Mini Pack Panku 22	335.8	1412.2	11.1	5.4	0.0	0.0	36.1	3.5	15.8	21.9	3.0	1410.2
Teriyaki Chicken Bites Panku 22	671.6	2824.5	22.1	10.8	0.0	0.0	72.2	6.9	31.7	43.8	5.9	2820.5
Teriyaki Mayo Chicken Bites Mini Pack Panku 22	342.3	1428.6	18.5	5.7	0.0	0.0	22.8	1.1	5.3	19.9	2.1	937.2
Teriyaki Noodles Panku 22	445.6	1886.8	4.9	0.6	0.6	2.0	92.9	47.7	36.3	12.1	2.7	2155.4
The Dragon Bento Panku 24	713.0	2973.8	22.7	3.0	3.6	0.7	105.1	0.1	13.5	22.3	3.2	1331.7
Tuna and Cucumber Onigiri Panku 24	157.0	655.1	3.2	0.4	0.0	0.0	25.4	0.0	4.2	6.6	0.7	831.8
Tuna Crunch Roll Panku 22	371.5	1549.1	11.6	2.7	0.0	0.0	55.8	0.7	11.0	10.8	1.5	922.2
Tuna Mix Combo B Panku 23	594.1	2477.9	22.1	3.0	4.3	1.0	76.8	0.0	9.8	22.7	2.7	1036.1
Tuna Mix Combo C Panku 23	598.5	2502.3	11.8	1.5	0.1	0.2	97.0	0.0	12.7	26.3	2.4	1179.3
Tuna Roll Panku 22	321.7	1344.6	8.5	1.2	0.0	0.0	49.4	0.0	6.9	11.8	2.6	674.7

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Ultimate Panku Party Platter Panku 22	406.7	1696.8	13.5	2.6	1.2	0.2	60.4	0.2	8.9	10.7	2.0	763.9
Veggie Crunch Roll Panku 22	358.1	1492.2	12.8	3.2	2.4	0.4	55.3	0.7	10.5	4.9	2.5	759.9
Veggie Gyoza Mini Pack Panku 22	89.6	378.7	0.5	0.1	0.0	0.0	17.1	0.0	1.6	3.7	0.8	221.8
Veggie Gyoza Panku 22	283.0	663.1	2.5	0.4	0.7	0.7	30.4	0.0	3.2	8.0	1.3	1815.6
Veggie Pick 'n' Mix Panku 22	397.3	1652.6	12.0	2.5	2.2	0.4	64.1	0.3	12.4	7.5	3.0	796.1
Veggie Roll Panku 22	308.2	1287.7	9.8	1.7	2.4	0.4	49.0	0.0	6.4	6.0	3.6	512.4
Veggie Sushi Sharer	468.9	1950.5	12.2	2.3	2.4	0.4	80.4	0.4	16.0	8.5	2.7	1043.2
Vietnamese Taco Roll Summer 24	410.7	1702.9	11.1	1.6	0.0	0.0	64.0	0.1	11.9	13.8	3.2	1222.9
Volcano Roll PK 24	324.2	1352.7	10.1	1.5	2.4	0.4	48.9	0.0	7.6	9.3	2.2	653.4
Yellow Thai Chicken Curry Panku 23	826.4	1846.4	8.9	6.0	0.0	0.0	81.8	0.1	5.4	29.9	4.0	629.5