Curry House CoCo Ichibanya - Allergy & Calorie List

● = contained ▲ = may also be contained as being handled on the same line

★Food Standard Agengcy announced people who has PEANUTS allergy should avoid having MUSTARD.

* Deep fried food	Energy (kcal) / portion カロリー (kcal)／皿	Celery セロリ	Cereals containing gluten グルテンを含む穀物	Crustaceans 甲殻類	Eggs 卵	Fish 魚	Lupin ハウチワマメ（豆科植物）	Milk 牛乳	Molluscs 軟体動物（イカ・タコ・カタツムリ・カイなど）	Mustard マスタード	Nuts ナッツ類	Peanuts ピーナッツ	Sesame seeds ゴマ	Soya 大豆	Sulphur dioxide sulphites 二酸化硫黄／亜硫酸塩
Curry Sauce / Rice / Naan															
Curry Sauce (HOT)	229/pp	▲	●			▲		▲				▲	●	●	
Extra Sauce (HOT)	114/pp														
Curry Sauce (MILD)	196/pp	▲	●			▲		▲				▲	●	●	
Extra Sauce (MILD)	98/pp														
Tobikara Spice - Level1	5														
- Level 2	11														
- Level 3	17	●												●	
- Level 4	22														
- Level 5	28														
Fukujinzuke	58/100g		●											●	
Miso Soup	34/cup					●								●	
Tomato Soup		▲	▲		●			●		▲		(Mustard)	▲		
Beef & Vegetable Soup		●													
Rice	312/200g														
	390/250g (standard)														
	468/300g														
	546/350g														
Plain Naan Bread	357		●					●							
Cheese Naan Bread	420		●					●							
Garlic Naan Bread	365		●					●							
Curry Udon		●	●			●		●				▲	●	●	
Katsu Bun*			●											●	
Toppings															
Aubergine*	151													●	
Beef	155	●	▲							▲		(Mustard)	▲		
Boiled Egg	67				●										
Cheese	126							●							

* Deep fried food	Energy (kcal) / portion カロリー (kcal)／皿	Celery セロリ	Cereals containing gluten グルテンを含む穀物	Crustaceans 甲殻類	Eggs 卵	Fish 魚	Lupin ハウチワマメ（豆科植物）	Milk 牛乳	Molluscs 軟体動物（イカ・タコ・カタツムリ・カイなど）	Mustard マスタード	Nuts ナッツ類	Peanuts ピーナッツ	Sesame seeds ゴマ	Soya 大豆	Sulphur dioxide sulphites 二酸化硫黄／亜硫酸塩
Chicken Dumpling*	162		●	▲	▲	▲			▲				●	●	
Chicken Katsu*	621	▲	●		▲			▲		▲		(Mustard)		●	▲
Clam	12								●						
Corn	39														
Creamy Chicken	265		●					●					▲	●	
Creamy Mushrooms	216		●					●						●	
Creamy Shrimp Croquette*			●	●										●	
Fried Chicken*	307		●			●								●	
Fried Fish*	346		●			●		●		●		(Mustard)		●	
Fried Shrimp*	305		●	●										●	
Fried Squid*	357		●						●					●	
Grilled Pork & Kimchee	336			●		●								●	
Hamburger Steak	265		●		●								▲	▲	
Horse Mackerel*			●			●					▲	▲	▲	●	
Irodori Vegetable with Chicken	119		●		●			●						●	
Japanese BBQ	258		●										●	●	
Kimchee	18					●									
Lightly Crispy Chicken*	422		●											●	
Mushrooms	71							●							
Natto	100													●	
Okra & Tofu	47													●	
Pork Katsu*	592		●		●									●	
Pumpkin Croquette*	293		●											●	
Sausage*	291				▲			▲		▲		(Mustard)		●	
Scrambled Eggs	292				●			●						●	
Seafood	97			●					●						
Shrimp Katsu*	225		●	●							▲	▲	●	●	
Spinach	12														
Stewed Chicken	54		●		●			●						●	
Thin Sliced Beef	128														
Thin Sliced Pork	224														
Tomato	53														
Tomato & Asparagus	64														

* Deep fried food	Energy (kcal) / portion カロリー (kcal)／皿	Celery セロリ	Cereals containing gluten グルテンを含む穀物	Crustaceans 甲殻類	Eggs 卵	Fish 魚	Lupin ハウチワマメ（豆科植物）	Milk 牛乳	Molluscs 軟体動物（イカ・タコ・カタツムリ・カイなど）	Mustard マスタード	Nuts ナッツ類	Peanuts ピーナッツ	Sesame seeds ゴマ	Soya 大豆	Sulphur dioxide sulphites 二酸化硫黄／亜硫酸塩
Tuna	50					●									
Vegetable	111	●													
Vegetable Dumpling*	170		●		▲			▲	▲				●	●	
Omelette															
Omelette Curry Rice (HOT & 250g rice)	816	▲	●		●	▲		●				▲	●	●	
Omelette Curry Rice (MILD & 250g rice)	783	▲	●		●	▲		●				▲	●	●	
Curry Gratin															
Chicken Curry Rice Gratin (HOT)	696	▲	●		●	▲		●				▲	●	●	
Shrimp Curry Rice Gratin (HOT)	727	▲	●	●		▲		●				▲	●	●	
Spinach & Aubergine* Curry Rice Gratin (HOT)	664	▲	●			▲		●				▲	●	●	
Salad															
Chicken Dumpling Salad*	182		●	▲	▲	▲			▲				●	●	
Chicken katsu Large Salad*	650	▲	●		▲			▲		▲		(Mustard)		●	▲
Chicken Katsu Salad*	641	▲	●		▲			▲		▲		(Mustard)		●	▲
Corn Salad	59														
Egg Salad	87				●										
Fried Chicken Salad*	327		●			●								●	
Fried Squid Salad*	377		●						●					●	
Lightly Crispy Chicken Salad*	509		●		●									●	
Mixed Salad (boiled egg, Corn & Tuna)	175				●	●									
Sausage Salad*	310				▲			▲		▲		(Mustard)		●	
Tuna Salad	70					●									
Salad Dressing															
Sesame	91		●									●	●	●	
Yuzu	58		●											●	
Basket															

* Deep fried food	Energy (kcal) / portion カロリー (kcal)／皿	Celery セロリ	Cereals containing gluten グルテンを含む穀物	Crustaceans 甲殻類	Eggs 卵	Fish 魚	Lupin ハウチワマメ（豆科植物）	Milk 牛乳	Molluscs 軟体動物（イカ・タコ・カタツムリ・カイなど）	Mustard マスタード	Nuts ナッツ類	Peanuts ピーナッツ	Sesame seeds ゴマ	Soya 大豆	Sulphur dioxide sulphites 二酸化硫黄／亜硫酸塩
Wedges*	626													●	
Chicken Basket (Fried Chicken, Dumpling & Wedges)*	595		●	▲	▲	●			▲				●	●	
Seafood Basket (Fried Mini Shrimp, Cod & Wedges)*	811		●	●		●		●		●		(Mustard)		●	
Vegetable Basket (Vege Dumpling, Pumpkin Croquette & Wedges)*	562		●		▲			▲	▲				●	●	
Kids															
Kids Fried Shrimp Omelette Curry*	704	▲	●	●	●	▲		●		▲		▲	●	●	
Kids Fried Shrimp Curry*	567	▲	●	●	▲	▲		▲		▲		▲	●	●	
Kids Fried Chicken Omelette Curry*	751	▲	●		●	●		●		▲		▲	●	●	
Kids Fried Chicken Curry*	613	▲	●		▲	●		▲		▲		▲	●	●	
Jelly dessert	72							●							
Dessert															
Mochi Ice - Vanilla	214							●						●	
Mochi Ice - Green Tea	218							●						●	
Mochi Ice - Mango	188							●						●	
Smoothies															
Tropical Mango	184														
Chocolate	391							●						●	
Mixed Berry	191														
Green	170														
Soft Drinks															
Coke	139														
Diet Coke	0														
Sprite	93														
Sparkling Water	0														
Mineral Water	0														
Orange Juice	84														
Apple Juice	88														
Black Coffee	6														

* Deep fried food	Energy (kcal) / portion カロリー (kcal)／皿	Celery セロリ	Cereals containing gluten グルテンを含む穀物	Crustaceans 甲殻類	Eggs 卵	Fish 魚	Lupin ハウチワマメ（豆科植物）	Milk 牛乳	Molluscs 軟体動物（イカ・タコ・カタツムリ・カイなど）	Mustard マスタード	Nuts ナッツ類	Peanuts ピーナッツ	Sesame seeds ゴマ	Soya 大豆	Sulphur dioxide sulphites 二酸化硫黄／亜硫酸塩
Black coffee	3														
Milk	3/5ml							●							
Syrup	12/5ml														
Green Tea	2/100g														
Alcohol															
Asahi Beer	139		●												
Kirin Beer	132		●												

◇We use the same vegetable oil for all deep fry food. ◇Vegetable oil contains GMO ingredients.

★Food Standard Agengcy announced people who has PEANUTS allergy should avoid having MUSTARD. ◇The recommended daily calorie intake is 2,000 calories a day for women and 2,500 for men.