

## ALLERGENES / ALLERGENE / ALLERGENS - 2021

Français	Deutsche	English	Allergène	Allergene	Allergens
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### SUSHI BOXES 2021

Amateur mix	Amateur mix	Amateur mix	Poisson Soja Lait Sésame	Fische Sojabohnen Milch Sesamsamen	Fish Soya Milk Sesame
Salmon original	Salmon original	Salmon original	Poisson Soja Sésame	Fische Sojabohnen Sesamsamen	Fish Soya Sesame
Tasty blend	Tasty blend	Tasty blend	Gluten (blé) Oeuf Poisson Soja Lait Céleri Moutarde Sésame	Gluten (weizen) Eier Fische Sojabohnen Milch Sellerie Senf Sesamsamen	Gluten (wheat) Eggs Fish Soya Milk Celery Mustard Sesame
Master mix	Master mix	Master mix	Poisson Soja Sésame	Fische Sojabohnen Sesamsamen	Fish Soya Sesame
Sunrise	Sunrise	Sunrise	Oeuf Poisson Soja Lait Moutarde Sésame Sulfites	Eier Fische Sojabohnen Milch Senf Sesamsamen Sulphite	Eggs Fish Soya Milk Mustard Sesame Sulphites
Salmon Classic	Salmon Classic	Salmon Classic	Poisson Soja Sésame	Fische Sojabohnen Sesamsamen	Fish Soya Sesame
Salmon Lovers	Salmon Lovers	Salmon Lovers	Poisson Soja Sésame	Fische Sojabohnen Sesamsamen	Fish Soya Sesame
Salmon Classic	Salmon Classic	Salmon Classic	Poisson Soja Sésame	Fische Sojabohnen Sesamsamen	Fish Soya Sesame
Super Salmon	Super Salmon	Super Salmon	Poisson Soja Lait Sésame	Fische Sojabohnen Milch Sesamsamen	Fish Soya Milk Sesame
California Dream	California Dream	California Dream	Gluten (blé) Crustacés Oeuf Poisson Soja Lait Céleri Moutarde Sésame Sulfites	Gluten (weizen) Krebstiere Eier Fische Sojabohnen Milch Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Crustaceans Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
Gourmet Mix *	Gourmet Mix *	Gourmet Mix *	Gluten (blé) Crustacés Oeuf Poisson Soja Fruit à coque (noisette) Céleri Moutarde Sésame Sulfites	Gluten (weizen) Krebstiere Eier Fische Sojabohnen Schalen fruchte (haselnuss) Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Crustaceans Eggs Fish Soya Nuts (hazelnut) Celery Mustard Sesame Sulphites
Fresh Mix *	Fresh Mix *	Fresh Mix *	Gluten (blé) Oeuf Poisson Soja Lait Céleri Moutarde Sésame	Gluten (weizen) Eier Fische Sojabohnen Milch Sellerie Senf Sesamsamen	Gluten (wheat) Eggs Fish Soya Milk Celery Mustard Sesame

### GREGORY MARCHAND

Signature frenchie roll	Signature frenchie roll	Signature frenchie roll	Gluten (blé) Oeuf Soja Lait Céleri Moutarde Sésame	Gluten (weizen) Eier Sojabohnen Milch Sellerie Senf Sesamsamen	Gluten (wheat) Eggs Soya Milk Celery Mustard Sesame
Indian spring	Indian spring	Indian spring	Oeuf Lait Céleri Moutarde Sulfites	Eier Milch Sellerie Senf Sulphite	Eggs Milk Celery Mustard Sulphites
California scandinavian roll	California scandinavian roll	California scandinavian roll	Poisson Lait	Fische Milch	Fish Milk
California purple roll	California purple roll	California purple roll	Poisson Lait Sésame	Fische Milch Sesamsamen	Fish Milk Sesame
Satay sushi	Satay sushi	Satay sushi	Crustacés Arachides Sulfites	Krebstiere Erdnusse Sulphite	Crustaceans Peanuts Sulphites
Nordic tartare	Nordic tartare	Nordic tartare	Poisson Lait Sulfites	Fische Milch Sulphite	Fish Milk Sulphites
Mediterranean bowl	Mediterranean bowl	Mediterranean bowl	Soja Lait Moutarde Sésame Mollusques	Sojabohnen Milch Senf Sesamsamen Weichtiere	Soya Milk Mustard Sesame Mollusc
Box Gregory Marchand	Box Gregory Marchand	Box Gregory Marchand	Gluten (blé) Crustacés Oeuf Poisson Arachides Soja Lait Céleri Moutarde Sésame Sulfites	Gluten (weizen) Krebstiere Eier Fische Erdnusse Sojabohnen Milch Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Crustaceans Eggs Fish Peanuts Soya Milk Celery Mustard Sesame Sulphites

### BOX TO SHARE

Box for two	Box for two	Box for two	Gluten (blé) Oeuf Poisson Soja Lait Céleri Moutarde Sésame Sulfites	Gluten (weizen) Eier Fische Sojabohnen Milch Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
Box for two gourmet *	Box for two gourmet *	Box for two gourmet *	Gluten (blé) Crustacés Oeuf Poisson Soja Lait Fruit à coque (noisette) Céleri Moutarde Sésame Sulfites	Gluten (weizen) Krebstiere Eier Fische Sojabohnen Milch Schalen fruchte (haselnuss) Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Crustaceans Eggs Fish Soya Milk Nuts (hazelnut) Celery Mustard Sesame Sulphites
Black box classic	Black box classic	Black box classic	Gluten (blé) Crustacés Oeuf Poisson Soja Lait Céleri Moutarde Sésame Sulfites	Gluten (weizen) Krebstiere Eier Fische Sojabohnen Milch Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Crustaceans Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
Black box gourmet *	Black box gourmet *	Black box gourmet *	Gluten (blé) Crustacés Oeuf Poisson Arachides Soja Lait Fruit à coque (noisette) Céleri Moutarde Sésame Sulfites	Gluten (weizen) Krebstiere Eier Fische Erdnusse Sojabohnen Milch Schalen fruchte (haselnuss) Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Crustaceans Eggs Fish Peanuts Soya Milk Nuts (hazelnut) Celery Mustard Sesame Sulphites

### SUSHI / NIGIRI

Sushi saumon	Nigiri lachs	Sushi salmon	Poisson	Fische	Fish
Sushi saumon teriyaki	Nigiri lachs teriyaki	Sushi teriyaki salmon	Gluten (blé) Poisson Soja Sésame	Gluten (weizen) Fische Sojabohnen Sesamsamen	Gluten (wheat) Fish Soya Sesame
Sushi saumon tsukudani	Nigiri lachs tsukudani	Sushi tsukudani salmon	Poisson Soja Sésame	Fische Sojabohnen Sesamsamen	Fish Soya Sesame
Sushi thon	Nigiri thunfisch	Sushi tuna	Poisson	Fische	Fish
Sushi thon teriyaki	Nigiri thunfisch teriyaki	Sushi teriyaki tuna	Gluten (blé) Poisson Soja Sésame	Gluten (weizen) Fische Sojabohnen Sesamsamen	Gluten (wheat) Fish Soya Sesame
Sushi asperge miso	Sushi spargel miso	Sushi miso Asparagus	Poisson Soja Sésame	Fische Sojabohnen Sesamsamen	Fish Soya Sesame

## ALLERGENES / ALLERGENE / ALLERGENS - 2021

Français	Deutsche	English	Allergène	Allergene	Allergens
Sushi daurade	Nigiri dorade	Sushi bream	Gluten (blé) Poisson Soja	Gluten (weizen) Fische Sojabohnen	Gluten (wheat) Fish Soya
Sushi yellowtail miso yuzu	Nigiri yellowtail miso yuzu	Sushi miso yuzu yellowtail	Poisson Soja	Fische Sojabohnen	Fish Soya
Sushi crevette	Nigiri garnelle	Sushi prawn	Crustacés Soja	Krebstiere Sojabohnen	Crustaceans Soya
Satay sushi	Satay sushi	Satay sushi	Crustacés Arachides Sulfites	Krebstiere Erdnusse Sulphite	Crustaceans Peanuts Sulphites
Sushi boeuf	Nigiri rindfleisch flambiert	Sushi seared beef	Gluten (blé) Poisson Soja Sésame	Gluten (weizen) Fische Sojabohnen Sesamsamen	Gluten (wheat) Fish Soya Sesame
Sushi oeuf de saumon	Nigiri gunkan lachs-rogen	Sushi salmon roe	Poisson	Fische	Fish

### MAKI

Maki avocat	Maki avocado	Maki avocado	Sésame	Sesamsamen	Sesame
Maki concombre	Maki gurke	Maki cucumber	Sésame	Sesamsamen	Sesame
Maki carotte	Maki karotte	Maki carott	Oeuf Céleri Moutarde Sulfites	Eier Sellerie Senf Sulphite	Eggs Celery Mustard Sulphites
Maki cheese concombre	Maki gurke käse	Maki cucumber cheese	Lait	Milch	Milk
Maki cheese avocat	Maki käse avocado	Maki avocado cheese	Lait	Milch	Milk
Maki saumon	Maki lachs	Maki salmon	Poisson	Fische	Fish
Maki thon	Maki thunfisch	Maki tuna	Poisson	Fische	Fish
Maki thon spicy	Maki thunfisch scharf	Maki spicy tuna	Gluten (blé) Oeuf Poisson Céleri Moutarde	Gluten (weizen) Eier Fische Sellerie Senf	Gluten (wheat) Eggs Fish Celery Mustard
Maki hareng fumé cheese	Maki räucherhering	Maki smoked herring	Poisson Lait	Fische Milch	Fish Milk
Maki salmon roll	Maki lachsrolle	Maki cheese salmon	Poisson Lait	Fische Milch	Fish Milk
Maki yellowtail kumquat	Maki kumquat yellowtail	Maki kumquat yellowtail	Oeuf Poisson Soja Céleri Moutarde Sulfites	Eier Fische Sojabohnen Sellerie Senf Sulphite	Eggs Fish Soya Celery Mustard Sulphites

### CALIFORNIA / ROLLS

California yellow veggie	California yellow veggie	California yellow veggie	Poisson Sésame	Fische Sesamsamen	Fish Sesame
California veggie roll	California veggie roll	California veggie roll	Gluten (blé) Soja Sésame	Gluten (weizen) Sojabohnen Sesamsamen	Gluten (wheat) Soya Sesame
California saumon avocat	California lachs avocado	California salmon avocado	Poisson Sésame	Fische Sesamsamen	Fish Sesame
California thon cuit avocat	California gekochter thunfisch avocado	California cooked tuna avocado	Oeuf Poisson Soja Moutarde Sésame Sulfites	Eier Fische Sojabohnen Senf Sesamsamen Sulphite	Eggs Fish Soya Mustard Sesame Sulphites
California thon avocat	California thunfisch	California tuna avocado	Poisson Sésame	Fische Sesamsamen	Fish Sesame
California pacific	California pacific	California pacific	Gluten (blé) Oeuf Poisson Lait Céleri Moutarde Sésame	Gluten (weizen) Eier Fische Milch Sellerie Senf Sesamsamen	Gluten (wheat) Eggs Fish Milk Celery Mustard Sesame
California salmon aburi roll	California salmon aburi roll	California salmon aburi roll	Poisson Lait Moutarde Sésame	Fische Milch Senf Sesamsamen	Fish Milk Mustard Sesame
California chicken katsu	California chicken katsu	California chicken katsu	Gluten (blé) Oeuf Soja Lait Céleri Moutarde Sésame Sulfites	Gluten (weizen) Eier Sojabohnen Milch Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Eggs Soya Milk Celery Mustard Sesame Sulphites
California fresh salmon	California fresh salmon	California fresh salmon	Oeuf Poisson Céleri Moutarde Sésame Sulfites	Eier Fische Sellerie Senf Sesamsamen Sulphite	Eggs Fish Celery Mustard Sesame Sulphites
California tuna & truffle	California tuna & truffle	California tuna & truffle	Oeuf Poisson Céleri Moutarde Sulfites	Eier Fische Sellerie Senf Sulphite	Eggs Fish Celery Mustard Sulphites
California scandinavian roll	California scandinavian roll	California scandinavian roll	Poisson Lait	Fische Milch	Fish Milk
California purple roll	California purple roll	California purple roll	Poisson Lait Sésame	Fische Milch Sesamsamen	Fish Milk Sesame
California yellowtail ponzu	California yellowtail ponzu	California yellowtail ponzu	Gluten (blé) Oeuf Poisson Soja Céleri Moutarde Sésame Sulfites	Gluten (weizen) Eier Fische Sojabohnen Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Eggs Fish Soya Celery Mustard Sesame Sulphites
California crevette tempura	California garnelen-tempura	California prawn tempura	Gluten (blé) Crustacés Oeuf Soja Céleri Moutarde Sésame Sulfites	Gluten (weizen) Krebstiere Eier Sojabohnen Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Crustaceans Eggs Soya Celery Mustard Sesame Sulphites
California french touch	California french touch	California french touch	Gluten (blé) Fruit à coque (noisette)	Gluten (weizen) Schalen fruchte (haselnuss)	Gluten (wheat) Nuts (hazelnut)
California poulpe	California krake	California octopus	Soja Sésame Mollusques	Sojabohnen Sesamsamen Weichtiere	Soya Sesame Mollusc

### SPRING ROLLS

Spring concombre cheese	Spring gurke käse	Spring cucumber cheese	Lait	Milch	Milk
Spring avocat cheese	Spring avocado käse	Spring avocado cheese	Lait	Milch	Milk
Indian spring	Indian spring	Indian spring	Oeuf Lait Céleri Moutarde Sulfites	Eier Milch Sellerie Senf Sulphite	Eggs Milk Celery Mustard Sulphites

## ALLERGENES / ALLERGENE / ALLERGENS - 2021

Français	Deutsche	English	Allergène	Allergene	Allergens
Spring saumon avocat	Spring lachs avocado	Spring salmon avocado	Poisson	Fische	Fish
Spring crevette	Spring garnele	Spring prawn	Crustacés	Krebstiere	Crustaceans
Spring thon avocat	Spring thunfisch avocado	Spring tuna avocado	Poisson	Fische	Fish
Spring thon cuit avocat	Spring gekochter thunfisch avocado	Spring cooked tuna avocado	Oeuf Poisson Soja Moutarde Sésame Sulfites	Eier Fische Sojabohnen Senf Sesamsamen Sulphite	Eggs Fish Soya Mustard Sesame Sulphites
Spring tuscan	Spring toskana	Spring tuscan	Crustacés Oeuf Céleri Moutarde Sulfites	Krebstiere Eier Sellerie Senf Sulphite	Crustaceans Eggs Celery Mustard Sulphites
Spring tatakis saumon	Spring tatakis lachs	Spring salmon tatakis	Gluten (blé) Oeuf Poisson Soja Céleri Moutarde Sésame Sulfites	Gluten (weizen) Eier Fische Sojabohnen Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Eggs Fish Soya Celery Mustard Sesame Sulphites
Spring fried chicken avocat	Spring gebratenes hühnchen avocado	Spring fried chicken avocado	Gluten (blé) Oeuf Soja Lait Céleri Moutarde Sulfites	Gluten (weizen) Eier Sojabohnen Milch Sellerie Senf Sulphite	Gluten (wheat) Eggs Soya Milk Celery Mustard Sulphites
Spring tatakis saumon	Spring tatakis lachs	Spring salmon tatakis	Gluten (blé) Oeuf Poisson Soja Céleri Moutarde Sésame Sulfites	Gluten (weizen) Eier Fische Sojabohnen Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Eggs Fish Soya Celery Mustard Sesame Sulphites
Spring tatakis thon	Spring tatakis tuna	Spring tuna tatakis	Gluten (blé) Oeuf Poisson Arachides Soja Céleri Moutarde Sésame Sulfites	Gluten (weizen) Eier Fische Erdnüsse Sojabohnen Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Eggs Fish Peanuts Soya Celery Mustard Sesame Sulphites
Spring chicken curry	Spring chicken curry	Spring chicken curry	Gluten (blé) Oeuf Soja Lait Céleri Moutarde Sulfites	Gluten (weizen) Eier Sojabohnen Milch Sellerie Senf Sulphite	Gluten (wheat) Eggs Soya Milk Celery Mustard Sulphites

### SIGNATURE ROLLS

Signature green fresh	Signature fresh green	Signature fresh green	Oeuf Soja Lait Céleri Moutarde Sésame Sulfites	Eier Sojabohnen Milch Sellerie Senf Sesamsamen Sulphite	Eggs Soya Milk Celery Mustard Sesame Sulphites
Signature frenchie roll	Signature frenchie roll	Signature frenchie roll	Gluten (blé) Oeuf Soja Lait Céleri Moutarde Sésame	Gluten (weizen) Eier Sojabohnen Milch Sellerie Senf Sesamsamen	Gluten (wheat) Eggs Soya Milk Celery Mustard Sesame
Signature rock n roll *	Signature rock n roll *	Signature rock n roll *	Gluten (blé) Oeuf Poisson Soja Céleri Moutarde Sésame	Gluten (weizen) Eier Fische Sojabohnen Sellerie Senf Sesamsamen	Gluten (wheat) Eggs Fish Soya Celery Mustard Sesame
Signature fire roll	Signature fire roll	Signature fire roll	Gluten (blé) Crustacés Oeuf Poisson Soja Céleri Moutarde Sésame Sulfites	Gluten (weizen) Krebstiere Eier Fische Sojabohnen Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Crustaceans Eggs Fish Soya Celery Mustard Sesame Sulphites
Signature gyū roll	Signature gyū roll	Signature gyū roll	Gluten (blé) Oeuf Soja Céleri Moutarde Sésame Sulfites	Gluten (weizen) Eier Sojabohnen Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Eggs Soya Celery Mustard Sesame Sulphites
Signature dragon roll	Signature dragon roll	Signature dragon roll	Gluten (blé) Crustacés Oeuf Poisson Soja Céleri Moutarde Sésame Sulfites	Gluten (weizen) Krebstiere Eier Fische Sojabohnen Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Crustaceans Eggs Fish Soya Celery Mustard Sesame Sulphites

### SASHIMI & TATAKI

Sashimi saumon 15 pièces	Sashimi lachs 15 stück	Salmon sashimi 15 pieces	Poisson	Fische	Fish
Sashimi saumon 5 pièces	Sashimi lachs 5 stück	Salmon sashimi 5 pieces	Poisson	Fische	Fish
Sashimi thon 15 pièces	Sashimi thunfisch 15 stück	Tuna sashimi 15 pieces	Poisson	Fische	Fish
Sashimi thon 5 pièces	Sashimi thunfisch 5 stück	Tuna sashimi 5 pieces	Poisson	Fische	Fish
Sashimi mixte thon saumon 15 pièces	Sashimi thunfisch lachs duo 15 stück	Tuna salmon combo sashimi 15 pieces	Poisson	Fische	Fish
Sashimi assortiment 15 pièces	Sashimi kombination 15 stück	Assortment sashimi 15 pieces	Crustacés Poisson	Krebstiere Fische	Crustaceans Fish
Sashimi yellowtail 5/12 pièces	Sashimi yellowtail 5/12 stück	Yellowtail sashimi 5/12 pieces	Gluten (blé) Poisson Soja	Gluten (weizen) Fische Sojabohnen	Gluten (wheat) Fish Soya
Tatakis de saumon 15 pièces	Lachs tatakis 15 stück	Salmon tatakis 15 pieces	Gluten (blé) Poisson Soja	Gluten (weizen) Fische Sojabohnen	Gluten (wheat) Fish Soya
Tatakis de thon 15 pièces	Thunfisch tatakis 15 stück	Tuna tatakis 15 pieces	Gluten (blé) Poisson Soja	Gluten (weizen) Fische Sojabohnen	Gluten (wheat) Fish Soya
Tatakis de boeuf 10 pièces	Rindfleisch tatakis 10 stück	Beef tatakis 10 pieces	Gluten (blé) Poisson Soja Sésame	Gluten (weizen) Fische Sojabohnen Sesamsamen	Gluten (wheat) Fish Soya Sesame

### TARTARE / TARTAR & CEVICHE

Tartare de saumon	Lachstatar	Salmone tartare	Oeuf Poisson Céleri Moutarde Sulfites	Eier Fische Sellerie Senf Sulphite	Eggs Fish Celery Mustard Sulphites
Nordic tartare	Nordic tartare	Nordic tartare	Poisson Lait Sulfites	Fische Milch Sulphite	Fish Milk Sulphites
Ceviche de daurade & Leche de tigre à la mangue	Doraden ceviche und fischsud "leche de tigre" mit mango	Bream ceviche and mango "leche de tigre" marinade	Poisson Sésame	Fische Sesamsamen	Fish Sesame

### CHIRASHI

Chirashi saumon	Chirashi lachs	Salmon chirashi	Poisson Sésame	Fische Sesamsamen	Fish Sesame
Chirashi saumon avocat	Chirashi lachs avocado	Salmon avocado chirashi	Poisson Sésame	Fische Sesamsamen	Fish Sesame
Chirashi mariné	Chirashi mariné	Marinated chirashi	Poisson Lait Moutarde Sésame	Fische Milch Senf Sesamsamen	Fish Milk Mustard Sesame

## ALLERGENES / ALLERGENE / ALLERGENS - 2021

Français	Deutsche	English	Allergène	Allergene	Allergens
Mediterranean bowl	Mediterranean bowl	Mediterranean bowl	Soja Lait Moutarde Sésame Mollusques	Sojabohnen Milch Senf Sesamsamen Weichtiere	Soya Milk Mustard Sesame Mollusc

### POKE BOWL QUINOA

Français	Deutsche	English	Allergène	Allergene	Allergens
Poke bowl quinoa veggie	Poke bowl quinoa veggie	Veggie quinoa poke bowl	Gluten (blé) Soja Sésame	Gluten (weizen) Sojabohnen Sesamsamen	Gluten (wheat) Soya Sesame
Poke bowl quinoa saumon teriyaki	Poke bowl quinoa lachs teriyaki	Teriyaki salmon quinoa poke bowl	Gluten (blé) Poisson Soja Sésame	Gluten (weizen) Fische Sojabohnen Sesamsamen	Gluten (wheat) Fish Soya Sesame
Poke bowl quinoa saumon detox	Poke bowl quinoa saumon detox	Detox salmon quinoa poke bowl	Gluten (blé) Poisson Soja Moutarde Sésame	Gluten (weizen) Fische Sojabohnen Senf Sesamsamen	Gluten (wheat) Fish Soya Mustard Sesame
Poke bowl quinoa saumon aburi	Poke bowl quinoa saumon aburi	Salmon aburi quinoa poke bowl	Gluten (blé) Oeuf Poisson Soja Céleri Moutarde Sésame Sulfites	Gluten (weizen) Eier Fische Sojabohnen Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Eggs Fish Soya Celery Mustard Sesame Sulphites
Poke bowl quinoa poulet teriyaki	Poke bowl quinoa hühnerfleisch teriyaki	Teriyaki chicken quinoa poke bowl	Gluten (blé) Arachides Soja Moutarde Sésame	Gluten (weizen) Erdnüsse Sojabohnen Senf Sesamsamen	Gluten (wheat) Peanuts Soya Mustard Sesame
Poke bowl quinoa passion salmon	Poke bowl quinoa passion salmon	Poke bowl quinoa passion salmon	Gluten (blé) Poisson Soja Moutarde Sésame	Gluten (weizen) Fische Sojabohnen Senf Sesamsamen	Gluten (wheat) Fish Soya Mustard Sesame
Poke bowl quinoa crevette	Poke bowl quinoa garnelle	Prawn quinoa poke bowl	Gluten (blé) Crustacés Oeuf Soja Céleri Moutarde Sésame Sulfites	Gluten (weizen) Krebstiere Eier Sojabohnen Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Crustaceans Eggs Soya Celery Mustard Sesame Sulphites
Poke bowl quinoa daurade	Poke bowl quinoa dorade	Bream quinoa poke bowl	Gluten (blé) Poisson Soja Sésame	Gluten (weizen) Fische Sojabohnen Sesamsamen	Gluten (wheat) Fish Soya Sesame
Poke bowl quinoa thon spicy *	Poke bowl quinoa thunfisch scharf *	Spicy tuna quinoa poke bowl *	Gluten (blé) Oeuf Poisson Soja Céleri Moutarde Sésame	Gluten (weizen) Eier Fische Sojabohnen Sellerie Senf Sesamsamen	Gluten (wheat) Eggs Fish Soya Celery Mustard Sesame
Poke bowl quinoa boeuf	Poke bowl quinoa rindfleisch	Beef quinoa poke bowl	Gluten (blé) Soja Sésame	Gluten (weizen) Sojabohnen Sesamsamen	Gluten (wheat) Soya Sesame

### POKE BOWL RIZ / RICE

Français	Deutsche	English	Allergène	Allergene	Allergens
Poke bowl riz veggie	Poke bowl reis veggie	Veggie rice poke bowl	Soja Sésame	Sojabohnen Sesamsamen	Soya Sesame
Poke bowl riz saumon teriyaki	Poke bowl reis lachs teriyaki	Teriyaki salmon rice poke bowl	Gluten (blé) Poisson Soja Sésame	Gluten (weizen) Fische Sojabohnen Sesamsamen	Gluten (wheat) Fish Soya Sesame
Poke bowl riz saumon detox	Poke bowl reis saumon detox	Detox salmon rice poke bowl	Poisson Soja Moutarde Sésame	Fische Sojabohnen Senf Sesamsamen	Fish Soya Mustard Sesame
Poke bowl riz saumon aburi	Poke bowl reis saumon aburi	Salmon aburi rice poke bowl	Gluten (blé) Oeuf Poisson Soja Céleri Moutarde Sésame Sulfites	Gluten (weizen) Eier Fische Sojabohnen Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Eggs Fish Soya Celery Mustard Sesame Sulphites
Poke bowl riz poulet teriyaki	Poke bowl reis hühnerfleisch teriyaki	Teriyaki chicken rice poke bowl	Gluten (blé) Arachides Soja Moutarde Sésame	Gluten (weizen) Erdnüsse Sojabohnen Senf Sesamsamen	Gluten (wheat) Peanuts Soya Mustard Sesame
Poke bowl riz passion salmon	Poke bowl reis passion salmon	Poke bowl rice passion salmon	Poisson Soja Moutarde Sésame	Fische Sojabohnen Senf Sesamsamen	Fish Soya Mustard Sesame
Poke bowl riz crevette	Poke bowl reis garnelle	Prawn rice poke bowl	Crustacés Oeuf Soja Céleri Moutarde Sésame Sulfites	Krebstiere Eier Sojabohnen Sellerie Senf Sesamsamen Sulphite	Crustaceans Eggs Soya Celery Mustard Sesame Sulphites
Poke bowl riz daurade	Poke bowl reis dorade	Bream rice poke bowl	Poisson Soja Sésame	Fische Sojabohnen Sesamsamen	Fish Soya Sesame
Poke bowl riz thon spicy *	Poke bowl reis thunfisch scharf *	Spicy tuna rice poke bowl *	Gluten (blé) Oeuf Poisson Soja Céleri Moutarde Sésame	Gluten (weizen) Eier Fische Sojabohnen Sellerie Senf Sesamsamen	Gluten (wheat) Eggs Fish Soya Celery Mustard Sesame
Poke bowl riz boeuf	Poke bowl reis rindfleisch	Beef rice poke bowl	Gluten (blé) Soja Sésame	Gluten (weizen) Sojabohnen Sesamsamen	Gluten (wheat) Soya Sesame

### EXTRA

Français	Deutsche	English	Allergène	Allergene	Allergens
Riz nature	Naturreis	Plain rice			
Riz vinaigré	Mit essig verfeinerter reis	Sushi rice	Sésame	Sesamsamen	Sesame
Soupe miso	Miso suppe	Miso soup	Poisson Soja	Fische Sojabohnen	Fish Soya
Salade de chou	Kabissalat	Cabbage salad	Sésame	Sesamsamen	Sesame
Salade de carottes aux agrumes	Karottensalat mit zitrusfrüchten	Carrot salad with citrus dressing	Moutarde	Senf	Mustard
Edamame	Edamame	Edamame	Soja	Sojabohnen	Soya
Salade d'algues **	Algensalat **	Seaweed salad **	Soja Sésame	Sojabohnen Sesamsamen	Soya Sesame
Salade de calamars	Tintenfischsalat	Calamari salad	Sésame Mollusques	Sesamsamen Weichtiere	Sesame Mollusc
Gyoza poulet	Huhn Gyoza	Chicken gyoza	Gluten (blé) Soja Sésame	Gluten (weizen) Sojabohnen Sesamsamen	Gluten (wheat) Soya Sesame
Gyoza végétariens	Gyoza Gemüse	Vegetarian gyoza	Gluten (blé) Soja	Gluten (weizen) Sojabohnen	Gluten (wheat) Soya
Yakitori boeuf fromage	Rindfleisch-Käse-Spieß	Yakitori beef cheese	Gluten (blé) Soja Lait	Gluten (weizen) Sojabohnen Milch	Gluten (wheat) Soya Milk
Yakitori poulet tsukune	Hühnchen-Tsukune-Spieß	Yakitori chicken tsukune	Gluten (blé) Oeuf Soja	Gluten (weizen) Eier Sojabohnen	Gluten (wheat) Eggs Soya

## ALLERGENES / ALLERGENE / ALLERGENS - 2021

Français	Deutsche	English	Allergène	Allergene	Allergens
Yakitori poulet	Hühnchen-Yakitori-Spieß	Yakitori chicken	Gluten (blé) Soja	Gluten (weizen) Sojabohnen	Gluten (wheat) Soya
Sauce gyoza	Gyoza sauce	Gyoza sauce	Gluten (blé) Soja Sésame	Gluten (weizen) Sojabohnen Sesamsamen	Gluten (wheat) Soya Sesame
Sauce soja salée	Salzige soja sauce	Salty soy sauce	Gluten (blé) Soja	Gluten (weizen) Sojabohnen	Gluten (wheat) Soya
Sauce soja sucrée	Soja sauce süß	Sweet soy sauce	Gluten (blé) Soja	Gluten (weizen) Sojabohnen	Gluten (wheat) Soya
Gingembre	Ingwer	Ginger			
Wasabi	Wasabi	Wasabi	Soja Moutarde	Sojabohnen Senf	Soya Mustard

### SANDO

Sando veggie	Sando veggie	Sando veggie	Gluten (blé) Oeuf Poisson Soja Lait Céleri Moutarde Sésame Sulfités	Gluten (weizen) Eier Fische Sojabohnen Milch Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
Sando saumon	Sando lachs	Sando salmon	Gluten (blé) Oeuf Poisson Soja Lait Céleri Moutarde Sésame Sulfités	Gluten (weizen) Eier Fische Sojabohnen Milch Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
Sando poulet katsu	Sando chicken katsu	Sando chicken katsu	Gluten (blé) Oeuf Soja Lait Céleri Moutarde Sésame Sulfités	Gluten (weizen) Eier Sojabohnen Milch Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Eggs Soya Milk Celery Mustard Sesame Sulphites
Sando crevette tempura	Sando garnele tempura	Sando prawn tempura	Gluten (blé) Crustacés Oeuf Soja Lait Céleri Moutarde Sésame Sulfités	Gluten (weizen) Krebstiere Eier Sojabohnen Milch Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Crustaceans Eggs Soya Milk Celery Mustard Sesame Sulphites

### DESSERTS

Mochi noix de coco	Frozen kokosnuss mochi	Frozen coconut mochi	Lait	Milch	Milk
Mochi mangue passion	Frozen mango passionsfrucht mochi	Frozen mango and passion mochi			
Mochi sésame noir	Frozen schwarzer sesam mochi	Frozen black sesame mochi	Lait Sésame	Milch Sesamsamen	Milk Sesame
Mousse chocolat	Schokoladenmousse	Chocolate mousse	Oeuf Soja Lait	Eier Sojabohnen Milch	Eggs Soya Milk
Cheesecake	Käsekuchen	Cheesecake	Gluten (blé) Oeuf Soja Lait Fruit à coque (amande)	Gluten (weizen) Eier Sojabohnen Milch Schalen fruchte (mandeln)	Gluten (wheat) Eggs Soya Milk Nuts (almond)
Moelleux chocolat	Mi-cuit	Chocolate fondant	Gluten (blé) Oeuf Soja Lait	Gluten (weizen) Eier Sojabohnen Milch	Gluten (wheat) Eggs Soya Milk
Ananas frais	Frische ananas	Fresh pineapple			
Mangue fraîche	Frische mango	Fresh mango			
Salade de fruits du moment	Aktueller obstsalat	Fruit salad of the moment			

## ALLERGENES / ALLERGENE / ALLERGENS - 2021

Français	Deutsche	English	Allergène	Allergene	Allergens
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### BOX EVENEMENTIELLE / EVENT BOX

Happy Sushi Box	Happy Sushi Box	Happy Sushi Box	Gluten (blé) Oeuf Poisson Soja Lait Céleri Moutarde Sésame Sulfités	Gluten (weizen) Eier Fische Sojabohnen Milch Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
Amazing Sunday Box	Amazing Sunday Box	Amazing Sunday Box	Gluten (blé) Crustacés Oeuf Poisson Soja Lait Céleri Moutarde Sésame Sulfités	Gluten (weizen) Krebstiere Eier Fische Sojabohnen Milch Sellerie Senf Sesamsamen Sulphite	Gluten (wheat) Crustaceans Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
Box étudiante Fribourg	Studentenbox Freiburg	Student box Friborg	Poisson Soja Lait Sésame	Fische Sojabohnen Milch Sesamsamen	Fish Soybeans Milk Sesame
Poke bowl riz sweet salmon	Poke bowl reis sweet salmon	Sweet salmon rice poke bowl	Gluten (blé) Poisson Soja Sésame	Gluten (weizen) Fische Sojabohnen Sesamsamen	Gluten (wheat) Fish Soya Sesame
Mango gunkan	Mango gunkan	Mango gunkan	Poisson Moutarde Sésame	Fische Senf Sesamsamen	Fish Mustard Sesame
Box Dr Paper	Box Dr Paper	Box Dr Paper	Gluten (blé) Oeuf Poisson Soja Lait Céleri Moutarde Sésame Sulfités Mollusques	Gluten (weizen) Eier Fische Sojabohnen Milch Sellerie Senf Sesamsamen Sulphite Weichtiere	Gluten (wheat) Eggs Fish Soybeans Milk Celery Mustard Sesame Sulphites Molluscs
Parisian gunkan	Parisian gunkan	Parisian gunkan	Oeuf Céleri Moutarde Sulfités	Eier Sellerie Senf Sulphite	Eggs Celery Mustard Sulphites
London sushi	London sushi	London sushi	Oeuf Poisson Céleri Moutarde Sulfités	Eier Fische Sellerie Senf Sulphite	Eggs Fish Celery Mustard Sulphites
Spanish roll	Spanish roll	Spanish roll	Gluten (blé) Oeuf Céleri Moutarde Mollusques	Gluten (weizen) Eier Sellerie Senf Weichtiere	Gluten (wheat) Eggs Celery Mustard Molluscs
Veggie box	Veggie box	Veggie box	Oeuf Poisson Soja Lait Céleri Moutarde Sésame Sulfités	Eier Fische Sojabohnen Milch Sellerie Senf Sesamsamen Sulphite	Eggs Fish Soybeans Milk Celery Mustard Sesame Sulphites
Spring blush	Spring blush	Spring blush	Sésame	Sesamsamen	Sesame
Poke bowl quinoa fresh exotic	Poke bowl quinoa fresh exotic	Poke bowl quinoa fresh exotic	Gluten (blé) Poisson Soja Sésame Sulfités	Gluten (weizen) Fische Sojabohnen Sesamsamen Sulphite	Gluten (wheat) Fish Soybeans Sesame Sulphites
Poke bowl quinoa spicy crevette	Poke bowl quinoa spicy garnele	Poke bowl quinoa spicy prawn	Gluten (blé) Crustacés Poisson Soja Sésame	Gluten (weizen) Krebstiere Fische Sojabohnen Sesamsamen	Gluten (wheat) Crustaceans Fish Soybeans Sesame
Poke bowl quinoa sunset daurade	Poke bowl quinoa sunset dorade	Poke bowl quinoa sunset daurade	Gluten (blé) Poisson Soja Sésame	Gluten (weizen) Fische Sojabohnen Sesamsamen	Gluten (wheat) Fish Soybeans Sesame
Poke bowl riz fresh exotic	Poke bowl reis fresh exotic	Poke bowl rice fresh exotic	Poisson Soja Sésame Sulfités	Fische Sojabohnen Sesamsamen Sulphite	Fish Soybeans Sesame Sulphites
Poke bowl riz spicy crevette	Poke bowl reis spicy garnele	Poke bowl rice spicy prawn	Crustacés Poisson Soja Sésame	Krebstiere Fische Sojabohnen Sesamsamen	Crustaceans Fish Soybeans Sesame
Poke bowl riz sunset daurade	Poke bowl reis sunset dorade	Poke bowl rice sunset daurade	Poisson Soja Sésame	Fische Sojabohnen Sesamsamen	Fish Soybeans Sesame

E110 \*\* / E102 \* : peuvent avoir des effets indésirables sur l'activité et l'attention chez les enfants / Kann Aktivität und samkeit bei Kindern beeinträchtigen / may have an adverse effect on activity and attention in children.

FR : Les informations allergènes ont été établi à partir des données communiquées par nos fournisseurs référencés, nous ne pouvons pas exclure une présence d'autres allergènes (traces) qui seraient apparus lors de la fabrication ou de la manipulation des produits.

DE : Allergeninformationen wurden aus Daten ermittelt, die von unseren Lieferanten übermittelt wurden. Wir können das Vorhandensein anderer Allergene (Spuren) nicht ausschließen, die möglicherweise während der Herstellung oder Handhabung der Produkte aufgetreten sind.

EN : Allergen information has been established from data communicated by our referenced suppliers, we cannot exclude the presence of other allergens (traces) which may have appeared during the manufacture or handling of the products.