



MAKIVO SUSHI

ALLERGEN GUIDE (14 ALLERGEN MATRIX)

✓ = *Contains* | *M* = *May contain* | *Blank* = *Not present*

All food is prepared in a shared kitchen. Cross-contact may occur. Please inform staff of any allergies before ordering.

ALLERGEN KEY

UK food businesses must provide allergen information for any menu item that contains one of the 14 regulated allergens.

This guide uses short codes to keep the table clear and easy to read.

Code	Allergen
GLUT	Cereals containing gluten (wheat, barley, rye, oats)
CRU	Crustaceans (prawns, crab, lobster)
EGG	Eggs
FISH	Fish
PNUT	Peanuts
SOYA	Soybeans / soy sauce
MILK	Milk / dairy
NUT	Tree nuts (almonds, hazelnuts, walnuts, etc.)
CEL	Celery
MUST	Mustard
SES	Sesame seeds
SUL	Sulphur dioxide / sulphites
LUP	Lupin
MOL	Molluscs (e.g. mussels, squid, octopus)

HOW TO READ THIS GUIDE

Contains (✓): The allergen is intentionally present in the ingredients.

May contain (M): There is a risk of cross-contact during preparation or from suppliers.

If no symbol is shown, the allergen is not intentionally included.

Important Information

- All food is prepared in a **shared kitchen**, so cross-contamination may occur.
- Please inform staff of any allergies before ordering.
- Sauces such as **soy sauce, teriyaki, curry sauce, and spicy mayo** commonly contain allergens such as **SOYA, GLUT, EGG, or SES**.
- Vegan and vegetarian items are **not guaranteed allergen-free**.

SIDES

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Miso Soup		M										✓	M	
Edamame												✓		
Spicy Edamame		✓									✓	✓		
Seaweed Salad		M									✓	✓		
Prawn Tempura		✓	✓	✓							✓	✓		
Chicken Katsu		✓		✓					M		✓	✓		
Yakitori		✓							M		✓	✓		
Tori Karaage		✓		✓							✓	✓		
Steamed Rice / Sushi Rice													M	
Takoyaki		✓		✓				✓			✓	✓		
Agedashi Tofu		✓										✓		
Vegetable Gyoza		✓									✓	✓		
Chicken Gyoza		✓									✓	✓		
Shrimp Gyoza		✓	✓								✓	✓		

SALADS

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Salmon Sashimi Salad		M			✓						✓	✓		
Tuna Sashimi Salad		M			✓						✓	✓		
Salmon & Tuna Sashimi Salad		M			✓						✓	✓		

BENTO

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Chicken Katsu Bento		✓	M	✓	✓				M		✓	✓	M	
Coronation Bento		✓	✓	✓	✓				M		✓	✓	M	
Tuna Steak Bento		✓	✓		✓						✓	✓	M	
Salmon Teriyaki Bento		✓	✓		✓						✓	✓	M	
Ebi Bento		✓	✓	✓	✓						✓	✓	M	
Tofu Bento (ve)		✓	M	✓							✓	✓	M	

RICE / JAPANESE CURRY

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Salmon Teri Don		✓			✓						✓	✓	M	
Tofu Steak Don (ve)		✓									✓	✓	M	
Unaju Grilled Eel		✓			✓						✓	✓	M	
Tuna Don		M			✓						✓	✓		
Chicken Katsu Curry Rice	✓	✓		✓					M		✓	✓	M	

NIGIRI

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Tuna Nigiri					✓							M		
Tuna Aburi Nigiri		✓			✓						✓	✓	M	
Sea Bass Nigiri					✓							M		
Torched Sea Bass Nigiri		✓			✓						✓	✓	M	
Salmon Nigiri					✓							M		
Shake Yaki Salmon		✓			✓						✓	✓	M	
Eel Nigiri		✓			✓						✓	✓	M	
Tobiko Nigiri					✓							M		
Tamago Nigiri		✓		✓								✓		
Inari Nigiri		✓										✓		
Ebi Nigiri			✓									M		

TATAKI

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Salmon Tataki		M			✓				M			M	M	
Tuna Tataki		M			✓				M			M	M	

SASHIMI

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Tuna Sashimi					✓							M		
Salmon Sashimi					✓							M		
Tuna & Salmon Sashimi					✓							M		
Mixed Sashimi			✓		✓							M		

TE-MAKI HAND ROLLED SUSHI

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
California Hand Roll		✓	✓	✓	✓						✓	✓		
Salmon Hand Roll					✓						✓	M		
Tuna Hand Roll					✓						✓	M		
Avocado Hand Roll											✓	M		
Cucumber Hand Roll											✓	M		
Spicy Tuna Hand Roll		✓		✓	✓						✓	✓		
Eel Hand Roll		✓			✓						✓	✓	M	
Oshinko Pickle Hand Roll		✓									✓	✓	M	
Special Vegan Hand Roll		✓									✓	✓	M	

MAKI

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Salmon Roll					✓						✓	M		
Tuna Roll					✓						✓	M		
Spicy Tuna Roll		✓		✓	✓						✓	✓		
Cucumber Roll (ve)											✓	M		
Avocado Roll (ve)											✓	M		
Pickle Roll (ve)		✓									✓	✓	M	
Asparagus Roll (ve)											✓	M		

FUTOMAKI

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Salmon Avocado Futomaki		✓			✓						✓	✓	M	
Prawn Tempura Futomaki		✓	✓	✓							✓	✓	M	
Eel Futomaki		✓			✓						✓	✓	M	

CHEF'S SPECIAL ROLLS

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Makivo King Dragon Roll		✓	✓	✓	✓						✓	✓	M	
Chigwell Roll		✓	✓	✓	✓						✓	✓	M	
Makivo Salmon Roll		✓	✓	✓	✓						✓	✓	M	
Spider Roll		✓	✓	✓	✓			✓			✓	✓	M	
Chef Roll		✓	✓	✓	✓			✓			✓	✓	M	
Salmon Supreme Roll		✓	✓	✓	✓		✓				✓	✓	M	
California Mango Roll		✓	✓	✓	✓						✓	✓	M	
Green Dragon Roll		✓		✓			✓				✓	✓	M	
Seared Salmon Roll		✓			✓						✓	✓	M	

TEMPURA ROLLS

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Tempura Chef Roll		✓	✓	✓	✓						✓	✓	M	
Tempura Wonder Roll		✓	✓	✓	✓						✓	✓	M	
Tempura Tuna Avocado Roll		✓		✓	✓						✓	✓	M	
Tempura California Roll		✓	✓	✓	✓						✓	✓	M	
Tempura Salmon Avocado Roll		✓		✓	✓						✓	✓	M	
Tempura Eel Avocado Roll		✓		✓	✓						✓	✓	M	
Tempura Chicken Katsu Avocado Roll		✓		✓					M		✓	✓	M	

URA MAKI INSIDE OUT ROLL

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Sushi Wonder Roll			✓		✓						✓	M		
California Roll			✓		✓						✓	M		
Salmon Avocado Roll					✓						✓	M		
Tuna Avocado Roll					✓						✓	M		
Spicy Tuna Avocado Roll		✓		✓	✓						✓	✓		
Eel Avocado Roll		✓			✓						✓	✓	M	
Makivo Roll		✓	✓	✓	✓						✓	✓	M	
Prawn Tempura Roll		✓	✓	✓							✓	✓	M	
Asparagus & Avocado Tempura Roll		✓		✓							✓	✓	M	

CHIRASHI & POKE BOWLS

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Mixed Chirashi Sushi			✓	✓	✓						✓	M		
Salmon Chirashi					✓						✓	M		
Tuna Chirashi					✓						✓	M		
Salmon & Tuna Chirashi					✓						✓	M		
Vegetable Poke Bowl (v)		✓									✓	✓	M	
Salmon Poke Bowl		✓			✓						✓	✓	M	
Tuna Poke Bowl		✓			✓						✓	✓	M	
Chicken Katsu Poke Bowl	✓	✓		✓					M		✓	✓	M	

SUSHI BOXES

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Mixed Sushi		✓	✓	✓	✓						✓	✓	M	
Salmon Sushi					✓						✓	M		
Tuna Sushi					✓						✓	M		
Salmon Lover					✓						✓	M		
Nigiri Set		✓	✓	✓	✓						✓	✓	M	
Sashimi Set			✓		✓						✓	M		

SUSHI & SASHIMI COMBINATION

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Sushi & Sashimi Combination		✓	✓	✓	✓						✓	✓	M	

MAKIVO PLATTER

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Family Platter		✓	✓	✓	✓						✓	✓	M	
Premium Platter		✓	✓	✓	✓		✓	✓			✓	✓	M	

KIDS MENU

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Sushi Roll Set					✓						✓	M		
Korokke Set		✓		✓			✓				✓	✓	M	
Ebi Fry Set		✓	✓	✓							✓	✓	M	
Tori Karaage Set		✓		✓							✓	✓	M	
Chicken Katsu Set	✓	✓		✓					M		✓	✓	M	

DESSERTS

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Mochi (Strawberry Cheesecake)		✓					✓			M		✓	M	M
Mochi (Mango Cheesecake)		✓					✓			M		✓	M	M
Mochi (Chocolate Ganache)		✓					✓			M		✓	M	M
Mochi (Coconut)		✓					✓			M		✓	M	M
Dorayaki (Chocolate)		✓		✓			✓			M		✓	M	✓
Dorayaki (Custard Cream)		✓		✓			✓			M		✓	M	✓

EXTRAS & SAUCES

Item	CEL	GLUT	CRU	EGG	FISH	LUP	MILK	MOL	MUST	PNUT	SES	SOYA	SUL	NUT
Ginger													M	
Wasabi									✓				M	
Curry Sauce	✓	✓							✓			✓	M	
Soy Sauce		✓										✓		
Sweet Chilli Sauce													M	
Teriyaki Sauce		✓									✓	✓	M	
Spicy Mayo				✓								✓		
Curry Mayo	✓	✓		✓					✓			✓	M	

DOCUMENT CONTROL

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