



MI·ZU

JAPANESE IZAKAYA

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## ALLERGEN GUIDE INTRODUCTION

Majority of the food at Mizu is made fresh by our kitchen staff, with the exception of some dishes, desserts and bottled sauces.

if you have any allergies, kindly inform our staff, even if the allergen isn't listed in your chosen meal. Please note that not all ingredients are listed on our menu. While we strive to accommodate dietary needs.

This allergen chart provides information on known allergens present in our meals, based on data received from our suppliers regarding ingredients and recipes. While we strive to eliminate allergens where possible, we cannot guarantee the absence of accidental cross-contamination beyond our control within the supply chain.

Our staff are all trained to deal with allergen requests but there is always the possibility of human error. Restaurants are also unable to stock EpiPens in our first aid boxes.

We therefore please ask that you use this guide with this in mind.

Many thanks for your understanding,

Mizu Team

The charts cover the 14 Allergens as legally required by EU Food legislation



CEREAL



MOLLUSCS



PEANUTS



FISH



MILK



SULPHUR DIOXIDE (SO<sub>2</sub>) / SULPHITES



SESAME SEEDS



NUTS



SHELLFISH



SOYABEAN



CELERY



EGG



LUPIN



MUSTARD



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### KOBACHI - COLD SMALL PLATES



DISHES	CEREAL GLUTEN	EGG	MILK	MUSTARD	CELERY	SESAME	CRUSTACENS	FISH	LUPIN	MOLLUSCS	PEANUTS	NUTS	SOYA	SULPHITES
EDAMAME													✓	
SAUTEED EDAMAME	✓												✓	
SEAWEED CRACKERS	MAY CONTAIN			✓	✓	MAY CONTAIN		MAY CONTAIN		✓				
TAKO WAKAME SALAD	✓			✓		✓	✓	✓		✓			✓	
SALMON TARTARE	✓	✓		✓		✓	✓	✓		✓		✓ ALMOND	✓	
SALMON & TUNA TACO	MAY CONTAIN	✓		✓	✓	✓	✓	✓		✓			✓	
TUNA TATKI	MAY CONTAIN			✓	✓	✓	✓	✓		✓			✓	
HAMACHI CEVICHE						✓	✓	✓		✓				
SACLOPS CARPACCIO	✓						✓	✓		✓			✓	
WAGYU TARTARE		✓		✓										



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### KOBACHI - HOT SMALL PLATES



DISHES	CEREAL GLUTEN	EGG	MILK	MUSTARD	CELERY	SESAME	CRUSTACENS	FISH	LUPIN	MOLLUSCS	PEANUTS	NUTS	SOYA	SULPHITES
IKA GESO	✓	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	✓	MAY CONTAIN	MAY CONTAIN		✓			MAY CONTAIN	MAY CONTAIN
EBI TEMPURA	✓	✓	✓	✓		✓	✓	✓		MAY CONTAIN			✓	
YASAI TEMPURA	✓	✓	✓	✓		✓	MAY CONTAIN	✓		MAY CONTAIN			✓	
YASAI GYOZA	✓	MAY CONTAIN				✓	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
TORI GYOZA	✓	MAY CONTAIN				✓	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
SEARED SCALLOPS	✓	✓	✓	✓		MAY CONTAIN	✓	✓		✓			✓	
TORI KARAAGE	✓	✓	✓	✓		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
NANAMI SOFT SHELL CRAB	✓		✓			✓	✓	✓		✓			✓	
GOCHUJANG CHICKEN	✓	✓				✓	MAY CONTAIN	✓		MAY CONTAIN			✓	
AGEDASHI TOFU	✓		✓			MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN			✓	

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## NIGIRI



DISHES	CEREAL GLUTEN	EGG	MILK	MUSTARD	CELERY	SESAME	CRUSTACENS	FISH	LUPIN	MOLLUSCS	PEANUTS	NUTS	SOYA	SULPHITES
SAKE (SALMON)				✓	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN				
MAGURO (YELLOW-FIN TUNA)				✓	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN				
HAMACHI (YELLOW-TAIL)				✓	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN				
HOTATE (SCALLOP)				✓	MAY CONTAIN	MAY CONTAIN	✓	MAY CONTAIN		MAY CONTAIN				
SUZUKI (SEA-BASS)				✓	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN				
WAGYU (WAGYU BEEF)	✓	✓		✓	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
TAKO (OCTOPUS)	✓			✓	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		✓			✓	
IKA (SQUID)				✓	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		✓				
OTORO (FATTY TUNA)				✓	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN				
AKA EBI (ARGENTINIAN RED PRAWN)				✓	MAY CONTAIN	MAY CONTAIN	✓	MAY CONTAIN		MAY CONTAIN				✓
FOIE GRAS	✓			✓	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN				
SUSHI EBI (COOKED PRAWN)				✓	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN				



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DISHES	CEREAL GLUTEN	EGG	MILK	MUSTARD	CELERY	SESAME	CRUSTACENS	FISH	LUPIN	MOLLUSCS	PEANUTS	NUTS	SOYA	SULPHITES
TAMAGO (EGG OMELETTE)		✓		✓	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN				
INARI (SWEET BEAN CURD)	✓			✓	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	



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## SASHIMI



DISHES	CEREAL GLUTEN	EGG	MILK	MUSTARD	CELERY	SESAME	CRUSTACENS	FISH	LUPIN	MOLLUSCS	PEANUTS	NUTS	SOYA	SULPHITES
SAKE (SALMON)				✓	✓	MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN				
MAGURO (YELLOW-FIN TUNA)				✓	✓	MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN				
HAMACHI (YELLOW-TAIL)				✓	✓	MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN				
HOTATE (SCALLOP)				✓	✓	MAY CONTAIN	✓	MAY CONTAIN		MAY CONTAIN				
SUZUKI (SEA-BASS)				✓	✓	MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN				
OTORO (FATTY TUNA)				✓	✓	MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN				
AKA EBI (RED PRAWN)				✓	✓	MAY CONTAIN	✓	MAY CONTAIN		MAY CONTAIN				
TAKO (OCTOPUS)				✓	✓	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		✓				



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## HASOMAKI & OMASAKE



DISHES	CEREAL GLUTEN	EGG	MILK	MUSTARD	CELERY	SESAME	CRUSTACENS	FISH	LUPIN	MOLLUSCS	PEANUTS	NUTS	SOYA	SULPHITES
SAKE (SALMON)				✓		MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN				
MAGURO (YELLOW-FIN TUNA)				✓		MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN				
HAMACHI (YELLOW-TAIL)				✓		MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN				
SPICY SALMON				✓		MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN			MAY CONTAIN	
SPICY TUNA				✓		MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN			MAY CONTAIN	
TAMAGO (EGG OMELETTE)		✓		✓		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN				
AVOCADO				✓		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN				
CUCUMBER				✓		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN				
OMSAKE NIGIRI (ABURI)	✓	✓	✓	✓	✓	✓	✓	✓		✓			✓	
OMSAKE NIGRI	✓	✓	✓	✓	✓	✓	✓	✓		✓			✓	
OMSAKE SASHIMI				✓	✓	MAY CONTAIN	✓	✓		✓				

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## MAKI ROLLS



DISHES	CEREAL GLUTEN	EGG	MILK	MUSTARD	CELERY	SESAME	CRUSTACENS	FISH	LUPIN	MOLLUSCS	PEANUTS	NUTS	SOYA	SULPHITES
GREEN DRAGON	✓			✓		✓	✓	MAY CONTAIN		MAY CONTAIN			✓	
CALIFORNIA		✓		✓		✓	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN				
SALMON CALIFORNIA		✓		✓		✓	MAY CONTAIN	✓		MAY CONTAIN				
SALMON ABURI	✓	✓		✓		✓	MAY CONTAIN	✓		MAY CONTAIN			✓	
DARK DRAGON	✓	✓		✓		✓	MAY CONTAIN	✓		MAY CONTAIN			✓	
SPICY SOFT SHELL CRAB	✓	✓		✓		✓	✓	MAY CONTAIN		MAY CONTAIN				
TUFFLE SCALLOP		✓		✓		✓	✓	MAY CONTAIN		MAY CONTAIN				
SPICY TUNA		✓		✓		✓	MAY CONTAIN	✓		MAY CONTAIN				
KOYADOFU				✓		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN				



















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## CURRIES & DONBURI RICE DISHES

														
DISHES	CEREAL GLUTEN	EGG	MILK	MUSTARD	CELERY	SESAME	CRUSTACENS	FISH	LUPIN	MOLLUSCS	PEANUTS	NUTS	SOYA	SULPHITES
CHICKEN KATSU CURRY	✓			✓		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
SWEET POTATO KATSU CURRY	✓			✓		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
EBI KATSU CURRY	✓			✓		MAY CONTAIN	✓	MAY CONTAIN		MAY CONTAIN			✓	
FOIE GRAS UNAGI DON	✓	✓				✓	MAY CONTAIN	MAY CONTAIN					✓	
BEEF GYUDON	✓	✓				✓		✓					✓	
TOFU YAKINIKU DON	✓					✓	MAY CONTAIN	✓		MAY CONTAIN			✓	



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### YAKI NOODLE | SIGNATURE DISHES | SIDES



DISHES	CEREAL GLUTEN	EGG	MILK	MUSTARD	CELERY	SESAME	CRUSTACENS	FISH	LUPIN	MOLLUSCS	PEANUTS	NUTS	SOYA	SULPHITES
YAKI SOBA CHICKEN	✓					✓							✓	
YAKI SOBA TOFU	✓					✓	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
YAKI UDON CHICKEN	✓					✓							✓	
YAKI UDON TOFU	✓					✓	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
SAIKOMISO BLACK COD	✓					✓		✓					✓	
JAPANESE WAGYU	✓			✓		✓	MAY CONTAIN	MAY CONTAIN					✓	
IBERICO PORK KATSU	✓	✓	✓	✓			MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
TERIYAKI SALMON	✓					✓	MAY CONTAIN	✓		MAY CONTAIN			✓	
JAPANESE STEAMED RICE														
SUSHI RICE						✓								
MISO SOUP													✓	








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## BENTO BOXES & SOUP NOODLES

														
DISHES	CEREAL GLUTEN	EGG	MILK	MUSTARD	CELERY	SESAME	CRUSTACENS	FISH	LUPIN	MOLLUSCS	PEANUTS	NUTS	SOYA	SULPHITES
MIZU BENTO	✓	✓	✓	✓		✓	✓	✓		✓			✓	
TAKE BENTO	✓	✓	✓	✓		✓	MAY CONTAIN	✓		MAY CONTAIN			✓	
MATSU BENTO	✓	✓	✓	✓		✓	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
UME BENTO	✓	✓	✓	✓		✓	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
TONKOTSU RAMEN	✓	✓	✓			✓		✓					✓	
SPICY BEEF TANTAN RAMEN	✓	✓	✓	✓	✓	✓					✓		✓	
TOFU MISO UDON	✓												✓	
ATKA MACKEREL	✓	✓	✓	✓		✓		✓					✓	

















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## DESSERTS

														
DISHES	CEREAL GLUTEN	EGG	MILK	MUSTARD	CELERY	SESAME	CRUSTACENS	FISH	LUPIN	MOLLUSCS	PEANUTS	NUTS	SOYA	SULPHITES
MATCHA YUZU CAKE	✓	✓	✓					✓			✓	PISTACHIO ALMONDS WALNUTS *	✓	
WHITE CHOCOLATE & RASBERRY CAKE	✓		✓								✓	ALMONDS WALNUTS *	✓	
CHOCOLATE LAVA CAKE	✓	✓	✓								✓	ALMONDS WALNUTS *	✓	
ASSORTED MOCHI	MAY CONTAIN		✓			MAY CONTAIN					MAY CONTAIN	MAY CONTAIN	✓	