



MI·ZU

JAPANESE IZAKAYA

www.mizuizakaya.co.uk

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
(SO₂) / 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	✓			MAY CONTAIN		✓							✓	
SEAWEED CRACKERS						✓								
SALMON & TUNA TACO		✓		✓		✓	MAY CONTAIN	✓		MAY CONTAIN			✓	
TAKO WAKAME SALAD	✓					✓	MAY CONTAIN	MAY CONTAIN		✓			✓	
SALMON TARTARE	✓	✓		✓		✓	MAY CONTAIN	✓		MAY CONTAIN			✓	
TUNA TATKI	✓			✓		✓	MAY CONTAIN	✓		MAY CONTAIN			✓	
HAMACHI CEVICHE	✓					✓	MAY CONTAIN	✓		MAY CONTAIN			✓	
SACLOPS CARPACCIO							MAY CONTAIN	MAY CONTAIN		✓				
WAGYU TARTARE	✓	✓		✓									✓	✓

✓ Ingredient can be removed on request

✓ Black Tick – Ingredient is included

May Contain – Ingredient may be present due to sauces or cross-contact

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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	✓	MAY CONTAIN		MAY CONTAIN				
YASAI TEMPURA	✓	✓	✓	✓		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN				
YASAI GYOZA	✓	MAY CONTAIN			MAY CONTAIN	✓	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
TORI GYOZA	✓	MAY CONTAIN				✓	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
SEARED SCALLOPS	✓	✓	✓	✓						✓			✓	
TORI KARAAGE	✓	✓		✓		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
NANAMI SOFT SHELL CRAB	✓					✓	✓	MAY CONTAIN		MAY CONTAIN				
GOCHUJANG CHICKEN	✓					✓ MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN				
AGEDASHI TOFU	✓					MAY CONTAIN	MAY CONTAIN	✓ MAY CONTAIN		MAY CONTAIN			✓	

✓ Ingredient can be removed on request

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NIGIRI

														
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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			✓	
WAGYU (WAGYU BEEF)	✓	✓		✓		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
TAKO (OCTOPUS)				✓		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		✓			✓	
IKA (SQUID)				✓		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		✓			✓	
OTORO (FATTY TUNA)				✓		MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN			✓	
AKA EBI (ARGENTINIAN RED PRAWN)				✓		MAY CONTAIN	✓	MAY CONTAIN		MAY CONTAIN			✓	✓
FOIE GRAS	✓			✓		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
UNAGI (GRILLED EEL)	✓			✓		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
SUSHI EBI (COOKED PRAWN)				✓		MAY CONTAIN	✓	MAY CONTAIN		MAY CONTAIN			✓	
TAMAGO (EGG OMELETTE)		✓		✓		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
INARI (SWEET BEAN CURD)	✓			✓		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
IKURA (CURED SALMON ROE)				✓		MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN			✓	

✓ Ingredient can be removed on request

✓ Black Tick – Ingredient is included

May Contain – Ingredient may be present due to sauces or cross-contact



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SASHIMI

														
DISHES	CEREAL GLUTEN	EGG	MILK	MUSTARD	CELERY	SESAME	CRUSTACEANS	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			✓	
SPICY TUNA		✓		✓		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			✓	
OMASAKE NIGIRI (ABURI)	✓	✓	✓	✓	✓	✓ MAY CONTAIN	✓ MAY CONTAIN	✓		✓ MAY CONTAIN			✓	
OMASAKE NIGRI	✓	✓	✓	✓	✓	✓ MAY CONTAIN	✓	✓		✓			✓	
OMASAKE SASHIMI				✓	✓	MAY CONTAIN	✓	✓		✓			✓	

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MAKI ROLLS

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

✓ Ingredient can be removed on request

✓ Black Tick – Ingredient is included

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CURRIES & DONBURI RICE DISHES

														
DISHES	CEREAL GLUTEN	EGG	MILK	MUSTARD	CELERY	SESAME	CRUSTACEANS	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			✓	
EBI KATSU CURRY	✓					✓ MAY CONTAIN	✓	MAY CONTAIN		MAY CONTAIN			✓	
FOIE GRAS UNAGI DON	✓	✓				✓		✓					✓	
BEEF GYUDON	✓	✓				✓		✓					✓	
TOFU YAKINIKU DON	✓						MAY CONTAIN	✓		MAY CONTAIN			✓	

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YAKI NOODLE

														
DISHES	CEREAL GLUTEN	EGG	MILK	MUSTARD	CELERY	SESAME	CRUSTACENS	FISH	LUPIN	MOLLUSCS	PEANUTS	NUTS	SOYA	SULPHITES
YAKI SOBA BEEF	✓				✓	✓							✓	
YAKI SOBA CHICKEN	✓		✓			✓							✓	
YAKI SOBA TOFU	✓					✓	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
YAKI UDON BEEF	✓				✓	✓							✓	
YAKI UDON CHICKEN	✓		✓			✓							✓	
YAKI UDON TOFU	✓					✓	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	



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SIGNATURE DISHES & SIDES

														
DISHES	CEREAL GLUTEN	EGG	MILK	MUSTARD	CELERY	SESAME	CRUSTACENS	FISH	LUPIN	MOLLUSCS	PEANUTS	NUTS	SOYA	SULPHITES
SAIKOMISO BLACK COD	✓					✓ MAY CONTAIN		✓					✓	
JAPANESE WAGYU	✓			✓		✓ MAY CONTAIN							✓	
IBERICO PORK KATSU	✓	✓	✓	✓	✓	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
TERIYAKI SALMON	✓ MAY CONTAIN					✓ MAY CONTAIN	MAY CONTAIN	✓		MAY CONTAIN			✓	
JAPANESE STEAMED RICE														
SUSHI RICE						✓ MAY CONTAIN								
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		MAY CONTAIN			✓	
MATSU BENTO	✓	✓		✓	✓	✓	MAY CONTAIN	✓		MAY CONTAIN			✓	
UME BENTO	✓	✓		✓	✓	✓	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			✓	
TONKOTSU RAMEN	✓	✓	✓			✓		✓					✓	
SPICY BEEF TANTAN RAMEN	✓	✓	✓	✓	✓	✓					✓		✓	
TOFU MISO UDON	✓												✓	
ATKA MACKEREL	✓	✓	✓	✓		✓		✓					✓	

✓ Ingredient can be removed on request

✓ Black Tick – Ingredient is included

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DESSERTS

														
DISHES	CEREAL GLUTEN	EGG	MILK	MUSTARD	CELERY	SESAME	CRUSTACENS	FISH	LUPIN	MOLLUSCS	PEANUTS	NUTS	SOYA	SULPHITES
MATCHA YUZU CAKE	✓	✓	✓					✓ FISH GELATINE			MAY CONTAIN	PISTACHIO* CASHEWS* MAY CONTAIN*	✓	
WHITE CHOCOLATE & RASBERRY CAKE	✓	MAY CONTAIN	✓								MAY CONTAIN	PISTACHIO* CASHEWS* MAY CONTAIN*	✓	
CHOCOLATE LAVA CAKE	✓	✓	✓								MAY CONTAIN	PISTACHIO* CASHEWS* MAY CONTAIN*	MAY CONTAIN	
TIRAMISU TORTE	✓	✓	✓								MAY CONTAIN	PISTACHIO* CASHEWS* MAY CONTAIN*	MAY CONTAIN	
AVOCADO & LIME CHEESECAKE (VE)	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN								MAY CONTAIN	PISTACHIO* MAY CONTAIN	✓	
MATCHA MOCHI	MAY CONTAIN	MAY CONTAIN	✓			MAY CONTAIN					MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	
FRUIT MOCHI	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN			MAY CONTAIN					MAY CONTAIN	MAY CONTAIN	✓	
CHOCOLATE & NUTS MOCHI	MAY CONTAIN	MAY CONTAIN	✓			MAY CONTAIN					MAY CONTAIN	HAZLENUT* MAY CONTAIN	✓	

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WINTER SEASONAL

														
DISHES	CEREAL GLUTEN	EGG	MILK	MUSTARD	CELERY	SESAME	CRUSTACENS	FISH	LUPIN	MOLLUSCS	PEANUTS	NUTS	SOYA	SULPHITES
SHISHO HOTATE NIGIRI	✓	✓	✓	✓						✓			✓	
CRISPY KAKI	✓					MAY CONTAIN	MAY CONTAIN	✓ MAY CONTAIN		✓				
AJI FRY	✓					MAY CONTAIN		✓			MAY CONTAIN	MAY CONTAIN	✓	
SNOW CRAB WAKAME SALAD	✓					✓	✓	MAY CONTAIN		MAY CONTAIN			✓	
BONTEN-EBI	✓			✓	✓	MAY CONTAIN	✓	MAY CONTAIN		MAY CONTAIN			✓	
SNOW CRAB SASHIMI					✓	MAY CONTAIN	✓	MAY CONTAIN		MAY CONTAIN			✓	
SNOW CRAB NIGRI	✓			✓		MAY CONTAIN	✓	MAY CONTAIN		MAY CONTAIN			✓	
CRISPY WAGYU BITES	✓					MAY CONTAIN	MAY CONTAIN	✓ MAY CONTAIN		MAY CONTAIN			✓	

✓ Ingredient can be removed on request

✓ Black Tick – Ingredient is included

May Contain – Ingredient may be present due to sauces or cross-contact