STICKS N SUSHI

Allergen Matrix – 14 allergens + garlic & onion

October 2026 menu | Version V.2 | Created 02/11/26

Germany

Allergene

Bei Sticks'n'Sushi werden alle Speisen frisch in unseren offenen Küchen zubereitet. Unser Küchenteam arbeitet den ganzen Tag mit verschiedenen Allergenen. Obwohl wir alles dafür tun, Kreuzkontaminationen so weit wie möglich zu vermeiden, können wir nicht garantieren, dass ein Gericht vollständig frei von Allergenen oder für Menschen mit einer Allergie geeignet ist.

Bitte wähle Gerichte, die für deine Ernährung geeignet sind, und beachte, dass in unseren Speisenbeschreibungen nicht alle Zutaten oder Allergene aufgeführt sind.

Unser Allergenleitfaden hilft dir dabei, dich zu orientieren. Darin findest du die allergenen Zutaten der einzelnen Gerichte, darunter die 14 kennzeichnungspflichtigen Allergene sowie Knoblauch und Zwiebeln. Wenn du etwas nicht findest oder dir bei etwas unsicher bist, sprich gerne unser Team an. Wir helfen dir jederzeit gerne weiter.

Rezepte und Zutaten können sich von Zeit zu Zeit ändern. Daher empfehlen wir dir, bei jedem Besuch die aktuellen Allergeninformationen zu prüfen, damit du immer über die neuesten Angaben verfügst.

✓ = Allergene enthalten

M = Kann Allergene enthalten. Nicht absichtlich zugesetzt, aber Herstellung, Handhabung, Lagerung, Frittieröl oder der Robata-Grill bergen ein Risiko der Kreuzkontamination, das nicht ausgeschlossen werden kann.

At Sticks'n'Sushi, we prepare all our food from scratch in our open kitchens. Our chefs handle various allergens throughout the day, and although we do our utmost to minimize the risk of cross-contamination, we cannot guarantee that a dish is completely free from allergens or suitable for individuals with allergies. Please choose dishes that suit your needs and be aware that our menu descriptions do not list every ingredient or allergen.

Recipes and ingredients are subject to change. We therefore recommend checking the allergen information during every visit to ensure you have the most up-to-date details.

✓ = Contains allergen

M = May Contain Allergen. Not intentionally added, but manufacturing, handling, storage, fryer oil, or robata grill create a cross contamination risk that can't be removed.

Dish	Celery	Cereals containing gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame	Soya	Sulphites	Garlic	Onion
CONDIMENTS																
Wasabi									✓			M	M			
Gari Pickled Ginger												M	M			
Table Soy		✓										M	✓			
Tamari Soy												M	✓			
Soy Fish		✓										M	✓			
BITES																
Edamame Sea Salt												M	✓			
Grilled Edamame												✓	✓		✓	
Spicy Edamame												✓	✓		✓	
Tuna Tartare Bites / Tuna Tatar Hapser		✓			✓				✓			✓	✓			✓
Shake Tataki					✓							✓	✓		✓	
Spicy Tori Bites		✓	M	✓	✓		M		✓			✓	✓	✓	✓	✓
Kani Korokke		✓	✓	✓	✓		✓		✓			M	✓		✓	✓
Hiramasa Kataifi		✓			✓							M	✓			✓
Broccoli									✓			✓	✓		✓	
Wagyu Caviar Bites		✓	M	✓	✓		✓		✓			✓	✓		✓	M
Cauliflower / Blomkål									✓			✓	✓			
Ebi Sando		✓	✓	✓	M		✓		✓			M	✓		✓	✓
Gyoza	✓	✓		✓	✓				✓	M	M	✓	✓		✓	✓
Shake Ceviche				M	✓		M		✓		M	✓	✓		✓	✓
Maguro Carpaccio		✓		✓	✓		✓		✓			M	✓		✓	
Seaweed Salad / Tangsala									✓			✓	✓			
Miso Soup												M	✓			✓
Ebi Bites / Ebi Hapser		✓	✓	✓	M		M		✓			M	✓		✓	✓
Beef Tataki				✓	✓				✓			✓	✓		✓	✓
Wasabi Caesar Salad		✓		✓	✓		✓		✓			✓	✓		✓	✓
SASHIMI																
Shake Sashimi					✓				✓			M	✓		✓	
Hiramasa Sashimi					✓				✓			M	✓		✓	
Maguro Sashimi					✓				✓			M	✓		✓	
Caviar					✓							M	M			
Sashimi Deluxe		✓	✓	✓	✓		M		✓		M	✓	✓		✓	✓
NIGIRI																
Shake Yaki					✓				✓			M	✓	✓		
Hiramasa					✓				✓			M	M			
Aka Piman									✓			M	✓	✓	✓	
Hiramasa Yaki					✓				✓			M	✓	✓		
Shake NY					✓				✓			M	M		✓	
Inari		✓										✓	✓			

Dish	Celery	Cereals containing gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame	Soya	Sulphites	Garlic	Onion
Inari Ikura		✓			✓							✓	✓			
Tamago				✓								M	M			
Ebi			✓						✓			M	M			
Abokado									✓			✓	✓			
Maguro					✓				✓			M	M			
Shake					✓				✓			M	M			
Aburi Setto		✓		✓	✓		✓		✓			✓	✓	✓	✓	
Caviar Abokado Aburi					✓				✓			M	M			
Hiramasa Aburi					✓		✓		✓			M	✓	✓		
Maguro Aburi					✓		✓		✓			M	✓	✓	✓	
Shake Aburi				✓	✓				✓			✓	✓		✓	
Wagyu Aburi		✓		✓					✓			M	✓	✓	✓	
TEMAKI																
Temaki Wagyu & Lobster		✓	✓	✓	✓				✓			✓	✓		✓	✓
Temaki Shake & Maguro		✓		✓	✓				✓			✓	✓		✓	✓
MAKI																
Black Cod Maki					✓							✓	✓	✓		✓
Aka Ebi Maki			✓	✓	✓				✓			✓	✓		✓	
Soft Shell Maki		M	✓	✓	✓		M		✓			✓	✓	✓	✓	✓
Spicy Beef Maki				✓					✓			✓	✓		✓	✓
Wagyu Maki		✓										M	✓	✓		✓
Lobster Abokado Maki			✓	✓					✓			✓	✓		✓	✓
NY Subway		✓	✓	✓	✓		M		✓			✓	✓		✓	✓
Ebi Panko Roll		✓	✓	✓	M		M		✓			✓	✓	✓	✓	✓
Shake Aioli Roll				✓	✓				✓			✓	✓	✓	✓	✓
Hell's Kitchen		✓	✓	✓	✓		M		✓			✓	✓		✓	✓
Ceviche Roll				M	✓		M		✓		M	✓	✓		✓	✓
Red'N'Green Roll									✓			✓	✓	✓	✓	✓
Nanban Roll		✓	M	M	✓		M		✓			✓	✓	✓	✓	M
Crispy Ebi		✓	✓	✓	M		M		✓			✓	✓	✓	✓	✓
California			✓	✓	✓				✓			✓	✓		✓	
Pink Alaska					✓		✓					✓	M			
Mamma Mia Roll												✓	✓			✓
Spicy Tuna Roll		✓		✓	✓				✓			✓	✓		✓	✓
Chirashi Maki				✓	✓				✓			✓	✓	✓	✓	✓
Kappa Hosomaki												M	M			
Shake Hosomaki					✓							M	M			
Abokado Hosomaki												M	M			
STICKS																
Hiramasa Kama					✓							✓	✓			✓
Chiizu Maki							✓					M	M			
Iberico Secreto												M	✓			
Yagi Yaki							✓					M	M			
Imo Yaki												✓	✓			
Eringi Yaki												✓	✓		✓	
Gyu Habu												M	✓		✓	
Gyu Katzu	✓	✓	M	✓	M		M		✓	M	M	M	✓		✓	✓
Wagyu Yaki												M	M			
Shake Teriyaki					✓							M	✓			✓
Gindara No Miso					✓							M	✓			
Aka Ebi Yaki			✓				✓					✓	✓	✓	✓	✓
Shoyu Tebasaki												✓	✓		✓	
Momo Karaage		✓	M	✓	✓		✓		✓			M	✓		✓	✓
Tsukune				✓								✓	✓			✓
Tsukune Chilli				✓					✓			✓	✓		✓	✓
Gohan Rice												M	M			
Gohan Rice with Teriyaki												M	✓			
Gohan Rice with Crunchy Chilli												✓	✓		✓	✓
Gohan Rice with Chilli Dip									✓			✓	M		✓	
SET MENUS																
Beautiful Mess / Kaos & Kærlighed					✓				✓			✓	✓	✓	✓	✓
Wakaba Menu		✓	✓	✓	✓		M		✓			✓	✓	✓	✓	✓
Perfect Day		✓	✓	✓	✓		✓		✓			✓	✓	✓	✓	✓
Perfect Day Takeaway UK / DE (Ebi Bites)		✓	✓	✓	✓		✓		✓			✓	✓	✓	✓	✓
Set For Success	✓	✓	✓	✓	✓		✓		✓	M	M	✓	✓	✓	✓	✓
As Good As It Gets		✓	✓	✓	✓		✓		✓		M	✓	✓	✓	✓	✓
Shake Overdrive		✓	✓	✓	✓		✓		✓		M	✓	✓	✓	✓	✓
Green Keeper		✓							✓			✓	✓	✓	✓	✓
Robust	✓	✓	M	✓	✓		M		✓	M	M	✓	✓	✓	✓	✓

Dish	Celery	Cereals containing gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame	Soya	Sulphites	Garlic	Onion
Stick Setto			✓		✓		✓					✓	✓	✓	✓	✓
Come for a Swim		✓	✓	✓	✓		✓		✓			✓	✓		✓	✓
Full House		✓	✓	✓	✓		M		✓			✓	✓	✓	✓	✓
Four Meal Drive		✓	✓	✓	✓		✓		✓			✓	✓	✓	✓	✓
Mixed Emotions / Blandede Føleser		✓	✓	✓	✓		✓		✓			✓	✓	✓	✓	✓
Maki Maki		✓	✓	✓	✓		M		✓		M	✓	✓	✓	✓	✓
Mini Maki Maki		✓	✓	✓	✓		M		✓		M	✓	✓	✓	✓	✓
Seven Heaven DK & DE		✓	✓	✓	✓		✓		✓			✓	✓	✓	✓	✓
DESSERTS																
Matcha Dessert		✓		✓			✓					M	M			
Goma Dessert		✓		✓			✓					✓	M			
Sakura Dessert		✓		✓			✓					M	✓			
Mango Dessert												M	M			
Mango Dessert Group Menu												M	M			
Goma Dessert Group Menu		✓		✓			✓					✓	M			
Mango Dessert Takeaway												M	M			
Matcha Takeaway		✓		✓			✓					M	M			
Kids Dessert & Bday		✓		✓			✓					M	✓			
Adult Dessert Bday		✓		✓			✓					M	✓			
Chocolate Fish							✓					M	✓			
SPECIALS																
Soy Cured Salmon				✓	✓				✓			M	✓		✓	✓
Aigamo Bacon Truffle				✓			✓					M	✓			✓
Soft Shell Crab Karaage		M	✓	✓	✓		✓		✓			M	M		✓	✓
Festlig Christmas Menu		✓	✓	✓	✓		✓		✓		M	✓	✓	✓	✓	✓
Bimi Tempura		✓							✓			✓	✓		✓	
Kinoko Korokke		✓		✓			✓		✓			M	✓		✓	
KIDS																
Ebi Kids			✓									M	M			
Shake Kids					✓							M	M			
Abokado Kids									✓			✓	✓			
Cucumber & Miso Dip												✓	✓		✓	
Crispy Tori		✓	M	✓	✓		M		✓			M	✓		✓	
Edamame Sea Salt												M	✓			
Shake Teriyaki					✓							M	✓			✓
Tsukune				✓								✓	✓			✓
Gohan Rice												M	M			
Wakaba Menu		✓	✓	✓	✓		M		✓			✓	✓	✓	✓	✓
Kappa Hosomaki												M	M			
Shake Hosomaki					✓							M	M			
Abokado Hosomaki												M	M			
Kids Dessert & Bday		✓		✓			✓					M	✓			
Chocolate Fish							✓					M	✓			
ZU TISCH																
Hayai		✓		✓	✓		✓		✓			✓	✓		✓	✓
Raito									✓			✓	✓	✓	✓	✓
Ranchi		✓	✓	✓	✓		✓		✓			✓	✓	✓	✓	✓
Jungle Fish UK		✓	✓		✓		✓		✓			✓	✓			
Jungle Fish DK / DE		✓	✓	✓	✓		✓		✓			✓	✓		✓	
CHRISTMAS																
Soy Cured Salmon				✓	✓				✓			M	✓		✓	✓
Aigamo Bacon Truffle				✓			✓					M	✓			✓
Soft Shell Crab Karaage		M	✓	✓	✓		✓		✓			M	M		✓	✓
Festlig Christmas Menu		✓	✓	✓	✓		✓		✓		M	✓	✓	✓	✓	✓