STICKS'N'SUSHI

Allergen Matrix – 14 allergens + garlic & onion

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

England

At Sticks'N'Sushi, all our food is made fresh in our open kitchens. Our chefs work with several different allergens throughout the day and, while we do everything we can to minimise cross-contamination, we cannot guarantee that any dish is completely allergen-free or suitable for someone with an allergy. For this reason, we are unable to modify dishes due to the risk of allergen cross-contamination. Please choose dishes that are suitable for your diet and remember that our menu descriptions don't list every ingredient or allergen.

Soy and Sesame

Because soy and sesame are used so extensively across our kitchen, we're unable to guarantee a safe environment for guests with a soy or sesame allergy, and regretfully cannot serve guests with these allergies.

Our allergen guide is here to help, listing the allergenic ingredients in each dish, including the 14 mandatory allergens, as well as garlic and onion. If you can't find what you need, or you're unsure about anything, please talk to one of our team, we'll always be happy to help. Recipes and ingredients can change from time to time, so it's worth checking the allergen information each time you visit, to make sure you have the most up-to-date information.

✓ = Contain 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		✓										✓	✓			
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	✓	✓		

Dish	Celery	Cereals containing gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame	Soya	Sulphites	Garlic	Onion
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					✓				✓			✓	✓	✓	✓	✓
Feel Good Menu			✓	✓	✓				✓			✓	✓	✓	✓	✓
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	✓	✓	✓	✓	✓
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	✓	✓	✓	✓	✓
DESSERTS																

Dish	Celery	Cereals containing gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame	Soya	Sulphites	Garlic	Onion
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			
Mango Dessert Brunch												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	✓			
MADE WITHOUT GLUTEN MENU																
Edamame Sea Salt												M	✓			
Grilled Edamame												✓	✓		✓	
Spicy Edamame												✓	✓		✓	
Shake Tataki					✓							✓	✓		✓	
Broccoli									✓			✓	✓		✓	
Cauliflower / Blomkål									✓			✓	✓			
Shake Ceviche				M	✓		M		✓		M	✓	✓		✓	✓
Seaweed Salad / Tangsala									✓			✓	✓			
Miso Soup												M	✓			✓
Beef Tataki				✓	✓				✓			✓	✓		✓	✓
Shake Sashimi					✓				✓			M	✓		✓	
Hiramasa Sashimi					✓				✓			M	✓		✓	
Maguro Sashimi					✓				✓			M	✓		✓	
Caviar					✓							M	M			
Shake Yaki					✓				✓			M	✓	✓		
Hiramasa					✓				✓			M	M			
Aka Piman									✓			M	✓	✓	✓	
Hiramasa Yaki					✓				✓			M	✓	✓		
Shake NY					✓				✓			M	M		✓	
Tamago				✓								M	M			
Ebi			✓						✓			M	M			
Abokado									✓			✓	✓			
Maguro					✓				✓			M	M			
Shake					✓				✓			M	M			
Caviar Abokado Aburi					✓				✓			M	M			
Hiramasa Aburi					✓		✓		✓			M	✓	✓		
Maguro Aburi					✓		✓		✓			M	✓	✓	✓	
Shake Aburi				✓	✓				✓			✓	✓		✓	
Black Cod Maki					✓							✓	✓	✓		✓
Aka Ebi Maki			✓	✓	✓				✓			✓	✓		✓	
Spicy Beef Maki				✓					✓			✓	✓		✓	✓
Lobster Abokado Maki			✓	✓					✓			✓	✓		✓	✓
Shake Aioli Roll				✓	✓				✓			✓	✓	✓	✓	✓

Dish	Celery	Cereals containing gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame	Soya	Sulphites	Garlic	Onion
Ceviche Roll				M	✓		M		✓		M	✓	✓		✓	✓
Red'N'Green Roll									✓			✓	✓	✓	✓	✓
California			✓	✓	✓				✓			✓	✓		✓	
Pink Alaska					✓		✓					✓	M			
Mamma Mia Roll												✓	✓			✓
Chirashi Maki				✓	✓				✓			✓	✓	✓	✓	✓
Hiramasa Kama					✓							✓	✓			✓
Chiizu Maki							✓					M	M			
Iberico Secreto												M	✓			
Yagi Yaki							✓					M	M			
Imo Yaki												✓	✓			
Eringi Yaki												✓	✓		✓	
Gyu Habu												M	✓		✓	
Wagyu Yaki												M	M			
Shake Teriyaki					✓							M	✓			✓
Gindara No Miso					✓							M	✓			
Aka Ebi Yaki			✓				✓					✓	✓	✓	✓	✓
Shoyu Tebasaki												✓	✓		✓	
Tsukune				✓								✓	✓			✓
Tsukune Chilli				✓					✓			✓	✓		✓	✓
Gohan Rice												M	M			
Gohan Rice with Teriyaki												M	✓			
Gohan Rice with Crunchy Chilli												✓	✓		✓	✓
Gohan Rice with Chilli Dip									✓			✓	M		✓	
Feel Good Menu			✓	✓	✓				✓			✓	✓	✓	✓	✓
Kappa Hosomaki												M	M			
Shake Hosomaki					✓							M	M			
Abokado Hosomaki												M	M			
Mango Dessert												M	M			
BRUNCH ENG/SCT																
Edamame Sea Salt												M	✓			
Spicy Edamame												✓	✓		✓	
Broccoli									✓			✓	✓		✓	
Cauliflower / Blomkål									✓			✓	✓			
Seaweed Salad / Tangsala									✓			✓	✓			
Spicy Tori Bites		✓	M	✓	✓		M		✓			✓	✓	✓	✓	✓
Kani Korokke		✓	✓	✓	✓		✓		✓			M	✓		✓	✓
Beef Tataki				✓	✓				✓			✓	✓		✓	✓
Caviar					✓							M	M			
Sashimi Mix					✓				✓			M	✓		✓	
Pink Alaska					✓		✓					✓	M			
Crispy Ebi		✓	✓	✓	M		M		✓			✓	✓	✓	✓	✓
Spicy Tuna Roll		✓		✓	✓				✓			✓	✓		✓	✓
Nanban Roll		✓	M	M	✓		M		✓			✓	✓	✓	✓	M
Red'N'Green Roll									✓			✓	✓	✓	✓	✓
Mamma Mia Roll												✓	✓			✓
Garden Roll												✓	✓	✓		✓
Kappa Hosomaki												M	M			
Maguro					✓				✓			M	M			
Shake					✓				✓			M	M			
Abokado									✓			✓	✓			
Aka Piman									✓			M	✓	✓	✓	
Inari		✓										✓	✓			
Shake Teriyaki					✓							M	✓			✓
Tsukune				✓								✓	✓			✓
Aka Ebi Yaki			✓				✓					✓	✓	✓	✓	✓
Momo Karaage		✓	M	✓	✓		✓		✓			M	✓		✓	✓
Wagyu Yaki												M	M			
Imo Yaki												✓	✓			
Eringi Yaki												✓	✓		✓	
Gindara No Miso					✓							M	✓			
Mango Dessert Brunch												M	M			
SHOREDITCH LOBBY BAR																
Yuzu Olives												M	M			
Spicy Tori Bites		✓	M	✓	✓		M		✓			✓	✓	✓	✓	✓
Ebi Bites / Ebi Hapser		✓	✓	✓	M		M		✓			M	✓		✓	✓
Tuna Tartare Bites / Tuna Tatar Hapser		✓			✓				✓			✓	✓			✓
Gyoza	✓	✓		✓	✓				✓	M	M	✓	✓		✓	✓
Sashimi Mix					✓				✓			M	✓		✓	

Dish	Celery	Cereals containing gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame	Soya	Sulphites	Garlic	Onion
Jungle Fish UK		✓	✓		✓		✓		✓			✓	✓			
Spicy Karaage Burger		✓		✓			✓		✓			✓	✓		✓	✓
NY Subway		✓	✓	✓	✓		M		✓			✓	✓		✓	✓
Ebi Panko Roll		✓	✓	✓	M		M		✓			✓	✓	✓	✓	✓
Hell's Kitchen		✓	✓	✓	✓		M		✓			✓	✓		✓	✓
Shake Aioli Roll				✓	✓				✓			✓	✓	✓	✓	✓
Ceviche Roll				M	✓		M		✓		M	✓	✓		✓	✓
Red'N'Green Roll									✓			✓	✓	✓	✓	✓
Tsukune				✓								✓	✓			✓
Eringi Yaki												✓	✓		✓	
Shoyu Tebasaki												✓	✓		✓	
Gindara No Miso					✓							M	✓			
Gohan Rice												M	M			
BREAKFAST																
The Full Continental		✓		✓			✓		M	M	M	✓	M	✓		
Sunrise Breakfast	✓	✓		✓			✓					✓	✓		✓	
Miso Benedict		✓		✓			✓					✓	✓		✓	✓
Soy-Cured Salmon Rye		✓		✓	✓		M		✓			M	✓			✓
Abokado Rye		✓		M			M		✓			✓	✓			✓
Tamago Shake Donburi				✓	✓		✓					✓	✓		✓	✓
Charcuterie & Danish Cheese							✓					M	M	✓		
Granola & Yogurt		✓		✓			✓			M	M	✓	M			
Fruit Selection												M	M			
Toast & Rye		✓		M			✓		M			M	M			
Pain au Raisin		✓		✓			✓					M	M			
Croissant		✓		✓			✓					M	M			
Caviar					✓							M	M			
Egg (Extra)				✓								M	M			
Bacon (Extra)												M	M			
Arabiki Pork Sausage (Extra)												M	M			
Mushroom Korokke (Extra)		✓					✓					M	M			
Gluten Free Bread (Extra)												M	M			
Strawberry Jam (Extra)												M	M			
Rosehip Marmalade (Extra)												M	M			
OUT TO LUNCH																
Hayai		✓		✓	✓		✓		✓			✓	✓		✓	✓
Raito									✓			✓	✓	✓	✓	✓
Ranchi		✓	✓	✓	✓		✓		✓			✓	✓	✓	✓	✓
Jungle Fish UK		✓	✓		✓		✓		✓			✓	✓			
CHRISTMAS																
Soy Cured Salmon				✓	✓				✓			M	✓		✓	✓
Aigamo Bacon Truffle				✓			✓					M	✓			✓
Soft Shell Crab Karaage		M	✓	✓	✓		✓		✓			M	M		✓	✓
Festlig Christmas Menu		✓	✓	✓	✓		✓		✓		M	✓	✓	✓	✓	✓