



# Minimal Allergen 28 Meal

## First and Business Class : Flights from Japan



| 1ST MEAL                                                                                                                                                                                                                                                                                                                                                                                                                                                   |       |                                                |                                                                                                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Route                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Photo | Menu                                           | Ingredients                                                                                                                                                                                                                                 |
| <b>North America/ Canada</b><br>New York, Chicago, Boston, Seattle, Los Angeles, San Diego, San Francisco, Dallas, Vancouver routes<br><b>Europe</b><br>London(except Night flights), Paris, Frankfurt, Helsinki, Moscow routes<br><b>Australia / Southeast Asia</b><br>Sydney, Melbourne, Delhi, Bengaluru, Hanoi Ho Chi Minh City (except Night flights), Bangkok (except Night flights), Singapore (except Night flights), Kuala Lumpur, Jakarta routes |       | (1)Grilled Pacific Ocean Perch in Curry Flavor | (1)Pacific Ocean Perch, Gulcose(Corn),Salt, Yeast extract, Curry Powder, Spices, Dried Bonito Powder, Kelp Powder, Rapeseed oil, Starch(Sago), Starch(Potato)                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (2)Simmered Potato in Western Style            | (2)Potato, Onion, Carrot, Salt, Palm Oil, Leek, Tomato, Yeast extract, Spices, Herb(Parsley, Celery), Glucose(Corn), Welsh onion, Beet sugar, Cornstarch                                                                                    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (3)Sauteed Asparagus                           | (3)Asparagus, Rapeseed oil, Salt, Black pepper                                                                                                                                                                                              |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (4)Turmeric Rice                               | (4)Rice, Rapeseed oil, Salt, Turmeric, Parsley, Root kelp powder                                                                                                                                                                            |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (5)Fresh garden salad                          | (5)Lettuce, Sunny lettuce, Cucumber, Tomato, Lemon                                                                                                                                                                                          |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (6)Green grape jelly                           | (6)Grape juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring.                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (7)Sweet potato cookie                         | (7)Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (8)Fresh Fruits                                | (8)Melon, Pineapple, Grape fruit, Grape                                                                                                                                                                                                     |
| <b>Hawaii / Guam</b><br>Honolulu, Kona, Guam routes<br><b>Southeast Asia</b><br>Manila routes (include Night flights)<br><b>East Asia</b><br>Hong Kong, Guangzhou, Shanghai(Pudong, Hongqiao), Beijing, Tianjin, Dalian, Taipei(Taoyuan, Songshan), Kaohsiung, Seoul(Gimpo), Busan routes<br><b>Europe</b><br>Vladivostok routes                                                                                                                           |       | (1)Grilled Pacific Ocean Perch in Curry Flavor | (1)Pacific Ocean Perch, Gulcose(Corn),Salt, Yeast extract, Curry Powder, Spices, Dried Bonito Powder, Kelp Powder, Rapeseed oil, Starch(Sago), Starch(Potato)                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (2)Simmered Potato in Western Style            | (2)Potato, Onion, Carrot, Salt, Palm Oil, Leek, Tomato, Yeast extract, Spices, Herb(Parsley, Celery), Glucose(Corn), Welsh onion, Beet sugar, Cornstarch                                                                                    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (3)Sauteed Asparagus                           | (3)Asparagus, Rapeseed oil, Salt, Black pepper                                                                                                                                                                                              |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (4)Turmeric Rice                               | (4)Rice, Rapeseed oil, Salt, Turmeric, Parsley, Root kelp powder                                                                                                                                                                            |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (5)Fresh garden salad                          | (5)Lettuce, Sunny lettuce, Cucumber, Tomato, Lemon                                                                                                                                                                                          |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (6)Green grape jelly                           | (6)Grape juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring.                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (7)Sweet potato cookie                         | (7)Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (8)Fresh Fruits (Manila routes only)           | (8)Melon, Pineapple, Grape fruit, Grape                                                                                                                                                                                                     |
| <b>Night flights</b><br>London routes                                                                                                                                                                                                                                                                                                                                                                                                                      |       | (1)Tapioca Bread with Raisins                  | (1)Shortening (Palm), White-sorghum powder, Beet sugar, Raisins, Salt, Starch (Sago palm, Tapioca), Trehalose, Foaming agent, Baking powder.                                                                                                |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (2)Pear jelly                                  | (2)Pear juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)                                                                                                                 |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (3)Sweet potato cookie                         | (3)Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.                                                                                                                                       |
| REFRESHMENT                                                                                                                                                                                                                                                                                                                                                                                                                                                |       |                                                |                                                                                                                                                                                                                                             |
| Route                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Photo | Menu                                           | Ingredients                                                                                                                                                                                                                                 |
| <b>North America</b><br>New York, Chicago, Boston, Seattle, Los Angeles, San Diego, San Francisco, Dallas routes<br><b>Europe</b><br>London(except Night flights), Paris, Frankfurt, Helsinki routes<br><b>Australia</b><br>Sydney, Melbourne routes<br><b>Night flights</b><br>Bangkok, Singapore, Ho Chi Minh City routes                                                                                                                                |       | (1)Tapioca Bread with Raisins                  | (1)Shortening (Palm), White-sorghum powder, Beet sugar, Raisins, Starch (Sago palm, Tapioca), Trehalose, Foaming agent, Baking powder.                                                                                                      |
| 2ND MEAL                                                                                                                                                                                                                                                                                                                                                                                                                                                   |       |                                                |                                                                                                                                                                                                                                             |
| Route                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Photo | Menu                                           | Ingredients                                                                                                                                                                                                                                 |
| <b>North America/ Canada</b><br>New York, Chicago, Boston, Seattle, Los Angeles, San Diego, San Francisco, Dallas, Vancouver routes<br><b>Europe</b><br>London(except Night flights), Paris, Frankfurt, Helsinki routes<br><b>Australia</b><br>Sydney, Melbourne routes                                                                                                                                                                                    |       | (1)Fried Cod in Salt Flavor                    | (1)Cod, Rapeseed oil, Rice powder, Starch(Tapioca), Ginger, Garlic, Salt, Caster Sugar, Yeast extract, Onion, "SHIITAKE" mushroom, Spices,Trehalose, Baking powder                                                                          |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (2)Japanese Style Braised Vegetables           | (2)Taro, Lotus Root, Carrot, "SHIITAKE" mushroom, Yeast extract, Beet oligosaccharide, Salt, Kelp extract, "SHIITAKE" mushroom extract, Beet sugar, Starch(Tapioca), Trehalose                                                              |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (3)Sauteed Pumpkin                             | (3)Pumpkin, Rapeseed oil, Salt, Pepper                                                                                                                                                                                                      |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (4)Rice mixed with Japanese Mustard Spinach    | (4)Rice, Japanese mustard spinach, Yeast extract, Beet oligosaccharide, Salt, Kelp extract, "SHIITAKE" mushroom extract, Beet sugar, Rapeseed oil, Ginger, Starch degradation product, Sardine, Bonito, Garlic, Root kelp powder, Trehalose |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (5)Fresh garden salad                          | (5)Lettuce, Sunny lettuce, Cucumber, Tomato, Lemon                                                                                                                                                                                          |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (6)Pear jelly                                  | (6)Pear juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)                                                                                                                 |
| <b>Southeast Asia</b><br>Bangkok(except Night flights), Singapore(except Night flights), Kuala Lumpur, Jakarta routes                                                                                                                                                                                                                                                                                                                                      |       | (1)Tapioca Bread with Raisins                  | (1)Shortening (Palm), White-sorghum powder, Beet sugar, Raisins, Salt, Starch (Sago palm, Tapioca), Trehalose, Foaming agent, Baking powder.                                                                                                |
| <b>Europe</b><br>Moscow routes<br><b>Hawaii</b><br>Honolulu, Kona routes<br><b>Southeast Asia</b><br>Delhi, Bengaluru routes                                                                                                                                                                                                                                                                                                                               |       | (1)Tapioca Bread with Raisins                  | (1)Shortening (Palm), White-sorghum powder, Beet sugar, Raisins, Salt, Starch (Sago palm, Tapioca), Trehalose, Foaming agent, Baking powder.                                                                                                |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (2)Pear jelly                                  | (2)Pear juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)                                                                                                                 |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (3)Sweet potato cookie                         | (3)Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.                                                                                                                                       |
| <b>Night flights - from Haneda</b><br>London, Bangkok, Singapore, Ho Chi Minh City routes<br><b>Night flights - from Kansai</b><br>Bangkok routes                                                                                                                                                                                                                                                                                                          |       | (1)Grilled Pacific Ocean Perch in Curry Flavor | (1)Pacific Ocean Perch, Gulcose(Corn),Salt, Yeast extract, Curry Powder, Spices, Dried Bonito Powder, Kelp Powder, Rapeseed oil, Starch(Sago), Starch(Potato)                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (2)Simmered Potato in Western Style            | (2)Potato, Onion, Carrot, Salt, Palm Oil, Leek, Tomato, Yeast extract, Spices, Herb(Parsley, Celery), Glucose(Corn), Welsh onion, Beet sugar, Cornstarch                                                                                    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (3)Sauteed Asparagus                           | (3)Asparagus, Rapeseed oil, Salt, Black pepper                                                                                                                                                                                              |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (4)Turmeric Rice                               | (4)Rice, Rapeseed oil, Salt, Turmeric, Parsley, Root kelp powder                                                                                                                                                                            |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (5)Fresh garden salad                          | (5)Lettuce, Sunny lettuce, Cucumber, Tomato, Lemon                                                                                                                                                                                          |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (6)Green grape jelly                           | (6)Grape juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring.                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (7)Sweet potato cookie                         | (7)Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       | (8)Fresh Fruits                                | (8)Melon, Pineapple, Grape fruit, Grape                                                                                                                                                                                                     |

