



Minimal Allergen 7 Meal

First and Business Class : Flights from Japan



1ST MEAL			
Route	Photo	Menu	Ingredients
North America/ Canada New York, Chicago, Boston, Seattle, Los Angeles, San Diego, San Francisco, Dallas, Vancouver, routes Europe London(except Night flights), Paris, Frankfurt, Helsinki, Moscow routes Australia / Southeast Asia 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) Porkballs with Tomato Sauce	(1)Pork, Onion, Carrot, Tomato, Sugar(Beet sugar, Caster sugar), High fructose corn syrup, Brewed vinegar(Grape, Sugarcane), Garlic, Yeast extract, Salt, Onion ex-tract, Spices, Beet syrup, 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) Peach jelly	(6)Peach juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)
		(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
Hawaii / Guam Honolulu, Kona, Guam routes Southeast Asia Manila routes (include Night flights) East Asia Hong Kong, Guangzhou, Shanghai(Pudong, Hongqiao), Beijing, Tianjin, Dalian, Taipei(Taoyuan, Songshan), Kaohsiung, Seoul(Gimpo), Busan routes Europe Vladivostok routes		(1) Porkballs with Tomato Sauce	(1)Pork, Onion, Carrot, Tomato, Sugar(Beet sugar, Caster sugar), High fructose corn syrup, Brewed vinegar(Grape, Sugarcane), Garlic, Yeast extract, Salt, Onion ex-tract, Spices, Beet syrup, 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) Peach jelly	(6)Peach juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)
		(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
Night flights 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
North America New York, Chicago, Boston, Seattle, Los Angeles, San Diego, San Francisco, Dallas routes Europe/Australia London(except Night flights), Paris, Frankfurt, Helsinki Sydney, Melbourne routes Night flights 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
North America/ Canada New York, Chicago, Boston, Seattle, Los Angeles, San Diego, San Francisco, Dallas, Vancouver routes Europe London(except Night flights), Paris, Frankfurt, Helsinki routes Australia Sydney, Melbourne routes		(1) Fried Pork with Sweet Vinegar Sauce	(1)Pork, Rapeseed oil, Rice Powder, Starch(Tapioca), Ginger, Garlic, Salt, Caster Sugar, Yeast extract, Onion, "SHIITAKE" mushroom, Beet oligosaccharide, Kelp extract, "SHIITAKE" mushroom extract, Beet Sugar, Bamboo grass extract, Tomato Brewed vinegar (Grape, Sugarcane, Rice), Spices, Cooking "SAKE", Dextrin, 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)
Southeast Asia 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.
Europe Moscow routes Hawaii Honolulu, Kona routes Southeast Asia 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.
Night flights - from Haneda London, Bangkok, Singapore, Ho Chi Minh City routes Night flights - from Kansai Bangkok routes		(1) Porkballs with Tomato Sauce	(1)Pork, Onion, Carrot, Tomato, Sugar(Beet sugar, Caster sugar), High fructose corn syrup, Brewed vinegar(Grape, Sugarcane), Garlic, Yeast extract, Salt, Onion ex-tract, Spices, Beet syrup, 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) Peach jelly	(6)Peach juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)
		(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

