

Minimal Allergen 7 Meal Premium Economy and Economy 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, Manila(include Night Flights), Hanoi, Ho Chi Minh City (include Night flights), Bangkok (except Night flights), Singapore (except Night flights), Kuala Lumpur, Jakarta routes		(1) Hamburg with Tomato Sauce	(1)Pork, Onion, Rapeseed oil, Starch(Sago palm, Tapioca), Tomato, Sugars(Beet Sugar, Caster sugar, High fructose corn syrup), Brewed vinegar (Grape, Sugarcane), Vegetables (Tomato, Onion, Carrot, Garlic), Yeast extract, Salt, Onion extract, Spices, Beet syrup, Thickener (Processing starch)
		(2) Steamed Vegetables with Corn Soup Sauce	(2)Broccoli, Carrot, Young corn, Sweet corn, Starch(Potato), Yeast extract, Salt, Vegetable extracts(Chinese cabbage), Bamboo extract, kelp extract, Beet sugar, Dextrin
		(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) Fresh Fruits	(7)Melon, Pineapple, Grape fruit, Grape
Hawaii / Guam Honolulu, Kona, Guam routes East Asia Hong Kong, Guangzhou, Shanghai(Pudong, Hongqiao), Beijing, Tianjin, Dalian, Taipei(Taoyuan, Songshan), Kaohsiung, Seoul(Gimpo), routes		(1) Hamburg with Tomato Sauce	(1)Pork, Onion, Rapeseed oil, Starch (Sago palm, Tapioca), Tomato, Sugars (Beet Sugar, Caster sugar, High fructose corn syrup), Brewed vinegar (Grape, Sugarcane), Vegetables (Tomato, Onion, Carrot, Garlic), Yeast extract, Salt, Onion extract, Spices, Beet syrup, Thickener (Processing starch)
		(2) Steamed Vegetables with Corn Soup Sauce	(2)Broccoli, Carrot, Young corn, Sweet corn, Starch(Potato), Yeast extract, Salt, Vegetable extracts(Chinese cabbage), Bamboo extract, kelp extract, Beet sugar, Dextrin
		(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)
Korea Busan routes Europe Vladivostok 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 Bangkok(except from KANSAI), Singapore 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.
REFRESHMENT			
Route	Photo	Menu	Ingredients
North America New York, Chicago, Boston, Seattle, Los Angeles, San Diego, San Francisco, Dallas routes Europe London, Paris, Frankfurt, Helsinki routes Australia / Southeast Asia Sydney, Melbourne, Bangkok (except from NAGOYA ,Night flights), Singapore (except Night flights), Kuala Lumpur, Jakarta routes		(1) Sweet potato cookie	(1)Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.
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 YUZU Vinegar Sauce	(1)Pork, Rapeseed oil, Rice powder, Tapioca starch, Ginger, Garlic, Salt, Caster Sugar, Yeast extract, Onion, Shiitake mushroom, Black pepper, Mirin(Rice, Malted Rice , Salt), Beet oligosaccharide, Salt, Kelp extract, Shiitake mushroom extract, Beet Sugar, Yuzu fruit juice, Root kelt powder, Dextrin, Trehalose, Baking powder
		(2) Simmered Potato in Japanese Style	(2)Potato, Onion, Carrot, Yeast extract, Beet oligosaccharide, Kelp extract, Shiitake mush- room extract, Beet sugar, Salt, Bamboo extract, Trehalose
		(3) Sauteed Shimeji Mushroom	(3)Shimeji mushroom , Rapeseed oil , Salt, Black pepper
		(4) Rice in Ginger Flavor	(4)Rice, Potherb mustard , Yeast extract, Beet oligosaccharide, Kelp extract, Shiitake mushroom extract, Ginger, Beet Sugar, Mirin(Rice, Malted Rice , Salt), Salt, Gulcose, Dried bonito powder, Shiitake mushroom powder, Kelp powder, Root kelt 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)
Europe Moscow 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.
Hawaii Honolulu, Kona 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.
Night flights - from Haneda London, Bangkok, Singapore route Night flights - from Kansai Bangkok routes		(1) Hamburg with Tomato Sauce	(1)Pork, Onion, Rapeseed oil, Starch(Sago plam, Tapioca), Tomato, Sugars(Beet Sugar, Caster sugar, High fructose corn syrup), Brewed vinegar (Grape, Sugarcane), Vegetables(Tomato, Onion, Carrot, Garlic), Yeast extract, Salt, Onion extract, Spices, Beet syrup, Thickener(Processing starch)
		(2) Steamed Vegetables with Corn Soup Sauce	(2)Broccoli, Carrot, Young corn, Sweet corn, Starch(Potato), Yeast extract, Salt, Vegetable extracts(Chinese cabbage), Bamboo extract, kelp extract, Beet sugar, Dextrin
		(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) Fresh Fruits (London routes only)	(7)Melon, Pineapple, Grape fruit, Grape