



Minimal Allergen 28 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)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
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)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
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 London(except Night flights), Paris, Frankfurt, Helsinki routes Australia Sydney routes Night flights Bangkok, Singapore, Ho Chi Minh City 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.
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 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)
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)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

