

# Minimal Allergen 8 Meal : Flights from Japan

## Premium Economy and Economy Class



| 1st MEAL                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |       |                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| Route                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Photo | Menu                                                                                                                                                                                                                                                            | Ingredients                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <p>&lt;North America/ Canada&gt;<br/>New York, Chicago, Boston, Seattle, Los Angeles, San Diego, San Francisco, Dallas, Vancouver</p> <p>&lt;Europe&gt;<br/>London(except Night flights), Paris, Frankfurt, Helsinki, Moscow</p> <p>&lt;Australia / Southeast Asia&gt;<br/>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</p> |       | <p>1)Hamburg with Tomato Sauce</p> <p>2)Steamed Vegetables with Corn Soup Sauce</p> <p>3)Sauteed Asparagus</p> <p>4)Turmeric Rice</p> <p>5)Fresh garden salad</p> <p>6)Peach jelly</p> <p>7)Fresh Fruits</p> <p>8) Yuzu Sorbet</p> <p>Exclude some airports</p> | <p>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)</p> <p>Broccoli, Carrot, Young corn, Sweet corn, Starch(Potato), Yeast extract, Salt, Vegetable extracts(Chinese cabbage), Bamboo extract, kelp extract, Beet sugar, Dextrin</p> <p>Asparagus, Rapeseed oil, Salt, Black pepper</p> <p>Rice, Rapeseed oil, Salt, Turmeric, Parsley, Root kelp powder</p> <p>Lettuce, Sunny lettuce, Cucumber, Tomato, Lemon</p> <p>Peach juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)</p> <p>Melon, Pineapple, Grape fruit, Grape</p> <p>Sugar mixed high fructose corn syrup. Yuzu juice. Yuzu peel. Glucose. Powder syrup. Stabilizer</p>                                                                          |
| <p>&lt;Hawaii / Guam&gt;<br/>Honolulu, Kona, Guam</p> <p>&lt;East Asia&gt;<br/>Hong Kong, Guangzhou, Shanghai(Pudong, Hongqiao), Beijing, Tianjin, Dalian, Taipei(Taoyuan, Songshan), Kaohsiung</p>                                                                                                                                                                                                                                                                                        |       | <p>1)Hamburg with Tomato Sauce</p> <p>2)Steamed Vegetables with Corn Soup Sauce</p> <p>3)Sauteed Asparagus</p> <p>4)Turmeric Rice</p> <p>5)Fresh garden salad</p> <p>6)Peach jelly</p>                                                                          | <p>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)</p> <p>Broccoli, Carrot, Young corn, Sweet corn, Starch(Potato), Yeast extract, Salt, Vegetable extracts(Chinese cabbage), Bamboo extract, kelp extract, Beet sugar, Dextrin</p> <p>Asparagus, Rapeseed oil, Salt, Black pepper</p> <p>Rice, Rapeseed oil, Salt, Turmeric, Parsley, Root kelp powder</p> <p>Lettuce, Sunny lettuce, Cucumber, Tomato, Lemon</p> <p>Peach juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)</p>                                                                                                                                                                                                                            |
| <p>&lt;Korea&gt;<br/>Seoul(Gimpo) , Busan</p> <p>&lt;Europe&gt;<br/>Vladivostok</p>                                                                                                                                                                                                                                                                                                                                                                                                        |       | <p>1)Sorghum Brownie</p> <p>2)Pear jelly</p> <p>3)Coconut salt cookie</p>                                                                                                                                                                                       | <p>Starch (Sago, Tapioca),Shortening (Palm),Raisins, Beet Sugar, White Sorghum, Cocoa Powder, Cocoa Mass,Salt,Trehalose,Ester (Foaming Agent),Baking Powder.</p> <p>Pear juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid,</p> <p>Starch (Sago Palm (Domestic Production),Organic Shortening, Rice Flour, Quinoa Flour,Coconut,Organic Coconut Sugar, Organic Agave Sugar,Salt,Baking Powder</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <p>&lt;Night flights&gt;<br/>Bangkok(except from KANSAI), Singapore</p>                                                                                                                                                                                                                                                                                                                                                                                                                    |       | 1)Sorghum Brownie                                                                                                                                                                                                                                               | Starch (Sago, Tapioca),Shortening (Palm),Raisins, Beet Sugar, White Sorghum, Cocoa Powder, Cocoa Mass,Salt,Trehalose,Ester (Foaming Agent),Baking Powder.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| REFRESHMENT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |       |                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Route                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Photo | Menu                                                                                                                                                                                                                                                            | Ingredients                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <p>&lt;North America&gt;<br/>New York, Chicago, Boston, Seattle, Los Angeles, San Diego, San Francisco, Dallas</p> <p>&lt;Europe&gt;<br/>London, Paris, Frankfurt, Helsinki</p> <p>&lt;Australia / Southeast Asia&gt;<br/>Sydney, Kuala Lumpur, Jakarta, Bangkok (except from NAGOYA, Night flights ),Singapore (except Night flights)</p>                                                                                                                                                 |       | 1)Coconut salt cookie                                                                                                                                                                                                                                           | Starch (Sago Palm (Domestic Production),Organic Shortening, Rice Flour, Quinoa Flour,Coconut,Organic Coconut Sugar, Organic Agave Sugar,Salt,Baking Powder                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 2nd MEAL                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |       |                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <p>&lt;North America/ Canada&gt;<br/>New York, Chicago, Boston, Seattle, Los Angeles, San Diego, San Francisco, Dallas, Vancouver</p> <p>&lt;Europe&gt;<br/>London(except Night flights), Paris, Frankfurt, Helsinki</p> <p>&lt;Australia&gt;<br/>Sydney, Melbourne</p>                                                                                                                                                                                                                    |       | <p>1)Fried Pork with YUZU Vinegar Sauce</p> <p>2)Simmered Potato in Japanese Style</p> <p>3)Sauteed Shimeji Mushroom</p> <p>4)Rice in Ginger Flavor</p> <p>5)Fresh garden salad</p> <p>6)Pear jelly</p>                                                         | <p>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 kelp powder, Dextrin, Trehalose, Baking powder</p> <p>Potato, Onion, Carrot, Yeast extract, Beet oligosaccharide, Kelp extract, Shiitake mushroom extract, Beet sugar, Salt, Bamboo extract, Trehalose</p> <p>Shimeji mushroom , Rapeseed oil , Salt, Black pepper</p> <p>Rice, Potherb mustard , Yeast extract, Beet oligosaccharide, Kelp extract, Shiitake mushroom extract, Ginger, Beet Sugar, Mirin(Rice, Malted Rice , Salt), Salt, Glucose, Dried bonito powder, Shiitake mushroom powder, Kelp powder, Root kelp powder, Trehalose</p> <p>Lettuce, Sunny lettuce, Cucumber, Tomato, Lemon</p> <p>Pear juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)</p> |
| <p>&lt;Europe&gt;<br/>Moscow</p> <p>&lt;Southeast Asia&gt;<br/>Delhi, Bengaluru</p>                                                                                                                                                                                                                                                                                                                                                                                                        |       | <p>1)Sorghum Brownie</p> <p>2)Pear jelly</p> <p>3)Coconut salt cookie</p>                                                                                                                                                                                       | <p>Starch (Sago, Tapioca),Shortening (Palm),Raisins, Beet Sugar, White Sorghum, Cocoa Powder, Cocoa Mass,Salt,Trehalose,Ester (Foaming Agent),Baking Powder.</p> <p>Pear juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid,</p> <p>Starch (Sago Palm (Domestic Production),Organic Shortening, Rice Flour, Quinoa Flour,Coconut,Organic Coconut Sugar, Organic Agave Sugar,Salt,Baking Powder</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <p>&lt;Hawaii&gt;<br/>Honolulu, Kona</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                   |       | 1)Sorghum Brownie                                                                                                                                                                                                                                               | Starch (Sago, Tapioca),Shortening (Palm),Raisins, Beet Sugar, White Sorghum, Cocoa Powder, Cocoa Mass,Salt,Trehalose,Ester (Foaming Agent),Baking Powder.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <p>&lt;Night flights - from Haneda&gt;<br/>London, Bangkok, Singapore</p> <p>&lt;Night flights - from Kansai&gt;<br/>Bangkok</p>                                                                                                                                                                                                                                                                                                                                                           |       | <p>1)Hamburg with Tomato Sauce</p> <p>2)Steamed Vegetables with Corn Soup Sauce</p> <p>3)Sauteed Asparagus</p> <p>4)Turmeric Rice</p> <p>5)Fresh garden salad</p> <p>6)Peach jelly</p> <p>7)Fresh Fruits (London routes only)</p>                               | <p>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)</p> <p>Broccoli, Carrot, Young corn, Sweet corn, Starch(Potato), Yeast extract, Salt, Vegetable extracts(Chinese cabbage), Bamboo extract, kelp extract, Beet sugar, Dextrin</p> <p>Asparagus, Rapeseed oil, Salt, Black pepper</p> <p>Rice, Rapeseed oil, Salt, Turmeric, Parsley, Root kelp powder</p> <p>Lettuce, Sunny lettuce, Cucumber, Tomato, Lemon</p> <p>Peach juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)</p> <p>Melon, Pineapple, Grape fruit, Grape</p>                                                                                                                                                                                |

※There may be variations in the types of containers.