



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) 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) 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) 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)
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 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)
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) 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) Fresh Fruits (London routes only)	(7)Melon, Pineapple, Grape fruit, Grape

