

# Minimal Allergen 28 Meal : Flights from Japan

## First and Business Class



1st MEAL			
Route	Photo	Menu	Ingredients
<p>&lt;North America/ Canada&gt; New York, Chicago, Boston, Seattle, Los Angeles, San Diego, San Francisco, Dallas, Vancouver</p> <p>&lt;Europe/ Middle East&gt; London(except Night flights), Paris, Frankfurt, Helsinki, Moscow, Doha</p> <p>&lt;Australia / Southeast Asia/ South Asia&gt; Sydney, Melbourne, Delhi, Bengaluru, Hanoi, Kuala Lumpur, Jakarta Ho Chi Minh City (except Night flights), Bangkok (except Night flights), Singapore (except Night flights)</p>		<p>1)Grilled Pacific Ocean Perch in Curry Flavor</p> <p>2)Simmered Potato in Western Style</p> <p>3)Sautéed Asparagus</p> <p>4)Turmeric Rice</p> <p>5)Fresh garden salad</p> <p>6)Green grape jelly</p> <p>7)Sweet potato cookie</p> <p>8)Fresh Fruits</p>	<p>Pacific Ocean Perch, Glucose(Corn),Salt, Yeast extract, Curry Powder, Spices, Dried Bonito Powder, Kelp Powder, Rapeseed oil, Starch(Sago), Starch(Potato)</p> <p>Potato, Onion, Carrot, Salt, Palm Oil, Leek, Tomato, Yeast extract, Spices, Herb(Parsley, Celery), Glucose(Corn), Welsh onion, Beet sugar, Cornstarch</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>Grape juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring.</p> <p>Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.</p> <p>Melon, Pineapple, Grape fruit, Grape</p>
<p>&lt;Hawaii / Guam&gt; Honolulu, Kona, Guam</p> <p>&lt;Southeast Asia&gt; Manila(include Night flights)</p> <p>&lt;East Asia&gt; Hong Kong, Guangzhou, Shanghai ( Pudong, Hongqiao), Beijing, Tianjin, Dalian, Taipei(Taoyuan, Songshan), Kaohsiung, Seoul(Gimpo), Busan</p> <p>&lt;Europe&gt; Vladivostok</p>		<p>1)Grilled Pacific Ocean Perch in Curry Flavor</p> <p>2)Simmered Potato in Western Style</p> <p>3)Sautéed Asparagus</p> <p>4)Turmeric Rice</p> <p>5)Fresh garden salad</p> <p>6)Green grape jelly</p> <p>7)Sweet potato cookie</p> <p>8)Fresh Fruits (Manila routesonly)</p>	<p>Pacific Ocean Perch, Glucose(Corn),Salt, Yeast extract, Curry Powder, Spices, Dried Bonito Powder, Kelp Powder, Rapeseed oil, Starch(Sago), Starch(Potato)</p> <p>Potato, Onion, Carrot, Salt, Palm Oil, Leek, Tomato, Yeast extract, Spices, Herb(Parsley, Celery), Glucose(Corn), Welsh onion, Beet sugar, Cornstarch</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>Grape juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring.</p> <p>Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.</p> <p>Melon, Pineapple, Grape fruit, Grape</p>
<p>&lt;Night flights&gt; London</p>		<p>1)Tapioca Bread with Raisins</p> <p>2)Pear jelly</p> <p>3)Sweet potato cookie</p>	<p>Shortening (Palm), White-sorghum powder, Beet sugar, Raisins, Salt, Starch (Sago palm, Tapioca), Trehalose, Foaming agent, Baking powder.</p> <p>Pear juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)</p> <p>Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.</p>
REFRESHMENT			
Route	Photo	Menu	Ingredients
<p>&lt;North America&gt; New York, Chicago, Boston, Seattle, Los Angeles, San Diego, San Francisco, Dallas</p> <p>&lt;Europe/Australia/ Middle East&gt; London(except Night flights), Paris, Frankfurt, Helsinki Sydney, Doha</p> <p>&lt;Night flights&gt; Bangkok, Singapore Ho Chi Minh City</p>		<p>1)Tapioca Bread with Raisins</p>	<p>Shortening (Palm), White-sorghum powder, Beet sugar, Raisins, Salt, Starch (Sago palm, Tapioca), Trehalose, Foaming agent, Baking powder.</p>
2nd MEAL			
Route	Photo	Menu	Ingredients
<p>&lt;North America/ Canada&gt; New York, Chicago, Boston, Seattle, Los Angeles, San Diego, San Francisco, Dallas, Vancouver</p> <p>&lt;Europe/ Middle East&gt; London(except Night flights), Paris, Frankfurt, Helsinki, Doha</p> <p>&lt;Australia&gt; Sydney, Melbourne</p>		<p>1)Fried Cod in Salt Flavor</p> <p>2)Japanese Style Braised Vegetables</p> <p>3)Sautéed Pumpkin</p> <p>4)Rice mixed with Japanese Mustard Spinach</p> <p>5)Fresh garden salad</p> <p>6)Pear jelly</p>	<p>Cod, Rapeseed oil, Rice powder, Starch(Tapioca), Ginger, Garlic, Salt, Caster Sugar, Yeast extract, Onion, "SHIITAKE" mushroom, Spices, Trehalose, Baking powder</p> <p>Taro, Lotus Root, Carrot, "SHIITAKE" mushroom, Yeast extract, Beet oligosaccharide, Salt, Kelp extract, "SHIITAKE" mushroom extract, Beet sugar, Starch(Tapioca), Trehalose</p> <p>Pumpkin, Rapeseed oil, Salt, Pepper</p> <p>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</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;Southeast Asia&gt; Bangkok(except Night flights), Singapore(except Night flights), Kuala Lumpur, Jakarta</p> <p>&lt;Europe&gt; Moscow</p> <p>&lt;Hawaii&gt; Honolulu, Kona</p> <p>&lt;South Asia&gt; Delhi, Bengaluru</p>		<p>1)Tapioca Bread with Raisins</p> <p>2)Pear jelly</p> <p>3)Sweet potato cookie</p>	<p>Shortening (Palm), White-sorghum powder, Beet sugar, Raisins, Salt, Starch (Sago palm, Tapioca), Trehalose, Foaming agent, Baking powder.</p> <p>Pear juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)</p> <p>Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.</p>
<p>&lt;Night flights -from Haneda&gt; London, Bangkok, Singapore, Ho Chi Minh City</p> <p>&lt;Night flights - from Kansai&gt; Bangkok</p>		<p>1)Grilled Pacific Ocean Perch in Curry Flavor</p> <p>2)Simmered Potato in Western Style</p> <p>3)Sautéed Asparagus</p> <p>4)Turmeric Rice</p> <p>5)Fresh garden salad</p> <p>6)Green grape jelly</p> <p>7)Sweet potato cookie</p> <p>8)Fresh Fruits</p>	<p>Pacific Ocean Perch, Glucose(Corn),Salt, Yeast extract, Curry Powder, Spices, Dried Bonito Powder, Kelp Powder, Rapeseed oil, Starch(Sago), Starch(Potato)</p> <p>Potato, Onion, Carrot, Salt, Palm Oil, Leek, Tomato, Yeast extract, Spices, Herb(Parsley, Celery), Glucose(Corn), Welsh onion, Beet sugar, Cornstarch</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>Grape juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring.</p> <p>Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.</p> <p>Melon, Pineapple, Grape fruit, Grape</p>

※There may be variations in the types of containers.