

# Minimal Allergen 28 Meal : Flights from Japan

Premium Economy and Economy Class



1st MEAL			
Route	Photo	Menu	Ingredients
<North America/ Canada> New York, Chicago, Boston, Seattle, Los Angeles, San Diego, San Francisco, Dallas, Vancouver  <Europe/Middle East> London(except Night flights), Paris, Frankfurt, Helsinki, Moscow,Doha  <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		1)Grilled Pacific Ocean Perch	Grilled pacific ocean perch, Rapeseed oil, Starch(Sago plam), Salt, Gulcose(Corn), Spices, Green onion
		2)Steamed Vegetables with Corn Soup Sauce	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	Asparagus, Rapeseed oil, Salt, Black pepper
		4)Turmeric Rice	Rice, Rapeseed oil, Salt, Turmeric, Parsley, Root kelp powder
		5)Fresh garden salad	Lettuce, Sunny lettuce, Cucumber, Tomato, Lemon
		6)Green grape jelly	Grape juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring.
		7)Fresh Fruits	Melon, Pineapple, Grape fruit, Grape
		8) Yuzu Sorbet	Sugar mixed high fructose corn syrup, Yuzu juice, Yuzu peel. Glucose. Powder syrup. Stabilizer
<Hawaii / Guam> Honolulu, Kona, Guam  <East Asia> Hong Kong, Guangzhou, Shanghai(Pudong, Hongqiao), Beijing, Tianjin, Dalian, Taipei(Taoyuan, Songshan), Kaohsiung		1)Grilled Pacific Ocean Perch	Grilled pacific ocean perch, Rapeseed oil, Starch(Sago plam), Salt, Gulcose(Corn), Spices, Green onion
		2)Steamed Vegetables with Corn Soup Sauce	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	Asparagus, Rapeseed oil, Salt, Black pepper
		4)Turmeric Rice	Rice, Rapeseed oil, Salt, Turmeric, Parsley, Root kelp powder
		5)Fresh garden salad	Lettuce, Sunny lettuce, Cucumber, Tomato, Lemon
		6)Green grape jelly	Grape juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring.
		7) Yuzu Sorbet	Sugar mixed high fructose corn syrup, Yuzu juice, Yuzu peel. Glucose. Powder syrup. Stabilizer
		Exclude some airports	
<Korea> Seoul(Gimpo), Busan  <Europe> Vladivostok		1)Tapioca Bread with Raisins	Shortening (Palm), White-sorghum powder, Beet sugar, Raisins, Salt, Starch (Sago palm, Tapioca), Trehalose, Foaming agent, Baking powder.
		2)Pear jelly	Pear juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)
		3)Sweet potato cookie	Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.
<Night flights> Bangkok(except from KANSAI), Singapore		1)Tapioca Bread with Raisins	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  < Europe/Middle East> London, Paris, Frankfurt, Helsinki,Doha  <Australia / Southeast Asia> Sydney, Kuala Lumpur, Jakarta Bangkok (except from NAGOYA, Night flights ), Singapore (except Night flights)		1)Sweet potato cookie	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  <Europe/Middle East> London(except Night flights), Paris, Frankfurt, Helsinki, Doha  <Australia> Sydney, Melbourne		1)Grilled Cod in Salt Flavor	Codfish, Malted Rice , Salt, Alcohol
		2)Simmered Potato in Japanese Style	Potato, Onion, Carrot, Yeast extract, Beet oligosaccharide, kelp extract, Shiitake mushroom extract, Beet sugar, Salt, Bamboo extract, Trehalose
		3)Sauteed Shimeji Mushroom	Shimeji mushroom , Rapeseed oil , Salt, Black pepper
		4)Rice in Ginger Flavor	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 kelp powder, Trehalose
		5)Fresh garden salad	Lettuce, Sunny lettuce, Cucumber, Tomato, Lemon
		6)Pear jelly	Pear juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)
<Europe> Moscow  <Southeast Asia> Delhi, Bengaluru		1)Tapioca Bread with Raisins	Shortening (Palm), White-sorghum powder, Beet sugar, Raisins, Salt, Starch (Sago palm, Tapioca), Trehalose, Foaming agent, Baking powder.
		2)Pear jelly	Pear juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)
		3)Sweet potato cookie	Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.
<Hawaii> Honolulu, Kona		1)Tapioca Bread with Raisins	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  <Night flights - from Kansai> Bangkok routes		1)Grilled Pacific Ocean Perch	Grilled pacific ocean perch, Rapeseed oil, Starch(Sago plam), Salt, Gulcose(Corn), Spices, Green onion
		2)Steamed Vegetables with Corn Soup Sauce	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	Asparagus, Rapeseed oil, Salt, Black pepper
		4)Turmeric Rice	Rice, Rapeseed oil, Salt, Turmeric, Parsley, Root kelp powder
		5)Fresh garden salad	Lettuce, Sunny lettuce, Cucumber, Tomato, Lemon
		6)Green grape jelly	Grape juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring.
		7)Fresh Fruits (London routesonly)	Melon, Pineapple, Grape fruit, Grape

※There may be variations in the types of containers.