28 Allergen-Free Meal(ATML)

<2026September-2026November>

*Please note, menu may change.

Lunch/Dinner		
Routes	Menu	Ingredients
<u>All flights from Japan</u> ***For flight numbers written below, this menu will be served as 2nd meal service.** **【From HANEDA】** NH160(JFK) / 203(FRA) / 217(MUC) / 205(VIE) / 207(MXP) / 221(ARN)	Deep-fried Whitefish & Steamed Rice with Shiso or Fish Hamburger Steak with Steak Sauce	Deep-fried Whitefish & Steamed Rice with Shiso/Steamed Rice with Shiso(Rice, Shiso),Deep-fried Whitefish *From New Zealand(Hoki, Instant Soup, Coleseed Oil, Rice Flour Blend, Ginger,Soup, Fermented Seasoning, Beet Sugar, Paprika, Thickener(Modified Starch), Trehalose, Baking Powder)Sautéed Vegetables (Broccoli, Carrot, Instant Soup, Coleseed Oil, Consommé-style Powder) Fish Hamburger Steak with Steak Sauce/Fish Paste(Golden Threadfin Bream *From Thailand, Starch, Sugar, Others), Onion, Mushroom, Starch(Sago Palm), Lotus Root, Tomato Ketchup,Japanese Barbecue Sauce, Carrot, Coleseed Oil, Tomato Stew Roux, Beet Sugar,Oyster Sauce, Salt, Garlic, Ginger Juice,Thickener(Modified Starch, Xanthan), Seasoning(Amino Acid), Acidulant
	Marinated Cod in Curry Sauce	Cod *From Norway, Red/Yellow Bell Pepper, Lotus Root, Olive Oil,Kernel Corn, Rice Vinegar, Soy Sauce Alternative, Chinese Soup, Rice Flour Blend, Beet Sugar, Yeast Extract, Pepper, Curry Powder/Baking Powder
	Brown Rice Boule Rice Flour Baguette ＊Only Brown Rice Boule is served in Economy Class.	Brown Rice Boule／Non-glutinous Rice Flour, Brown Rice Flour, Rice Bran Oil, Beet Sugar, Psyllium Husks, Baker's Yeast, Salt, Konjac Processed Product(Maltodextrin, Konjac Powder), Thickener Rice Flour Baguette／Non-glutinous Rice Flour, Rice Bran Oil, Beet Sugar, Psyllium Husks, Baker's Yeast, Olive Oil, Salt, Konjac Processed Product(Maltodextrin, Konjac Powder), Thickener
	Pear Jelly	Pear Juice, High-fructose Corn Syrup, Sugar, Agar, Konjac, Citric Acid, Trisodium Citrate, Flavorings, Antioxidants(Vitamin C)
	Rice Cookie Strawberry Flavor	Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch
	Grape Juice	100% Pure Grape Juice
<u>All Flights to Japan</u> *Except, Flights Departing from North America(excluding Canada)	Fish Hamburger Steak with Steak Sauce	Fish Paste(Golden Threadfin Bream *From Thailand, Starch, Sugar, Others), Onion, Mushroom, Starch(Sago Palm), Lotus Root, Tomato Ketchup,Japanese Barbecue Sauce, Carrot, Coleseed Oil, Tomato Stew Roux, Beet Sugar,Oyster Sauce, Salt, Garlic, Ginger Juice,Thickener(Modified Starch, Xanthan), Seasoning(Amino Acid), Acidulant
	Packed Steamed Rice	Non-glutinous Rice
	Marinated Cod in Curry Sauce	Cod *From Norway, Red/Yellow Bell Pepper, Lotus Root, Olive Oil,Kernel Corn, Rice Vinegar, Soy Sauce Alternative, Chinese Soup, Rice Flour Blend, Beet Sugar, Yeast Extract, Pepper, Curry Powder/Baking Powder
	Brown Rice Boule Rice Flour Baguette ＊Only Brown Rice Boule is served in Economy Class.	Brown Rice Boule／Non-glutinous Rice Flour, Brown Rice Flour, Rice Bran Oil, Beet Sugar, Psyllium Husks, Baker's Yeast, Salt, Konjac Processed Product(Maltodextrin, Konjac Powder), Thickener Rice Flour Baguette／Non-glutinous Rice Flour, Rice Bran Oil, Beet Sugar, Psyllium Husks, Baker's Yeast, Olive Oil, Salt, Konjac Processed Product(Maltodextrin, Konjac Powder), Thickener
	Pear Jelly	Pear Juice, High-fructose Corn Syrup, Sugar, Agar, Konjac, Citric Acid, Trisodium Citrate, Flavorings, Antioxidants(Vitamin C)
	Rice Cookie Strawberry Flavor	Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch
	Grape Juice	100% Pure Grape Juice
<u>Flights from North America(excluding Canada) to Japan</u>	Simmered Spanish Mackerel in Miso	Spanish Mackerel, Millet Miso, Beet Sugar, Ginger, Soy Sauce Alternative, Kelp Powder
	Marinated Cod in Curry Sauce	Cod *From Norway, Red/Yellow Bell Pepper, Lotus Root, Olive Oil,Kernel Corn, Rice Vinegar, Soy Sauce Alternative, Chinese Soup, Rice Flour Blend, Beet Sugar, Yeast Extract, Pepper, Curry Powder/Baking Powder
	Quinoa Cookie	Quinoa, Starch(Sago Palm), Beet Sugar, Shortening(Palm Oil), Salt, Trehalose, Baking Soda
	Rice Cracker	Non-glutinous Rice, Fermented Rice Seasoning, Beet Sugar,Modified Starch(Sago Palm)
	Pumpkin Bolo (Small Round Cookie)	Sago Palm Starch, Shortening(Palm), Beet Sugar,Pumpkin Powder, Tapioca Starch, Salt, Baking Soda
	Packed Steamed Rice	Non-glutinous Rice
	Rice Cookie Strawberry Flavor	Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch
	Grape Juice	100% Pure Grape Juice

Second Meal		
Routes	Menu	Ingredients
The Following Flights from Japan to North America,Mexico,Europe **【From NARITA】** NH010(JFK) / 006(LAX) / 008(SFO) / 012(ORD) / 002(IAD) / 174(IAH) / 180(MEX) / 231(BRU) **【From HANEDA】** NH110(JFK) / 126(LAX) / 112(ORD) / 102(IAD) / 114(IAH) / 211(LHR) / 215(CDG) / 223(FRA) / 219(IST) ***For flight numbers written below, this menu will be served as 1st meal service.** **【From HANEDA】** NH160(JFK) / 203(FRA) / 217(MUC) / 205(VIE) / 207(MXP) / 221(ARN)	Herb-grilled Rockfish with Corn Rice	Corn Rice(Rice, Corn, Instant Soup, Carrot, Beet Sugar,Consommé-style Powder, Salt, Trehalose), Herb-grilled Rockfish(Rockfish, Olive Oil, Soup, Basil, Consommé-style Powder,Garlic, Trehalose),Bean Sprout & Spinach Namul(Bean Sprouts, Spinach, Carrot, Coleseed Oil, Salt, Consommé-style Powder,Pepper, Garlic, Trehalose)
	Brown Rice Boule Rice Flour Baguette ＊Only Rice Flour Baguette is served in Economy Class.	Brown Rice Boule／Non-glutinous Rice Flour, Brown Rice Flour, Rice Bran Oil, Beet Sugar, Psyllium Husks, Baker's Yeast, Salt, Konjac Processed Product(Maltodextrin, Konjac Powder), Thickener Rice Flour Baguette／Non-glutinous Rice Flour, Rice Bran Oil, Beet Sugar, Psyllium Husks, Baker's Yeast, Olive Oil, Salt, Konjac Processed Product(Maltodextrin, Konjac Powder), Thickener
	Grape Jelly	Grape Juice, High-fructose Corn Syrup, Sugar, Agar, Konjac, Citric Acid, Trisodium Citrate, Flavorings, Antioxidants(Vitamin C)
	Rice Cookie Strawberry Flavor	Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch
	Grape Juice	100% Pure Grape Juice
	Rice Chocolate Cake	Rice Flour, Beet Sugar, Coconut Milk, Shortening(Palm Oil), Starch Syrup,Cocoa Mass, Starch(Sago Palm), Cocoa Powder, Salt/Baking Powder
The Following Flights from Europe, Mexico to Japan **【To NARITA】** NH179(MEX) / 232(BRU) **【To HANEDA】** NH212(LHR) / 216(CDG) / 224,204(FRA) / 218(MUC) / 206(VIE) / 208(MXP) / 222(ARN) / 220(IST)	Simmered Spanish Mackerel in Miso	Spanish Mackerel, Millet Miso, Beet Sugar, Ginger, Soy Sauce Alternative, Kelp Powder
	Brown Rice Boule Rice Flour Baguette ＊Only Rice Flour Baguette is served in Economy Class.	Brown Rice Boule／Non-glutinous Rice Flour, Brown Rice Flour, Rice Bran Oil, Beet Sugar, Psyllium Husks, Baker's Yeast, Salt, Konjac Processed Product(Maltodextrin, Konjac Powder), Thickener Rice Flour Baguette／Non-glutinous Rice Flour, Rice Bran Oil, Beet Sugar, Psyllium Husks, Baker's Yeast, Olive Oil, Salt, Konjac Processed Product(Maltodextrin, Konjac Powder), Thickener
	Packed Steamed Rice	Non-glutinous Rice
	Grape Jelly	Grape Juice, High-fructose Corn Syrup, Sugar, Agar, Konjac, Citric Acid, Trisodium Citrate, Flavorings, Antioxidants(Vitamin C)
	Rice Cookie Strawberry Flavor	Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch
	Grape Juice	100% Pure Grape Juice
	Rice Chocolate Cake	Rice Flour, Beet Sugar, Coconut Milk, Shortening(Palm Oil), Starch Syrup, Cocoa Mass, Starch(Sago Palm), Cocoa Powder, Salt/Baking Powder
The Following Flights from North America to Japan **【To NARITA】** NH009(JFK) / 011(ORD) / 005(LAX) / 007(SFO) / 001(IAD) / 173(IAH) / 177(SEA) / 183,181(HNL) **【To HANEDA】** NH101(IAD) / 109,159(JFK) / 111(ORD) / 125, 105(LAX) / 107(SFO) / 117(SEA) / 113(IAH) / 185(HNL)	Whitefish in Curry Sauce	Hoki, Onion, Carrot, Shimeji Mushroom, Soup (Salt, Yeast Extract, Kelp Extract, Shiitake Mushroom Extract), Instant Soup, Beet Sugar, Fermented Seasoning, Ginger Juice, Consommé-style Powder, Salt, Curry Powder, Garlic, Thickener(Modified Starch), Trehalose
	Packed Steamed Rice	Non-glutinous Rice
	Rice Cookie Strawberry Flavor	Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch
	Grape Juice	100% Pure Grape Juice

Light Meal/Snacks		
Routes	Menu	Ingredients
The Following Flights from Japan **【From NARITA】** NH178(SEA) /184,182(HNL) / 136(YVR) / 881(PER) / 829(BOM) **【From HANEDA】** NH118(SEA) /186(HNL) / 116(YVR) / 889,879(SYD) / 837(DEL) **The Following Flights to Japan** **【To NARITA】** NH135(YVR) / 882(PER) **【To HANEDA】** NH115(YVR) / 890,880(SYD)	Grape Jelly	Grape Juice, High-fructose Corn Syrup, Sugar, Agar, Konjac, Citric Acid, Trisodium Citrate, Flavorings, Antioxidants(Vitamin C)
	Maple Sugar Cookie	White Sorghum Powder, Shortening (Palm), Maple Sugar, Beet Sugar, Starch (Tapioca), White Sweet Potato, Salt, Baking Powder, Tea Extract
	Grape Juice	100% Pure Grape Juice
The Following Flights from Japan **【From NARITA】** NH010(JFK) / 012(ORD) / 002(IAD) / 174(IAH)/ 180(MEX) / 231(BRU) / 803,801(SIN) / 807,805(BKK) / 835(CGK) / 815(KUL) **【From HANEDA】** NH110,160(JFK) / 106(LAX) / 108(SFO) / 112(ORD) / 102(IAD) / 114(IAH) / 211(LHR) / 215(CDG) / 223,203(FRA) / 217(MUC) / 205(VIE) / 207(MXP) / 221(ARN) / 219(IST) / 843,841(SIN) / 849,877,847(BKK) / 855,871(CGK) / 885(KUL) **The Following Flights to Japan** **【To NARITA】** NH179(MEX) / 804,802(SIN) / 808,806(BKK) / 836(CGK) / 816(KUL) / 830(BOM) **【To HANEDA】** NH844,842(SIN) / 850,848,878(BKK) / 872,856(CGK) / 886(KUL) / 838(DEL)	Maple Sugar Cookie	White Sorghum Powder, Shortening (Palm), Maple Sugar, Beet Sugar, Starch (Tapioca), White Sweet Potato, Salt, Baking Powder, Tea Extract
The Following Flights to Japan **【To NARITA】** NH009(JFK) / 011(ORD) / 001(IAD) / 173(IAH) **【To HANEDA】** NH101(IAD) / 109,159(JFK) / 111(ORD)/ 113(IAH)	Homemade Cookie (Chocolate Cookie)	Starch(Sago Palm), Beet Sugar, Coleseed Oil, Cacao Mass, Pumpkin Powder, Cocoa, Salt, Baking Soda