

28 Allergen-Free Meal(ATML)

<2026MAR-2026MAY>

*Please note, menu may change.

Lunch/Dinner		
Routes	Menu	Ingredients
<p>All flights from Japan</p> <p>*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)</p>	Deep-fried Whitefish & Steamed Rice with Shiso or Fish Hamburger Steak with Steak Sauce	Deep-fried Whitefish Steamed Rice w/Japanese Shiso Herb/Steamed Rice with Shiso(Rice, Shiso),Deep-fried Whitefish(Hoki, Instant Soup, Coleseed Oil, Rice Flour Blend, Ginger,Soup, Seasoning, Beet Sugar, Paprika,Thickener(Modified Starch), Trehalose, Baking Powder),Sauteed Vegetables(Broccoli, Carrot, Instant Soup, Coleseed Oil, Consommé-style Powder) Fish Hamburger Steak with Steak Sauce/Fish Paste(Golden Threadfin Bream, Starch, Sugar, Others),Onion, Mushroom, Starch(Sago Palm), Lotus Root, Tomato Ketchup,Japanese Barbeque 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	Pollack, Red/Yellow Paprika, Lotus Root, Olive Oil for Food,Kernel Corn, Rice Vinegar, Soy Sauce Seasoning, Chinese Soup,Fried Rice Flour, Sugar Beet, 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(Powdered Candy, 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(Powdered Candy, Konjac Powder), Thickener
	Pear Jelly	Pear Juice, High-fructose Corn Syrup, Sugar, Agar, Konjac, Citric Acid, Trisodium Citrate, Flavors, Antioxidants
	Rice Cookie Strawberry Flavor	Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch
	Grape Juice	100% Pure Grape Juice
	<p>All Flights to Japan</p> <p>*Except, Flights Departing from North America(excluding Canada)</p>	Fish Hamburger Steak with Steak Sauce
Non-glutinous Rice		Non-glutinous Rice
Marinated Cod in Curry Sauce		Pollack, Red/Yellow Paprika, Lotus Root, Olive Oil for Food,Kernel Corn, Rice Vinegar, Soy Sauce Seasoning, Chinese Soup,Fried Rice Flour, Sugar Beet, 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(Powdered Candy, 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(Powdered Candy, Konjac Powder), Thickener
Pear Jelly		Pear Juice, High-fructose Corn Syrup, Sugar, Agar, Konjac, Citric Acid, Trisodium Citrate, Flavors, Antioxidants
Rice Cookie Strawberry Flavor		Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch
Grape Juice		100% Pure Grape Juice
<p>Flights from North America(excluding Canada) to Japan</p>	Simmered Spanish Mackerel in Miso	Spanish Mackerel, Ginger, Kombu Kelp Stock, Miso Millet, Millet Sauce, Beet Sugar, Coleseed Oil
	Marinated Cod in Curry Sauce	Pollack, Red/Yellow Paprika, Lotus Root, Olive Oil for Food,Kernel Corn, Rice Vinegar, Soy Sauce Seasoning, Chinese Soup,Fried Rice Flour, Sugar Beet, Yeast Extract, Pepper,Curry Powder/Baking Powder
	Quinoa Cookie	Quinoa, Beet Sugar, Sago Palm Starch, Organic Shortening, Trehalose, Baking Powder, Salt, Coral Calcium
	Rice Cracker	Non-Glutinous Rice, Rice Sauce, Palm Starch, Beet Sugar
	Pumpkin Bolo (Small Round Cookie)	Sago Palm Starch, Tapioka, Organic Shortning, Pumpkin Powder, Beet Sugar, Baking Powder, Salt
	Non-glutinous 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
<p><u>The Following Flights from Japan to North America, Mexico, Europe</u></p> <p>[From NARITA] NH010(JFK) / 006(LAX) / 008(SFO) / 012(ORD) / 002(IAD) / 174(IAH) / 180(MEX) / 231(BRU)</p> <p>[From HANEDA] NH110(JFK) / 126(LAX) / 112(ORD) / 102(IAD) / 114(IAH) / 211(LHR) / 215(CDG) / 223(FRA) / 219(IST)</p> <p>*For flight numbers written below, this menu will be served as 1st meal service.</p> <p>[From HANEDA] NH160(JFK) / 203(FRA) / 217(MUC) / 205(VIE) / 207(MXP) / 221(ARN)</p>	Herb-grilled Rockfish with Corn Rice	Herb-grilled Rockfish(Rock Fish, Soup, Olive Oil, Vegetable Consommé, Garlic, Basil),Corn Rice(Rice, Corn, Chinese Soup Stock, Carrot, Beet Sugar, Vegetable Consommé, Salt),Bean Sprout & Spinach Namul(Bean Sprout, Spinach, Carrot, Coleseed Oil, Salt, Vegetable Consommé, Pepper, Garlic)
	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(Powdered Candy, 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(Powdered Candy, Konjac Powder), Thickener
	Grape Jelly	Grape Juice(Glucose Liquid Sugar & Fruit Sugar) Liquid Sugar, Sugar, Agar, Konjac, Citric Acid, Flavor, Sodium Citrate, Antioxidant (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	Ground Rice (Domestic), Beet Sugar, Coconut Milk, Shortening (Oil Of Palm), Oligosaccharide-Syrup, Cacao Mass, Starch (Sago Palm), Cocoa Powder, Salt, Baking Powder
	Simmered Spanish Mackerel in Miso	Spanish Mackerel, Ginger, Kombu Kelp Stock, Miso Millet, Millet Sauce, Beet Sugar, Coleseed Oil
<p><u>The Following Flights from Europe, Mexico to Japan</u></p> <p>[To NARITA] NH179(MEX) / 232(BRU)</p> <p>[To HANEDA] NH212(LHR) / 216(CDG) / 224,204(FRA) / 218(MUC) / 206(VIE) / 208(MXP) / 222(ARN) / 220(IST)</p>	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(Powdered Candy, 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(Powdered Candy, Konjac Powder), Thickener
	Non-glutinous Rice	Non-glutinous Rice
	Grape Jelly	Grape Juice(Glucose Liquid Sugar & Fruit Sugar) Liquid Sugar, Sugar, Agar, Konjac, Citric Acid, Flavor, Sodium Citrate, Antioxidant (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	Ground Rice (Domestic), Beet Sugar, Coconut Milk, Shortening (Oil Of Palm), Oligosaccharide-Syrup, Cacao Mass, Starch (Sago Palm), Cocoa Powder, Salt, Baking Powder
	Whitefish in Curry Sauce	Hoki, Onion, Soup (Yeast Extract, Beet Molasses, Salt, Kelp Extract, Shiitake Mushroom Extract), Carrot, Shimeji Mushroom, Powdered Soup, Beet Sugar, Ginger, Seasonig, Vegetable, Curry Powder, Garlic, Trehalose, Modified Starch
<p><u>The Following Flights from North America to Japan</u></p> <p>[To NARITA] NH009(JFK) / 011(ORD) / 005(LAX) / 007(SFO) / 001(IAD) / 173(IAH) / 177(SEA) / 183,181(HNL)</p> <p>[To HANEDA] NH101(IAD) / 109,159(JFK) / 111(ORD) / 125, 105(LAX) / 107(SFO) / 117(SEA) / 113(IAH) / 185(HNL)</p>	Non-glutinous 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
<p><u>The Following Flights from Japan</u></p> <p>[From NARITA] NH178(SEA) / 184,182(HNL) / 136(YVR) / 881(PER) / 829(BOM)</p> <p>[From HANEDA] NH118(SEA) / 186(HNL) / 116(YVR) / 889,879(SYD) / 837(DEL)</p>	Grape Jelly	Grape Juice(Glucose Liquid Sugar & Fruit Sugar) Liquid Sugar, Sugar, Agar, Konjac, Citric Acid, Flavor, Sodium Citrate, Antioxidant (Vitamin C)
<p><u>The Following Flights to Japan</u></p> <p>[To NARITA] NH135(YVR) / 882(PER)</p> <p>[To HANEDA] NH115(YVR) / 890,880(SYD)</p>	Maple Sugar Cookie	White Sorghum, Shortening (Palm), Maple Sugar, Beet Sugar, Starch (Tapioca), Sweet Potato, Isomalt-oligosaccharide, Baking Powder, Salt, Tea Extract
<p><u>The Following Flights to Japan</u></p> <p>[To NARITA] NH135(YVR) / 882(PER)</p> <p>[To HANEDA] NH115(YVR) / 890,880(SYD)</p>	Grape Juice	100% Pure Grape Juice
<p><u>The Following Flights from Japan</u></p> <p>[From NARITA] NH010(JFK) / 012(ORD) / 002(IAD) / 174(IAH) / 180(MEX) / 231(BRU) / 803,801(SIN) / 807,805(BKK) / 835(CGK) / 815(KUL)</p> <p>[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)</p>	Maple Sugar Cookie	White Sorghum, Shortening (Palm), Maple Sugar, Beet Sugar, Starch (Tapioca), Sweet Potato, Isomalt-oligosaccharide, Baking Powder, Salt, Tea Extract
<p><u>The Following Flights to Japan</u></p> <p>[To NARITA] NH179(MEX) / 804,802(SIN) / 808,806(BKK) / 836(CGK) / 816(KUL) / 830(BOM)</p> <p>[To HANEDA] NH-844,842(SIN) / 850,848,878(BKK) / 872,856(CGK) / 886(KUL) / 838(DEL)</p>		
<p><u>The Following Flights to Japan</u></p> <p>[To NARITA] NH009(JFK) / 011(ORD) / 001(IAD) / 173(IAH)</p> <p>[To HANEDA] NH101(IAD) / 109,159(JFK) / 111(ORD) / 113(IAH)</p>	Homemade Cookie (Chocolate Cookie)	Sago Palm Starch, Beet Sugar, Coleseed Oil, Cacao Mass, Pumpkin Powder, Cocoa, Salt, Baking Powder