

NUTRITIONAL INFORMATION



RICE MEALS	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
Nutritional information does not include teriyaki top sauce (sauce information listed on page 3).	(g)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Teriyaki Chicken	469.0	542.3	7.9	2.1	0.0	163.2	857.4	72.7	4.3	6.9	43.0
Sukiyaki Beef	462.0	748.2	27.0	10.5	0.0	98.0	853.2	72.9	4.4	6.9	50.9
Chicken & Beef	457.0	645.3	17.4	6.3	0.0	130.6	855.3	72.8	4.4	6.9	47.0
Chicken & Shrimp	513.0	604.1	9.0	2.2	0.0	264.4	1,395.2	72.9	4.3	6.9	54.7
Beef & Shrimp	506.0	810.0	28.0	10.6	0.0	199.2	1,391.0	73.0	4.4	6.9	62.7
Sizzling Shrimp	474.0	446.9	2.2	0.3	0.0	202.5	1,556.7	72.8	4.3	6.9	31.9
Tofu Teriyaki	332.0	525.4	0.8	2.2	0.0	0.0	834.7	87.2	5.7	8.8	18.3
Hawaiian Chicken	481.0	550.3	7.8	2.1	0.0	163.2	856.0	75.7	4.2	9.9	42.3
Orange Chicken	455.0	601.4	13.0	2.2	0.0	60.8	965.5	94.4	5.4	14.5	26.6
NOODLE MEALS	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
Nutritional information does not include teriyaki top sauce (sauce information listed on page 3).	(g)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Beef Yakisoba	466.0	884.4	33.0	11.1	0.1	98.0	1,569.7	85.5	6.0	10.9	59.3
Chicken Yakisoba	473.0	678.5	14.0	2.7	0.1	163.2	1,573.9	85.3	6.0	10.9	51.3
Chicken & Beef Yakisoba	461.0	781.4	23.5	6.9	0.1	130.6	1,571.8	85.4	6.0	10.9	55.3
Chicken & Shrimp Yakisoba	517.0	740.2	15.0	2.8	0.1	264.4	2,111.6	85.5	6.0	10.9	63.1
Beef & Shrimp Yakisoba	510.0	946.1	34.1	11.2	0.1	199.2	2,107.5	85.6	6.0	10.9	71.0
Sizzling Shrimp Yakisoba	478.0	583.1	8.2	0.9	0.1	202.5	2,273.2	85.4	6.0	10.9	40.2
POKE BOWLS	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
Nutritional information does not include Citrus Soy Dressing (sauce information listed on page 3).	(g)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Saucy Chicken Poke Bowl	340.0	628.1	22.4	3.8	0.0	163.2	949.0	65.0	7.1	16.4	42.0
Tropical Tuna Poke Bowl	368.0	530.8	19.4	2.9	0.0	32.3	380.4	63.4	7.2	15.7	27.0
Crispy Tofu Poke Bowl	216.0	602.7	15.2	3.9	0.0	0.0	606.3	78.1	8.4	17.7	16.8
California Crave Poke Bowl	348.0	624.8	29.6	4.3	1.5	35.5	917.8	62.9	7.1	17.7	13.1
BENTO CHOICES	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
Nutritional information does not include sauces (sauce information listed on page 3).	(g)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
2 Gyoza (Bento Choice)	46.0	95.0	5.5	1.5	0.0	0.0	180.0	7.5	0.0	0.5	3.0
2 Spring Rolls (Bento Choice)	90.0	180.0	1.0	0.0	0.0	0.0	720.0	32.0	2.0	10.0	6.0
2 Tempura Shrimp (Bento Choice)	48.0	105.8	6.8	1.1	0.0	28.3	109.6	7.2	0.0	6.0	4.5
4 California Rolls (Bento Choice)	98.0		9.2	1.4	0.5	5.3	230.3	26.1	2.5	4.9	4.0
Sea Salt Edamame (Bento Choice)	71.0	77.3	3.4	0.0	0.0	0.0	1,088.2	5.4	3.4	1.8	8.0

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SUDES & SNACKS	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
<small>Nutritional information does not include sauces (sauce information listed on page 3).</small>	(g)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Spring Rolls - 1	45.0	90.0	0.5	0.0	0.0	0.0	360.0	16.0	1.0	5.0	3.0
Spring Rolls - 2	90.0	180.0	1.0	0.0	0.0	0.0	720.0	32.0	2.0	10.0	6.0
Gyoza - 3	69.0	142.5	8.3	2.3	0.0	0.0	270.0	11.3	0.0	0.8	4.5
Gyoza - 5	115.0	237.5	13.8	3.8	0.0	0.0	450.0	18.8	0.0	1.3	7.5
Tempura Shrimp - 3	72.6	158.8	10.2	1.7	0.0	0.0	164.4	10.8	0.0	9.1	6.8
Tempura Shrimp - 5	121.0	264.6	17.0	2.8	0.0	42.5	274.0	18.0	0.0	15.1	11.3
Sea Salt Edamame	141.0	154.5	6.7	0.0	0.0	70.9	2,176.4	10.8	6.8	3.5	15.9
Tokyo Fried Chicken	105.0	232.9	12.1	2.0	0.0	0.0	597.4	12.1	1.0	1.0	18.2
SUSHI	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
<small>Nutritional information does not include sauces (sauce information listed on page 3).</small>	(rolls)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
California Rolls - 8	8.0	440.1	18.3	2.7	1.1	10.5	395.9	50.9	4.7	9.8	7.9
California Rolls - 4	4.0	223.4	9.2	1.4	0.5	5.3	230.3	26.1	2.5	4.9	4.0
Dynamite Rolls - 8	8.0	405.9	16.0	2.4	0.0	28.5	182.0	57.0	4.7	13.1	9.7
Dynamite Rolls - 4	4.0	206.2	8.0	1.2	0.0	14.3	123.4	29.2	2.5	6.6	4.9
Volcano Rolls - 4	4.0	326.8	15.2	2.4	1.0	30.4	596.2	29.8	2.5	8.5	7.7
Volcano Rolls - 8	8.0	646.9	30.3	4.8	1.9	60.7	1,127.7	58.3	4.9	17.0	15.2
Tiger Rolls - 8	8.0	511.5	21.7	3.6	0.0	136.8	709.1	61.8	4.7	17.4	17.5
Tiger Rolls - 4	4.0	259.0	10.9	1.8	0.0	68.4	386.9	31.6	2.5	8.7	8.8
Avocado Rolls	6.0	231.4	7.6	1.1	0.0	0.2	71.5	37.6	4.1	5.1	3.7
Cucumber Rolls	6.0	155.2	0.3	0.1	0.0	0.2	68.1	34.3	0.9	5.3	2.9
SUSHI MEALS	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
<small>Nutritional Information does not include sauces (sauces listed at bottom of this page).</small>	(rolls)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Classic Platter	20.0	803.1	25.0	3.7	0.5	19.9	363.9	124.5	9.5	21.8	15.2
Sushilicious Platter	16.0	1002.2	43.2	6.8	1.5	118.3	1,207.3	114.0	9.5	28.6	25.1
KIDS MEALS (Inc. Juice & Pocky)	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
<small>Nutritional information does not include teriyaki top sauce or side sauces (sauce information listed on page 3).</small>	(g)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Kids Chicken with Rice	234.0	355.2	6.5	3.0	0.0	81.6	569.6	51.4	3.2	13.9	22.6
Kids Beef with Rice	231.0	697.4	16.0	7.2	0.0	49.0	567.5	51.5	3.2	13.9	26.5
Kids Chicken with Yakisoba Noodles	233.0	697.4	9.5	3.3	0.1	81.6	927.8	57.7	4.0	15.8	26.7
Kids Beef with Yakisoba Noodles	237.0	697.4	19.0	7.5	0.0	49.0	925.7	57.7	4.0	15.9	30.7
Kids Sushi	10 each	697.4	15.6	3.9	0.5	5.5	269.4	75.7	5.8	20.5	8.2
Kids Tokyo Fried Chicken	105.0	697.4	14.6	4.0	0.0	60.8	631.4	27.1	2.0	11.4	19.3

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UPGRADES & EXTRAS	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
<small>Nutritional information does not include sauces (sauce information listed on page 3).</small>	(g)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Side White Rice	298.0	407.3	0.6	0.2	0.0	0.0	6.4	89.9	1.6	0.0	7.5
Side Brown Rice	298.0	391.7	3.7	0.0	0.0	0.0	5.2	83.2	7.3	0.0	4.9
Side Cauliflower Rice	255.0	35.5	0.7	0.1	0.0	0.0	251.4	8.3	5.3	2.7	0.5
Side Yakisoba Noodles	198.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Add Mushrooms	28.0	6.2	0.1	0.0	0.0	0.0	1.4	0.9	0.3	0.6	0.9
Add Broccoli	28.0	28.8	0.3	0.0	0.0	0.0	27.9	5.6	2.2	1.4	2.4
Add Pineapple	28.0	9.5	0.0	0.0	0.0	0.0	0.0	2.6	0.1	2.4	0.1
Add Veggie	71.0	35.1	0.3	0.0	0.0	0.0	34.5	7.6	3.0	3.3	2.1
Add Tofu	106.0	203.8	0.0	2.0	0.0	0.0	259.1	17.3	1.3	4.4	9.8
Add 6 Shrimp	65.0	61.7	1.1	0.1	0.0	101.2	537.8	0.2	0.0	0.0	11.7
Add Extra Beef	85.0	217.6	13.1	5.2	0.0	49.0	298.8	2.2	0.0	1.5	21.5
Add Extra Chicken	85.0	114.6	3.6	1.0	0.0	81.6	300.9	2.1	0.0	1.5	17.5
COMMON SUBSTITUTIONS	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
<small>All numbers represent substitution values.</small>	(g)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Sub Brown Rice	0.0	-10.4	2.0	-0.1	0.0	0.0	-0.8	-4.5	3.9	0.0	-1.8
Sub Cauliflower Rice	28.0	-236.0	0.3	0.0	0.0	0.0	247.1	-51.7	4.3	2.7	-4.6
Sub Yakisoba	0.0	136.2	6.0	0.6	0.0	0.0	716.5	12.6	1.6	4.0	8.3
SIDE SAUCES	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
		(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Chili Garlic Sauce	1 fl oz	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Chili Crisp Sauce	1.5 floz	145.1	6.6	0.9	0.0	0.0	540.8	18.3	0.6	0.0	0.9
Citrus Soy Dressing	2 floz	215.8	20.5	1.5	0.1	0.0	564.2	8.1	0.1	0.0	0.9
Gyoza Sauce	1 floz	19.5	0.9	0.1	0.0	0.0	820.5	0.9	0.0	0.0	1.8
Orange Sauce	1.5 floz	41.6	0.0	0.0	0.0	0.0	84.4	10.3	0.1	0.0	0.3
Sweet & Sour Sauce	111 g	45.0	0.0	0.0	0.0	0.0	120.0	11.0	0.0	0.0	0.0
Soy Sauce Packet	5.5 mL	3.0	0.0	0.0	0.0	0.0	285.5	0.3	0.0	0.0	0.6
Spicy Mayo	1 fl oz	165.6	16.6	3.1	0.0	10.4	207.0	2.1	0.0	0.0	0.2
Tempura Sauce	1 fl oz	11.6	0.0	0.0	0.0	0.0	383.4	2.1	0.0	0.0	0.2
Teriyaki Top Sauce (per 1 Scoop)	2 fl oz	68.2	0.0	0.0	0.0	0.0	902.9	15.9	0.0	0.0	1.9
BUBBLE TEA	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
	(mL)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Brown Sugar Milk Tea	700.0	581.2	19.2	19.0	0.0	0.0	90.4	99.3	0.0	67.8	3.0
Mango Green Tea	700.0	231.9	0.0	0.0	0.0	0.0	43.4	57.2	0.0	54.5	0.0
Taro Bubble Tea	700.0	473.6	17.5	17.4	0.0	0.0	116.0	75.7	0.0	46.7	2.4
Strawberry Green Tea	700.0	281.1	0.0	0.0	0.0	0.0	22.4	69.8	0.0	66.8	0.0