



NUTRITIONAL INFORMATION

RICE MEALS <small>Nutritional Information does not include Teriyaki Top Sauce Teriyaki Meals are served with Market Vegetables</small>	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
Teriyaki Chicken	427	512	6	2	0.0	126	784	76	2	5	35
Sukiyaki Beef	420	627	18	7	0.0	65	776	76	2	5	37
Chicken & Beef	415	571	12	4	0.0	96	780	76	2	5	36
Beef & Shrimp	485	702	21	7	0.0	163	1326	77	2	5	47
Chicken & Shrimp	492	584	9	2	0.0	224	1333	77	2	5	46
Sizzling Shrimp	474	476	4	0	0.0	196	1504	78	2	5	35
Hawaiian Chicken	439	506	6	2	0.0	126	782	75	2	4	34
Fresh Grilled Vegetables	342	400	1	0	0.0	0	723	86	5	9	12
Teriyaki Salmon	564	540	8	2	0.0	60	1158	79	3	7	32
NOODLE MEALS <small>Nutritional Information does not include Teriyaki Top Sauce Noodlefull Meals are served with Asian Vegetables</small>	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
Beef Noodleful	545	794	37	9	0.3	86	1446	72	5	9	43
Chicken Noodlefull	559	680	25	3	0.3	147	1456	72	5	9	41
Shrimp Noodlefull	503	707	24	2	0.3	222	2031	85	5	7	38
Veggie Noodlefull	479	550	20	2	0.3	21	976	79	7	11	17
Beef Yakisoba	424	616	23	8	0.0	75	1177	61	3	8	45
Chicken Yakisoba	431	504	11	2	0.1	136	1438	62	3	8	43
Chicken & Beef Yakisoba	428	562	17	5	0.1	105	1433	62	3	8	44
CHOP CHOP BOWLS <small>Nutritional Information does not include Teriyaki Top Sauce</small>	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
Chicken Chop Chop	632	565	9	2	0.0	126	590	80	3	6	38
Beef Chop Chop	618	682	21	7	0.0	65	583	80	3	6	39
Tempura Shrimp Chop Chop	556	600	17	3	0.0	57	276	92	3	16	19
Chicken & Beef Chop Chop	625	623	15	5	0.0	96	586	80	3	6	38
Veggie Chop Chop	608	447	5	0	0.0	0	80	85	6	7	15
BENTO CHOICES <small>Nutritional Information does not include sauces (Sauces listed at bottom)</small>	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
2 Tempura Shrimp (bento choice)	48	106	7	1	0.0	28	109	7	0	6	5
4 California Rolls (bento choice)	98	170	4	1	0.0	3	269	27	1	5	4
2 Spring Rolls (bento choice)	104	180	1	0	0	0	720	32	2	10	6
2 Gyoza (bento choice)	46	80	2	1	0.0	7	127	11	1	1	3
Edamame - Sea Salt (bento choice)	63	75	3	0	0.0	0	1004	6	3	1	7
Edamame - Sesame Chili (bento choice)	63	85	4	1	0.0	0	1028	6	3	1	7
SOUP	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
Beef Ramen	895	761	26	8	0.1	91	3190	85	5	8	47
Chicken Ramen	895	644	14	2	0.1	152	3197	85	5	8	45
Shrimp Ramen	928	607	12	1	0.1	222	3918	86	5	8	40
Vegetable Ramen	870	532	10	1	0.1	26	2866	91	8	10	23
Beef Udon	895	595	20	7	0.0	65	3152	64	2	7	39
Chicken Udon	895	478	8	2	0.0	126	3159	64	2	7	37

Shrimp Udon	928	442	6	0	0.0	196	3879	65	2	7	32
Vegetable Udon	884	374	4	0	0.0	0	3713	70	5	9	17
Cup of Miso Soup		68	4	1	0.0	0	1061	6	1	3	4
SIDES & SNACKS											
Nutritional Information does not include sauces (Sauces listed at bottom)											
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
Spring Rolls 2	104	180	1	0	0.0	0	720	32	2	10	6
Spring Rolls 1	52	90	1	0	0.0	0	360	16	1	5	3
Gyoza 5	115	200	6	2	0.0	17	317	28	2	2	8
Gyoza 3	69	120	3	1	0.0	10	190	17	1	1	5
Tempura Shrimp 5	121	265	17	3	0.0	71	274	18	0	15	11
Tempura Shrimp 3	73	159	10	2	0.0	43	164	11	0	9	7
Yam Tempura	156	312	14	1	0.0	0	889	41	0	9	3
Edamame Sea Salt	125	136	6	0	0.0	0	2009	9	6	3	14
Edamame Sesame Chilli	125	156	8	0	0.0	0	2055	9	6	3	14
KIDS MEALS											
Nutritional Information does not include Teriyaki Top Sauce											
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
Kids Chicken w/ Rice	214	256	3	1	0.0	63	506	38	1	2	18
Kids Beef w/ Rice	210	314	9	4	0.0	33	501	38	1	2	18
Kids Chicken w/ Yakisoba	200	252	5	1	0.0	68	826	31	2	4	22
Kids Beef w/ Yakisoba	196	310	11	4	0.0	37	821	31	2	4	22
Kids Chicken w/ Ramen	214	273	5	1	0.0	74	817	35	2	4	20
Kids Beef w/ Ramen	210	331	11	4	0.0	43	812	35	2	4	21
SUSHI											
Nutritional Information does not include sauces (Sauces listed at bottom)											
	Serving Size (rolls)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
Kids Sushi Meal	10	327	4	2	0.0	3	276	68	2	10	7
California Rolls - 4	4	170	4	1	0.0	3	269	27	1	5	4
California Rolls - 8	8	331	9	1	0.1	5	475	54	2	9	8
Dynamite Rolls - 4	4	182	6	1	0.0	14	123	26	1	7	5
Dynamite Rolls - 8	8	355	12	2	0.0	29	181	52	2	13	9
Beef Rolls - 4	4	165	5	1	0.0	8	135	23	1	4	6
Beef Rolls - 8	8	322	9	2	0.0	17	206	45	2	8	12
Volcano Rolls - 4	4	256	10	2	0.0	8	558	34	1	8	6
Volcano Rolls - 8	8	532	22	4	0.0	18	1125	69	2	16	12
Tiger Rolls - 4	4	242	10	2	0.0	46	447	29	1	9	9
Tiger Rolls - 8	8	475	19	3	0.0	91	829	57	2	18	18
Salmon Rolls - 4	4	143	2	0	0.0	14	107	22	1	4	7
Salmon Rolls - 8	8	278	4	1	0.0	28	149	43	1	7	14
Alaska Rolls - 4	4	204	9	2	0.0	8	321	24	2	4	6
Alaska Rolls - 8	8	400	17	4	0.0	15	578	48	4	7	13
Yam Rolls - 4	4	184	5	1	0.0	0	229	30	1	5	3
Yam Rolls - 8	8	359	10	1	0.0	0	395	59	2	10	5
Veggie Rolls - 4	4	114	0	0	0.0	0	71	22	0	4	2
Veggie Rolls - 8	8	220	2	0	0.0	0	77	44	1	8	4
Avocado Rolls (6)	6	183	3	1	0.0	0	71	33	2	5	3
Cucumber Rolls (6)	6	150	0	0	0.0	0	69	32	0	6	3

Salmon Nigiri - each	1	66	1	0	0.0	10	5	10	0	2	4
Smoked Salmon Nigiri - each	1	74	2	1	0.0	5	139	10	0	2	4
SUSHI PLATTERS	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
<small>Nutritional Information does not include sauces (Sauces listed at bottom)</small>											
Platter - Easi (with edamame)	12	626	22	6	0.0	37	1498	77	7	16	24
Platter - Easi (with maki sushi)	18	698	20	5	0.0	37	476	103	4	20	20
Kami Platter	14	596	11	2	0.0	55	394	94	3	18	22
Oceani Platter	16	721	23	7	0.1	58	719	93	4	18	25
SIDES & EXTRAS	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
Side White Rice (10.5oz)	298	451	1	0	0.0	0	6	99	0	0	8
White Rice (meal size 7oz)	198	300	0	0	0.0	0	4	66	0	0	6
Side Brown Rice (10.5oz)	298	392	37	0	0.0	0	5	83	7	0	5
Brown Rice (meal size 7oz)	198	261	24	0	0.0	0	3	55	5	0	3
Side Cauliflower Rice	255	46	1	0	0.0	0	308	9	6	3	0
Side Ramen Noodles (meal size 7oz)	198	320	5	1	0.1	21	209	57	2	1	10
Side Yakisoba Noodles (9oz)	255	417	8	1	0.1	14	339	73	1	2	20
Yakisoba Noodles (meal size 6oz)	170	278	5	1	0.0	10	226	49	1	1	13
Add Mushroom	28	6	0	0	0.0	0	1	1	0	1	1
Add Asian Veg	170	48	0	0	0.0	0	66	9	3	4	3
Add Tofu	106	306	23	3	0.0	0	18	10	4	3	21
Add 6 Shrimp	65	72	3	0	3.0	98	550	0	0	0	11
Double Beef	132	292	17	7	0.0	65	525	3	0	2	29
Double Chicken	139	177	6	1	0.0	126	546	3	0	2	27
COMMON SUBSTITUTIONS	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
<small>All numbers represent substitution values.</small>											
Sub Brown for White Rice	0	-39	24	0	0.0	0	-1	-11	5	0	-2
Sub Cauliflower for White Rice	61	-254	1	0	0.0	0	303	-57	6	3	-5
Sub Plain Cauliflower for White Rice	57	-270	0	0	0.0	0	41	-57	6	3	-6
Sub Ramen Noodles for White Rice	0	20	5	1	0.0	21	205	-9	2	1	5
Sub Yakisoba Noodles for White Rice	-28	-22	5	1	0.0	10	222	-18	1	1	8
Sub Asian Veg for Market Veg	57	19	0	0	0.0	0	37	3	0	2	1
SIDE SAUCES	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
Teriyaki Top Sauce (1 Scoop)	2 floz	47	0	0	0.0	0	669	10	0	7	1
Gyoza Sauce	1.5 floz	30	1	0	0.0	0	1487	2	0	0	3
Tempura Sauce	1.5 floz	18	0	0	0.0	0	593	3	0	3	0
Soy Sauce Packet	5.5 mL	3	0	0	0.0	0	345	0	0	0	1
Chili Garlic Sauce	1 floz	0	0	0	0.0	0	560	0	0	0	0
Plum Sauce	111 g	20	0	0	0.0	0	90	5	0	5	0
Spicy Mayo	1 floz	38	1	0	0.0	0	395	1	0	0	0
BUBBLE TEA	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
Milk Tea - Regular Sweet	700mL	640	13	0	0.0	0	144	130	1	53	1
Milk Tea - Less Sweet	700mL	564	13	0	0.0	0	141	110	1	33	1
Brown Sugar Boba - Regular Sweet	700mL	606	7	4	0.0	29	302	127	1	70	13
Brown Sugar Boba - Less Sweet	700mL	490	7	4	0.0	29	277	96	1	39	13
Passion Fruit Green Tea - Regular Sweet	700mL	208	0	0	0.0	0	21	56	1	55	0
Passion Fruit Green Tea - Less Sweet	700mL	172	0	0	0.0	0	21	45	1	45	0