



NUTRITION FACTS

JANUARY 2008

	<i>Serving Size</i>	<i>Calories</i>	<i>Total Fat</i>	<i>Saturated Fat</i>	<i>Trans Fat</i>	<i>Cholesterol</i>	<i>Sodium</i>	<i>Carbohydrate</i>	<i>Fibre</i>	<i>Sugars</i>	<i>Protein</i>
TERIYAKI DISHES - Nutrition facts do not include Teriyaki Sauce											
Teriyaki Chicken	428 g	580	12g	3g	0g	105mg	0.85g	80g	3g	4g	33g
Sukiyaki Beef	421 g	610	16g	6g	0.5g	65mg	0.81g	80g	3g	4g	32g
Chicken and Shrimp	493 g	660	15g	3.5g	0g	185mg	1.21g	82g	3g	5g	45g
Beef Yakisoba	425 g	540	18g	6g	0.5g	65mg	1.15g	62g	2g	4g	36g
Chicken and Beef	416 g	590	14g	4.5g	0.2g	85mg	0.83g	80g	3g	4g	32g
Chicken Yakisoba	432 g	510	14g	3g	0g	105mg	1.19g	62g	2g	4g	37g
Beef and Shrimp	486 g	690	19g	6g	0.5g	150mg	1.17g	82g	3g	5g	43g
Sizzling Shrimp	475 g	510	4.5g	1g	0g	165mg	1.10g	82g	3g	4g	32g
Hawaiian Chicken	440 g	590	12g	3g	0g	105mg	0.85g	85g	3g	9g	33g
Tropical Teriyaki	505 g	670	15g	3.5g	0g	185mg	1.21g	87g	3g	11g	44g
Fresh Grilled Vegetables	342 g	380	1g	0.2g	0g	0mg	0.98g	81g	4g	3g	10g
Seafood Grill	502 g	570	4g	1.5g	0g	105mg	0.84g	89g	3g	4g	30g
Ginger Pork	414 g	650	23g	8g	0g	55mg	0.92g	82g	3g	6g	26g
Curry Chicken Bowl	375 g	500	21g	3g	1g	35mg	1.51g	27g	3g	2g	17g
UDON SOUP											
Beef Udon	947 g	580	17g	7g	0.5g	65mg	3.37g	72g	7g	6g	34g
Chicken Udon	953 g	550	13g	4g	0g	105mg	3.44g	72g	7g	6g	36g
Shrimp Udon	964 g	480	5g	1.5g	0g	165mg	3.63g	74g	8g	6g	34g
Vegetable Udon	909 g	370	1.5g	1g	0g	0mg	3.25g	77g	9g	8g	13g



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BENTO BOXES - Nutrition facts do not include Teriyaki Sauce											
Sizzling Shrimp Bento	625 g	800	16g	3g	0.1g	195mg	1.53g	122g	4g	6g	40g
Seafood Grill Bento	652 g	860	16g	3.5g	0g	140mg	1.27g	129g	4g	6g	37g
Chicken and Beef Bento	566 g	880	26g	7g	0.3g	120mg	1.26g	120g	4g	6g	40g
Chicken Yakisoba Bento	582 g	800	25g	6g	0.1g	135mg	1.62g	102g	3g	6g	45g
Beef Yakisoba Bento	575 g	830	30g	8g	0.5g	100mg	1.58g	102g	3g	6g	43g
Teriyaki Chicken Bento	578 g	870	24g	6g	0.1g	135mg	1.28g	120g	4g	6g	41g
Sukiyaki Beef Bento	571 g	900	28g	8g	0.5g	100mg	1.24g	120g	4g	6g	39g
EDO EXTRA'S											
California Roll	216 g	430	17g	2.5g	0g	55mg	0.49g	61g	1g	1g	9g
Vegetable Spring Roll	45 g	120	6g	1.5g	0g	0mg	0.31g	14g	2g	2g	3g
6 Extra Shrimp	65 g	80	2.5g	0.4g	0g	80mg	0.36g	2g	0g	1g	11g
Extra Beef	132 g	260	15g	6g	0.5g	65mg	0.47g	3g	0g	3g	24g
Extra Chicken	139 g	220	11g	3g	0g	105mg	0.49g	3g	0g	3g	26g
Tofu	106 g	90	4.5g	0.5g	0g	0mg	0.56g	5g	1g	3g	8g
Rice Side Dish	297 g	480	1g	0.2g	0g	0mg	0.015g	106g	1g	0g	9g
Yakisoba Side Dish	340 g	430	4g	0.4g	0g	0mg	0.58g	89g	0g	0g	17g
Teriyaki Sauce	60 ml	45	0g	0g	0g	0mg	1.23g	11g	0g	11g	1g