

Serving Size (g) Calories Total Fat (g) Saturated Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Carbohydrates (g) Fibre (g) Sugars (g) Protein (g)

BENTO BOXES - Nutrition facts do not include Teriyaki Sauce

Sizzling Shrimp Bento	624	790	15	3	0.1	195	1540	122	4	6	40
Salmon & Shrimp Bento	627	910	15	4.5	0.1	175	1260	121	5	8	49
Chicken and Beef Bento	565	870	25	7	0.3	120	1260	120	4	6	40
Chicken Yakisoba Bento	581	790	24	6	0	135	1620	102	3	6	45
Beef Yakisoba Bento	574	840	29	8	0.5	90	1580	102	3	6	43
Teriyaki Chicken Bento	577	860	23	5	0.1	135	1280	120	4	6	41
Sukiyaki Beef Bento	570	880	27	8	0.5	100	1240	120	4	6	39

TERIYAKI DISHES - Nutrition facts do not include Teriyaki Sauce

Teriyaki Chicken	427	570	11	3	0	105	850	80	3	4	33
Sukiyaki Beef	420	580	15	6	0.5	65	810	80	3	4	32
Chicken and Shrimp	492	640	14	3.5	0	185	1210	82	3	5	45
Beef Yakisoba	424	530	17	6	0.5	65	1150	62	2	4	36
Chicken and Beef	415	580	13	4.5	0.2	85	830	80	3	4	32
Chicken Yakisoba	431	500	13	3	0	105	1190	62	2	4	37
Beef and Shrimp	485	660	18	6	0.5	150	1170	82	3	5	43
Sizzling Shrimp	474	500	4	0.5	0	165	1100	82	3	4	32
Hawaiian Chicken	439	580	11	3	0	105	850	85	3	9	33
Tropical Teriyaki	504	660	14	3.5	0	185	1210	87	3	11	44
Fresh Grilled Vegetables	342	380	1	0.2	0	0	980	81	4	3	10
Salmon & Shrimp	477	620	4	2	0	140	830	81	3	5	42
Curry Chicken Bowl	375	500	21	3	1	35	1510	27	3	2	17

KIDS' MEALS - Nutrition facts do not include Teriyaki Sauce

Beef & Rice	209	270	7	3	0.2	30	410	41	2	3	16
Beef & Noodles	203	240	7	3	0.3	25	790	28	1	6	18
Chicken & Rice	212	290	6	1.5	0	50	430	41	2	2	17
Chicken & Noodles	206	240	6	1.5	0	50	810	30	1	2	18

UDON SOUP

Beef Udon	947	580	17	7	0.5	65	3050	72	7	6	34
Chicken Udon	953	550	13	4	0	105	3110	72	7	6	36
Shrimp Udon	964	480	5	1.5	0	165	3300	74	8	6	34
Vegetable Udon	909	370	1.5	1	0	0	2930	77	9	8	13

EXTRAS

Vegetable Spring Roll	45	120	6	1.5	0	0	310	14	2	2	3
2 Apple Caramel Spring Roll	99	260	9	1.5	0	10	220	40	2	19	4
6 Extra Shrimp	65	80	2.5	0.4	0	80	360	2	0	1	11
Extra Beef	132	260	15	6	0.5	65	470	3	0	3	24
Extra Chicken	139	220	11	3	0	105	490	3	0	3	26

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Tofu	106	90	4.5	0.5	0	0	560	5	1	3	8
Rice Side Dish	297	480	1	0.2	0	0	15	106	1	0	9
Brown Rice Side Dish	297	400	1	0.2	0	0	4	88	5	1	9
Yakisoba Side Dish	340	430	4	0.4	0	0	580	89	0	0	17
3 Pork & Beef Gyoza	62	130	4.5	1	0	10	260	15	1	1	6
Teriyaki Sauce	60	45	0	0	0	0	1230	11	0	11	1
Edamame with Sea Salt	125	100	4	0.5	0	0	490	7	3	2	9
Edamame with Sesame Chili	125	110	5	0.5	0	0	560	7	3	2	9

MAKI SUSHI (ROLLS) - 6 pieces per serving unless otherwise indicated

California Roll	216	430	17	2.5	0	55	490	61	1	1	9
Dynamite Roll	205	380	8	1.5	0	25	950	64	2	6	10
Avocado Roll	103	200	2	0.3	0	0	390	41	1	4	3
Kappa Roll	103	180	0.3	0	0	0	390	40	0	4	3
Salmon Roll	112	220	2.5	0.5	0	10	400	40	0	4	7
Shrimp Roll	210	340	4	0.5	0	125	650	55	1	5	18
Smoked Salmon Roll	112	200	1	0.3	0	5	550	40	0	4	7
Spicy Salmon Roll	184	330	6	1	0	25	750	54	1	5	13
Spicy Tuna Roll	184	300	2.5	0.4	0	20	750	54	1	5	13
Tuna Roll	112	200	0.5	0	0	10	400	40	0	4	7
House Roll (8 pc)	583	890	14	2.5	0	330	2130	129	3	17	57
House Roll (4pc)	292	445	7	1.3	0	165	1065	65	2	9	29
Sukiyaki Beef Roll	177	380	10	3	0.2	25	660	55	2	6	15
Spicy Beef Roll	219	460	16	4	0.2	25	1330	61	2	11	15
Red Pepper Roll	116	160	0.4	0	0	0	520	37	0	5	3
Vegetable Roll	160	300	6	2.5	0.1	15	750	55	1	6	6
Alaska Roll	208	290	16	4.5	0	30	1390	55	2	6	15
Chicken Roll	193	360	8	2	0	40	890	55	1	7	15
Spicy Chicken Roll	250	440	16	3.2	0.1	46	1600	58	1	8	15

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)
NIGIRI SUSHI - 1 piece per serving											
Creamy Scallop	54	110	4.5	0.5	0	15	200	12	0	1	4
Sake (Salmon)	41	70	1.5	0.3	0	5	160	12	0	1	3
Smoked Salmon	41	70	0.5	0	0	5	250	12	0	1	3
Ebi (Steamed Prawn)	47	70	0.4	0	0	30	180	12	0	1	5
Maguro (tuna)	41	60	0.2	0	0	5	160	12	0	1	3
Salmon Sashimi	21	30	1.5	0.3	0	10	70	1	0	0	3
Tuna Sashimi	21	20	0	0	0	5	65	1	0	0	3
SUSHI PLATTERS											
Enjoi Platter	363	650	12	1.5	0	70	1000	111	2	9	22
Kami Platter	369	660	14	2	0	80	1170	105	2	8	24
Futari Platter (1/2 platter)	382	660	14	2	0	135	1000	103	3	9	28
Easi Platter w/ sukiyaki (15 pc)	402	790	19	3.7	0.1	53	1440	131	3	11	20
Easi Platter w/ spicy (15 pc)	423	830	22	4.2	0.1	53	1775	134	3	13	20
Happi Platter											
(reg beef, edamame sea salt)	424	695	22	4	0.1	53	1540	97	6	9	26
(spicy beef, edamame seasalt)	383	685	23	4.3	0.1	53	1630	97	4	10	22
(reg beef, edamame chili)	362	650	20	3.8	0.1	53	1330	94	4	8	22
(spicy beef, edamame chili)	383	690	23	4.3	0.1	53	1665	97	4	10	22