



# NUTRITIONAL INFORMATION

<b>RICE MEALS</b>											
Nutritional Information does not include Teriyaki Top Sauce Teriyaki Meals are served with Market Vegetables											
	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	797	76	2	5	35
Sukiyaki Beef	420	627	18	7	0.0	65	788	76	2	5	37
Chicken & Beef	415	570	12	4	0.0	96	792	76	2	5	36
Beef & Shrimp	485	827	34	8	0.2	154	1544	80	2	7	50
Chicken & Shrimp	492	713	22	3	0.2	215	1554	80	2	7	49
Sizzling Shrimp	474	470	4	0	0.0	178	1586	78	2	5	35
Hawaiian Chicken	439	506	6	2	0.0	126	796	75	2	4	34
Fresh Grilled Vegetables	342	447	1	0	0.0	0	1406	96	5	16	13
Teriyaki Salmon	564	540	8	2	0.0	60	1158	79	3	7	32
<b>NOODLE MEALS</b>											
Nutritional Information does not include Teriyaki Top Sauce Noodleful Meals are served with Asian Vegetables											
	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	626	22	2	0.3	199	2077	71	5	7	41
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
<b>CHOP CHOP BOWLS</b>											
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)
Chicken Chop Chop	632	565	9	2	0.0	126	603	80	3	6	36
Beef Chop Chop	618	680	21	7	0.0	65	594	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	622	15	5	0.0	96	599	80	3	6	37
Veggie Chop Chop	608	388	3	0	0.0	0	57	77	3	4	10
<b>BENTO CHOICES</b>											
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)
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
<b>SOUP</b>											
	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	686	24	8	0.1	86	3618	71	5	8	45
Chicken Ramen	895	571	12	2	0.1	147	3628	71	5	8	43
Shrimp Ramen	928	529	10	1	0.1	199	4416	73	5	8	43
Vegetable Ramen	870	464	9	1	0.1	21	3702	78	7	10	22
Beef Udon	895	596	20	7	0.0	65	3629	64	3	7	40

Chicken Udon	895	481	8	2	0.0	126	3639	64	3	7	38
Shrimp Udon	928	437	6	0	0.0	178	4260	65	3	7	37
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
<b>SIDES &amp; SNACKS</b>											
Nutritional Information does not include sauces (Sauces listed at bottom)	<b>Serving Size (g)</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Fibre (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
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
<b>KIDS MEALS</b>											
Nutritional Information does not include Teriyaki Top Sauce	<b>Serving Size (g)</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Fibre (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
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
<b>SUSHI</b>											
Nutritional Information does not include sauces (Sauces listed at bottom)	<b>Serving Size (rolls)</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Fibre (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
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
California Rolls - 12	12	492	13	2	0.1	8	680	80	3	14	11
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
Dynamite Rolls - 12	12	528	18	3	0.0	43	240	77	3	20	13
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
Beef Rolls - 12	12	478	14	4	0.0	25	277	68	3	12	17
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
Salmon Rolls - 12	12	413	6	1	0.0	43	192	64	1	11	21
Alaska Rolls - 4	4	211	9	3	0.0	15	341	24	1	4	7
Alaska Rolls - 8	8	414	19	6	0.1	29	618	47	2	8	13
Alaska Rolls - 12	12	617	28	8	0.1	44	895	70	3	12	20
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
Yam Rolls - 12	12	535	15	2	0.0	0	560	88	3	15	8
Veggie Rolls - 4	4	139	3	2	0.0	7	93	23	1	4	3

Veggie Rolls - 8	8	270	7	3	0.0	15	122	45	1	9	5
Veggie Rolls - 12	12	401	10	5	0.0	22	151	67	2	13	7
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
Steam Prawn Nigiri - each	1	52	0	0	0.0	13	18	10	0	2	2
<b>SUSHI PLATTERS</b>	<b>Serving Size</b>										
<small>Nutritional Information does not include sauces (Sauces listed at bottom)</small>											
	<b>(rolls)</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Fibre (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
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
<b>SIDES &amp; EXTRAS</b>	<b>Serving Size (g)</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Fibre (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
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	200	16	1	0.2	89	757	4	0	2	14
Double Beef	132	292	17	7	0.0	65	537	3	0	2	29
Double Chicken	139	177	6	1	0.0	126	546	3	0	2	27
<b>COMMON SUBSTITUTIONS</b>											
<small>All numbers represent substitution values.</small>											
	<b>Serving Size (g)</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Fibre (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
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
<b>SIDE SAUCES</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Fibre (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
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