



# NUTRITIONAL INFORMATION

<b>RICE MEALS</b> Nutritional information does not include teriyaki top sauce. Teriyaki meals are served with market vegetables.	<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>
Beef & Shrimp	485	827	34	8	<1	154	1544	80	2	7	50
Chicken & Beef	415	570	12	4	<1	96	792	76	2	5	36
Chicken & Shrimp	492	713	22	3	<1	215	1554	80	2	7	49
Fresh Grilled Vegetables	342	447	1	0	<1	0	1406	96	5	16	13
Hawaiian Chicken	439	506	6	2	<1	126	796	75	2	4	34
Japanese Curry Chicken	510	610	13	2	<1	54	1272	101	2	4	21
Sizzling Shrimp	474	470	4	0	<1	178	1586	78	2	5	35
Sukiyaki Beef	420	627	18	7	<1	65	788	76	2	5	37
Teriyaki Chicken	427	512	6	2	<1	126	797	76	2	5	35
Teriyaki Salmon	564	540	8	2	<1	60	1158	79	3	7	32
<b>NOODLE MEALS</b> Nutritional information does not include teriyaki top sauce. Noodlefull meals are served with asian vegetables.	<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>
Beef Noodlefull	545	794	37	9	0.3	86	1446	72	5	9	43
Beef Yakisoba	424	616	23	8	0.0	75	1177	61	3	8	45
Chicken & Beef Yakisoba	485	562	17	5	0.1	105	1433	62	3	8	44
Chicken Noodlefull	559	680	25	3	0.3	147	1456	72	5	9	41
Chicken Yakisoba	431	504	11	2	0.1	136	1438	62	3	8	43
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
<b>CHOP CHOP BOWLS</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>
Beef Chop Chop	618	680	21	7	0.0	65	594	80	3	6	39
Chicken & Beef Chop Chop	625	622	15	5	0.0	96	599	80	3	6	37
Chicken Chop Chop	632	565	9	2	0.0	126	603	80	3	6	36
Tempura Shrimp Chop Chop	556	600	17	3	0.0	57	276	92	3	16	19
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).	<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>
2 Gyoza (bento choice)	46	80	2	1	0.0	7	127	11	1	1	3
2 Spring Rolls (bento choice)	104	180	1	0	0.0	0	720	32	2	10	6
2 Tempura Shrimp (bento choice)	48	106	7	1	0.0	28	109	7	0	6	5
4 California Rolls (bento choice)	98	165	5	1	0.0	8	135	23	1	4	6
Edamame - Sea Salt (bento choice)	63	75	3	0	0.0	0	1004	6	3	1	7
<b>SOUPS</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>
Beef Ramen	895	686	24	8	0.1	86	3618	71	5	8	45
Beef Udon	895	596	20	7	0.0	65	3629	64	3	7	40
Chicken Ramen	895	571	12	2	0.1	147	3628	71	5	8	43
Chicken Udon	895	481	8	2	0.0	126	3639	64	3	7	38
Shrimp Ramen	928	529	10	1	0.1	199	4416	73	5	8	43
Shrimp Udon	928	437	6	0	0.0	178	4260	65	3	7	37
Vegetable Ramen	870	464	9	1	0.1	21	3702	78	7	10	22
Vegetable Udon	884	374	4	0	0.0	0	3713	70	5	9	17



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<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>
Edamame Sea Salt	125	136	6	0	0.0	0	2009	9	6	3	14
Gyoza 3	69	120	3	1	0.0	10	190	17	1	1	5
Gyoza 5	115	200	6	2	0.0	17	317	28	2	2	8
Spring Rolls 1	52	90	1	0	0.0	0	360	16	1	5	3
Spring Rolls 2	104	318	20	3	0.0	85	329	22	0	18	14
Tempura Shrimp 3	73	159	10	2	0.0	43	164	11	0	9	7
Tempura Shrimp 5	121	265	17	3	0.0	71	274	18	0	15	11
Yam Tempura	156	312	14	1	0.0	0	889	41	0	9	3
<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	243	256	3	1	0.0	63	506	38	1	2	18
Kids Beef w/ Rice	208	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	194	310	11	4	0.0	37	821	31	2	4	22
Kids Chicken w/ Ramen	243	273	5	1	0.0	74	817	35	2	4	20
Kids Beef w/ Ramen	208	331	11	4	0.0	43	812	35	2	4	21
Kids Sushi Meal (see Sushi)											
<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>
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
Avocado Rolls - 6	6	183	3	1	0.0	0	71	33	2	5	3
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
California Rolls - 12	12	492	13	2	0.1	8	680	80	3	14	11
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
Cucumber Rolls - 6	6	150	0	0	0.0	0	69	32	0	6	3
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
Kids Sushi Meal	10	327	4	2	0.0	3	276	68	2	10	7
Salmon Nigiri - each	1	66	1	0	0.0	10	5	10	0	2	4
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
Smoked Salmon Nigiri - each	1	74	2	1	0.0	5	139	10	0	2	4
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
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
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
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



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<b>SUSHI PLATTERS</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>
Easi Platter (with edamame)	12	626	22	6	0.0	37	1498	77	7	16	24
Easi Platter (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>
Add 6 Shrimp	65	200	16	1	0.2	89	757	4	0	2	14
Add Asian Veg	170	48	0	0	0.0	0	66	9	3	4	3
Add Mushroom	28	6	0	0	0.0	0	1	1	0	1	1
Add Tofu	106	306	23	3	0.0	0	18	10	4	3	21
Brown Rice (meal size 7oz)	198	261	24	0	0.0	0	3	55	5	0	3
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
Side Brown Rice (10.5oz)	298	392	37	0	0.0	0	5	83	7	0	5
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 White Rice (10.5oz)	298	451	1	0	0.0	0	6	99	0	0	8
Side Yakisoba Noodles (9oz)	255	417	8	1	0.1	14	339	73	1	2	20
White Rice (meal size 7oz)	198	300	0	0	0.0	0	4	66	0	0	6
Yakisoba Noodles (meal size 6oz)	170	278	5	1	0.0	10	226	49	1	1	13
<b>COMMON SUBSTITUTIONS</b> All numbers represent substitution values.	<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	-38	20	5	1	0.0	21	205	-9	2	1	5
Sub Yakisoba Noodles for White Rice	128	-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 (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>
Chili Garlic Sauce	1 floz	0	0	0	0.0	0	560	0	0	0	0
Gyoza Sauce	1.5 floz	30	1	0	0.0	0	1487	2	0	0	3
Plum Sauce	111 g	20	0	0	0.0	0	90	5	0	5	0
Soy Sauce Packet	5.5 mL	3	0	0	0.0	0	345	0	0	0	1
Spicy Mayo	1 floz	38	1	0	0.0	0	395	1	0	0	0
Tempura Sauce	1.5 floz	18	0	0	0.0	0	593	3	0	3	0
Teriyaki Top Sauce (1 Scoop)	2 floz	47	0	0	0.0	0	669	10	0	7	1
<b>Bubble Tea</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>
Brown Sugar Boba - Regular Sweet	700 ml	606	7	4	0.0	29	302	127	1	70	13
Brown Sugar Boba - Half Sweet	700 ml	490	7	4	0.0	29	277	96	1	39	13
Milk Tea - Regular Sweet	700 ml	640	13	0	0.0	0	144	130	1	53	1
Milk Tea - Half Sweet	700 ml	564	13	0	0.0	0	141	110	1	33	1
Passion Fruit Green Tea - Regular Sweet	700 ml	208	0	0	0.0	0	21	56	1	55	0
Passion Fruit Green Tea - Half Sweet	700 ml	172	0	0	0.0	0	21	45	1	45	0