

Nutrition Information Sushi

	Nutrition per 100g						
	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
	Includes condiments						
Regular Teriyaki Chicken 8 pcs	654	4.0	2.0	0.5	29.9	3.5	417
Double Avocado Teriyaki Chicken 8 pcs	681	4.0	2.9	0.8	29.5	3.4	411
Teriyaki Chicken Jumbo 8 pcs	649	4.8	1.9	0.5	29.0	3.3	428
Teriyaki Chicken Double Avocado Jumbo 8 pcs	659	4.5	2.7	0.7	28.1	3.2	408
Deluxe Teriyaki Chicken 8 pcs	631	4.0	0.4	0.1	32.2	5.4	556
Deluxe Teriyaki Chicken Jumbo 8 pcs	628	4.8	0.5	0.2	31.0	5.0	551
Cheriyaki 8 pcs	705	4.3	2.9	1.1	30.7	5.0	480
Katsu Chicken Regular ss katsu 8 pcs	717	4.7	2.7	0.3	31.7	4.4	490
Katsu Chicken Double Avocado ss katsu 8 pcs	747	4.5	4.8	0.9	28.9	4.0	446
Dragon Roll Teriyaki Chicken 8 pcs	785	4.2	6.0	1.0	28.7	4.7	526
Dragon Roll Katsu Chicken 8 pcs	851	4.3	8.0	1.1	28.2	4.6	506
	Includes condiments						
Salmon Supreme 8 pcs	765	5.0	5.0	1.1	29.0	3.2	382
Salmon Supreme Double Avocado 8 pcs	769	4.9	5.7	1.3	27.7	3.1	364
Salmon Lovers Jumbo 8 pcs	806	6.8	7.0	1.5	25.3	2.8	361
Smoked Salmon 8 pcs	748	5.0	4.5	1.0	29.5	3.4	499

Nutrition per serving							
Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
Serving size includes condiments							
331	2165	13.2	6.6	1.7	99.0	11.6	1380
336	2288	13.4	9.7	2.7	99.1	11.4	1381
371	2408	17.8	7.0	1.9	107.6	12.2	1588
376	2478	16.9	10.2	2.6	105.7	12.0	1534
334	2108	13.4	1.3	0.3	107.5	18.0	1857
374	2349	18.0	1.9	0.7	115.9	18.7	2061
341	2404	14.7	9.9	3.8	104.7	17.1	1637
324	2323	15.2	8.7	1.0	102.7	14.3	1588
356	2659	16.0	17.1	3.2	102.9	14.2	1588
392	3077	16.5	23.5	3.9	112.5	18.4	2062
382	3251	16.4	30.6	4.2	107.7	17.6	1933
Serving size includes condiments							
311	2379	15.6	15.6	3.4	90.2	10.0	1188
326	2507	16.0	18.6	4.2	90.3	10.1	1187
318	2559	21.6	22.2	4.8	80.3	8.9	1146
306	2289	15.3	13.8	3.1	90.3	10.4	1527

Nutrition Information Sushi

	Nutrition per 100g						
	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
Smoked Salmon Double Avocado 8 pcs	753	4.9	5.3	1.2	28.2	3.2	475
Smoked Salmon Melt 8 pcs	868	5.1	8.9	2.1	26.7	3.2	490
Teriyaki Salmon Sushi 8 pcs	720	4.0	3.4	0.8	31.0	5.4	564
Salmon Nigiri 6 pcs	807	7.2	6.8	1.4	25.4	2.9	464
Salmon Dragon 8 pcs	892	5.3	9.6	1.6	26.1	4.4	464
Tasty Tuna 8 pcs	731	3.1	4.5	0.8	30.0	3.1	430
Tasty Tuna Double Avocado 8 pcs	786	3.2	6.3	1.3	29.3	3.0	415
Prawn Double Avocado 8 pcs	731	5.1	5.1	1.0	26.5	3.0	414
Crispy Prawn 8 pcs	707	3.7	3.3	0.4	30.6	4.3	468
Prawn Mayo SOD 8 pcs	705	5.1	4.3	0.8	26.9	3.0	420
Salmon Duo 8 pcs	792	5.4	7.0	1.3	25.8	2.9	381
California Roll 8 pcs	724	3.6	4.5	0.8	29.1	3.4	466
Sweet Chilli Seafood 8 pcs	681	4.1	2.9	0.6	29.5	5.8	502
Crispy Prawn Double Avocado 8 pcs	736	3.6	5.3	0.9	28.0	3.9	428
Seafood Celebration 8 pcs	736	4.7	5.2	0.9	27.2	3.2	472
Tuna Supreme Double Avocado 8 pcs	673	5.3	2.9	0.7	28.0	3.1	419

Nutrition per serving							
Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
321	2417	15.7	17.0	3.9	90.5	10.3	1525
341	2960	17.4	30.3	7.2	91.0	10.9	1671
321	2311	12.8	10.9	2.6	99.5	17.3	1810
216	1743	15.6	14.7	3.0	54.9	6.3	1002
382	3407	20.2	36.7	6.1	99.7	16.8	1772
334	2442	10.4	15.0	2.7	100.2	10.4	1436
336	2641	10.8	21.2	4.4	98.4	10.1	1394
341	2493	17.4	17.4	3.4	90.4	10.2	1412
344	2432	12.7	11.4	1.4	105.3	14.8	1610
336	2369	17.1	14.4	2.7	90.4	10.1	1411
351	2780	19.0	24.6	4.6	90.6	10.2	1337
336	2433	12.1	15.1	2.7	97.8	11.4	1566
360	2452	14.8	10.4	2.2	106.2	20.9	1807
376	2767	13.5	19.9	3.4	105.3	14.7	1609
348	2561	16.4	18.1	3.1	94.7	11.1	1643
326	2194	17.3	9.5	2.3	91.3	10.1	1366

Nutrition Information Sushi

	Nutrition per 100g						
	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
Tuna Supreme Jumbo 8 pcs	617	7.0	1.7	0.4	25.6	2.8	431
Spicy Tuna Supreme 8 pcs	808	5.9	7.3	1.4	25.6	2.9	402
Tuna Nigiri 6 pcs	589	8.0	0.3	0.1	26.0	2.9	587
Sashimi (Tuna)	313	13.3	0.3	0.1	3.9	1.2	740
Sashimi (Salmon)	768	11.5	13.9	2.9	2.8	1.2	483
	Includes condiments						
Tuesday SOD Combo / Salmon Supreme Teriyaki Chicken Combo 8 pcs	708	4.5	3.4	0.8	29.5	3.3	400
Teriyaki Chicken and Tasty Tuna 8 pcs	693	3.6	3.3	0.7	30.0	3.3	424
Double Avocado Salmon Supreme and Double Avocado 8 pcs	784	4.0	6.2	1.3	28.3	3.0	391
Teriyaki Chicken on Rice Small	706	4.1	0.4	0.2	36.5	6.1	435
Teriyaki Chicken on Rice with Mayonnaise Small	888	3.9	6.6	0.8	33.8	5.7	442
Teriyaki Chicken on Rice Large	702	4.3	0.4	0.2	36.1	6.4	468
Teriyaki Chicken on Rice with Mayo Large	908	4.0	7.4	0.9	33.2	5.9	473
Katsu Chicken on Rice Small	784	4.4	2.8	0.3	35.6	5.9	408
Katsu Chicken on Rice Large	792	4.6	3.2	0.4	35.1	6.2	438
Teriyaki Salmon on Rice Small	741	3.9	2.2	0.5	35.0	7.5	516
Teriyaki Salmon on Rice Large	743	4.0	2.4	0.6	34.5	8.0	561
Teriyaki Chicken Double Decker Large	999	4.7	10.8	1.3	30.2	6.9	604

Nutrition per serving							
Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
361	2227	25.3	6.1	1.4	92.4	10.1	1556
363	2933	21.4	26.5	5.1	92.9	10.5	1459
216	1272	17.3	0.6	0.2	56.2	6.3	1268
155	485	20.6	0.5	0.2	6.0	1.9	1147
155	1190	17.8	21.5	4.5	4.3	1.9	749
Serving size includes condiments							
321	2273	14.4	10.9	2.6	94.7	10.6	1284
333	2304	12.0	11.0	2.3	99.8	11.0	1410
336	2634	13.4	20.8	4.4	95.1	10.1	1314
241	1698	9.9	1.0	0.5	87.8	14.7	1046
261	2313	10.2	17.2	2.1	88.0	14.8	1151
421	2952	18.1	1.7	0.8	151.8	26.9	1968
461	4181	18.4	34.1	4.1	152.9	27.2	2178
241	1886	10.6	6.7	0.7	85.6	14.2	981
421	3330	19.3	13.5	1.7	147.6	26.1	1842
241	1782	9.4	5.3	1.2	84.2	18.0	1241
421	3124	16.8	10.1	2.5	145.1	33.6	2359
621	6199	29.2	67.0	8.1	187.4	42.8	3748

Nutrition Information Sushi

	Nutrition per 100g						
	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
Katsu Chicken on Rice with Mayonnaise Small	960	4.2	8.8	1.0	33.0	5.5	417
Katsu Chicken on Rice with Mayonnaise Large	990	4.4	9.9	1.1	32.2	5.7	445
Teriyaki Salmon on Rice with Mayonnaise Small	921	3.6	8.2	1.1	32.5	7.0	516
Teriyaki Salmon on Rice with Mayonnaise Large	946	3.8	9.2	1.3	31.6	7.4	558
Vegan Chicken on Rice with Egg-free Mayonnaise Large	917	7.6	7.5	0.8	30.0	5.8	486
Vegan Chicken on Rice Large	756	8.2	1.8	0.2	32.5	6.2	438
	Includes condiments						
Vegetarian Regular 8 pcs	621	2.9	2.0	0.5	29.1	3.4	379
Vegetarian Double Avocado 8 pcs	632	2.9	2.9	0.7	27.8	3.3	362
Cream Cheese Delight 8 pcs	705	3.2	4.5	1.6	28.4	4.5	380
Inari Crunch 8 pcs	739	4.3	2.7	0.3	33.1	3.2	496
Teriyaki Capsicum Dream 8 pcs	697	3.4	3.0	1.2	30.8	4.6	488
Ginger Sidekick 8 pcs	738	3.4	4.7	1.6	29.4	3.5	443
Avocado Junkie 8 pcs	844	3.5	7.1	1.3	30.2	3.4	402
Vegetarian Fusion 8 pcs	593	2.9	0.3	0.1	31.3	4.6	510
Tempura Vegetable sushi 8 pcs	761	2.9	5.7	0.9	29.2	4.4	395
Vegan Chicken Dragon 8 pcs	804	7.4	6.4	0.9	25.8	4.6	526

Nutrition per serving							
Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
261	2501	10.9	22.9	2.6	86.0	14.3	1086
461	4559	20.3	45.6	5.1	148.3	26.2	2049
261	2399	9.4	21.4	2.9	84.7	18.2	1344
461	4356	17.5	42.4	6.0	145.5	34.1	2570
461	4223	35.0	34.5	3.7	138.2	26.7	2238
421	3179	34.5	7.6	0.8	136.7	26.1	1842
Serving size includes condiments							
311	1931	9.0	6.2	1.6	90.5	10.6	1179
326	2060	9.5	9.5	2.3	90.6	10.8	1180
334	2355	10.7	15.0	5.3	94.9	15.0	1269
314	2320	13.5	8.5	0.9	103.9	10.0	1557
309	2154	10.5	9.3	3.7	95.2	14.2	1508
309	2280	10.5	14.5	4.9	90.8	10.8	1369
306	2583	10.7	21.7	4.0	92.4	10.4	1230
314	1862	9.1	0.9	0.3	98.3	14.4	1601
421	3204	12.2	24.0	3.8	122.9	18.5	1663
392	3152	29.0	25.1	3.5	101.1	18.0	2062

Nutrition Information Sushi

	Nutrition per 100g						
	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
Vegan Chicken Sushi Jumbo 8pcs	711	9.3	3.5	0.6	25.0	3.1	394
Inari 2 pcs	775	4.2	4.7	0.6	30.9	2.7	254
	Includes condiments						
Sushi Walker - Teriyaki Chicken 1 pc	720	3.9	2.2	0.6	33.6	3.5	227
Sushi Walker - Salmon 1 pc	791	4.7	5.0	1.1	31.1	3.2	167
Sushi Walker - Tuna Mayo 1 pc	768	2.9	3.3	0.6	35.1	3.4	231
Kids Sushi - Teriyaki Chicken 4 pcs	688	4.5	0.4	0.2	35.2	3.6	542
Kids Sushi - Fresh Salmon 4 pcs	769	5.2	3.5	0.8	32.6	3.3	476
Kids Sushi - Tuna Mayo 4 pcs	783	3.3	3.9	0.7	34.4	3.3	529
Kids Sushi - Avocado 4 pcs	721	3.1	2.7	0.7	33.3	3.5	483
Kids Sushi - Cucumber 4 pcs	670	3.2	0.3	0.1	35.8	3.7	520
Kids Sushi - Teriyaki Chicken 8 pcs	696	4.4	0.4	0.2	35.8	3.7	403
Kids Sushi - Salmon 8 pcs	779	5.1	3.5	0.8	33.2	3.4	332
Kids Sushi - Tuna Mayo 8 pcs	793	3.1	4.0	0.7	35.0	3.3	390
Kids Sushi - Avocado 8 pcs	730	3.0	2.8	0.7	33.9	3.5	336
Kids Sushi - Cucumber 8 pcs	678	3.0	0.2	0.1	36.5	3.8	362
Teriyaki Chicken Spring Roll (3pc)	909	5.4	3.2	0.6	41.6	5.0	428
Prawn Spring Roll (3pc)	860	6.8	3.1	0.5	37.5	4.6	399

Nutrition per serving							
Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
371	2638	34.5	13.0	2.2	92.8	11.5	1462
187	1449	7.9	8.8	1.1	57.8	5.0	475
Serving size includes condiments							
141	1015	5.5	3.1	0.8	47.4	4.9	320
141	1115	6.6	7.1	1.6	43.9	4.5	235
133	1018	3.8	4.4	0.8	46.5	4.5	306
111	766	5.0	0.4	0.2	39.2	4.0	603
109	837	5.7	3.8	0.9	35.5	3.6	518
111	871	3.7	4.3	0.8	38.3	3.7	589
106	766	3.3	2.9	0.7	35.4	3.7	513
99	662	3.2	0.3	0.1	35.4	3.7	514
218	1514	9.6	0.9	0.4	77.9	8.1	877
213	1656	10.8	7.4	1.7	70.6	7.2	706
218	1726	6.7	8.7	1.5	76.2	7.2	849
208	1515	6.2	5.8	1.5	70.4	7.3	698
193	1306	5.8	0.4	0.2	70.3	7.3	697
341	3100	18.4	10.9	2.0	141.9	17.1	1459
296	2546	20.1	9.2	1.5	111.0	13.6	1181

Nutrition Information Sushi

	Nutrition per 100g						
	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
	Includes condiments						
Teriyaki Chicken Rice Ball Small	761	3.8	2.2	0.4	36.0	4.4	302
Teriyaki Chicken Rice Ball Large	747	3.8	1.8	0.3	36.2	4.2	289
Katsu Chicken Rice Ball Small	825	4.1	4.2	0.5	35.3	4.2	280
Katsu Chicken Rice Ball Large	812	4.1	3.8	0.4	35.4	4.0	267
Salmon Rice Ball Small	839	4.6	5.3	0.9	33.2	4.0	236
Salmon Rice Ball Large	826	4.6	4.8	0.9	33.3	3.9	223
Tasty Tuna Rice Ball Small	792	2.7	3.6	0.7	36.0	3.4	236
Tasty Tuna Rice Ball Large	791	2.7	3.6	0.6	36.0	3.4	237
Rice Ball with Avocado - Fresh Salmon Small	841	4.4	6.9	1.4	29.8	3.7	213
Rice Ball with Avocado - Fresh Salmon Large	828	4.4	6.1	1.2	30.7	3.6	205
Rice Ball with Avocado - Smoked Salmon Small	830	4.6	6.7	1.3	29.8	3.8	331
Rice Ball with Avocado - Smoked Salmon Large	817	4.7	6.0	1.1	30.7	3.8	328
Rice Ball with Avocado - Teriyaki Chicken Small	771	3.6	4.2	0.8	32.4	4.0	272
Rice Ball with Avocado - Teriyaki Chicken Large	756	3.7	3.3	0.7	33.4	3.9	266
Rice Ball with Avocado - Teriyaki Salmon Small	797	3.4	5.5	1.1	31.3	5.0	331
Rice Ball with Avocado - Teriyaki Salmon Large	783	3.5	4.7	0.9	32.2	5.0	328

Nutrition per serving							
Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
Serving size includes condiments							
221	1678	8.4	4.9	0.9	79.4	9.7	666
291	2170	11.0	5.2	0.9	105.2	12.2	840
221	1819	9.0	9.3	1.1	77.8	9.3	617
291	2359	11.9	11.0	1.2	102.8	11.6	776
221	1850	10.1	11.7	2.0	73.2	8.8	520
291	2400	13.4	13.9	2.6	96.7	11.3	648
211	1667	5.7	7.6	1.5	75.8	7.2	497
281	2219	7.6	10.1	1.7	101.0	9.5	665
246	2065	10.8	16.9	3.4	73.2	9.1	523
316	2612	13.9	19.2	3.8	96.9	11.4	647
246	2038	11.3	16.4	3.2	73.2	9.3	813
316	2578	14.8	18.9	3.5	96.9	12.0	1035
246	1893	8.8	10.3	2.0	79.5	9.8	668
316	2385	11.7	10.4	2.2	105.4	12.3	839
246	1957	8.3	13.5	2.7	76.8	12.3	813
316	2470	11.0	14.8	2.8	101.6	15.8	1035

Nutrition Information Sushi

	Nutrition per 100g						
	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
Rice Ball with Avocado - Tuna Mayo Small	799	2.7	5.5	1.1	32.2	3.1	212
Rice Ball with Avocado - Tuna Mayo Large	797	2.7	5.0	1.0	33.1	3.2	217
Rice Ball with Avocado - Katsu Chicken Small	829	3.8	5.9	1.0	31.8	3.8	252
Rice Ball with Avocado - Katsu Chicken Large	816	3.9	5.1	0.8	32.7	3.8	246
Rice Ball with Avocado - Vegetarian Small	733	2.4	4.2	0.8	31.2	4.0	218
Rice Ball with Avocado - Vegetarian Large	736	2.4	4.2	0.9	31.3	3.9	205
	Includes condiments						
Budget Beauty 20 pcs	677	3.9	2.0	0.4	31.6	3.5	505
Vegetable Medley 20 pcs	724	4.2	2.7	0.3	32.3	3.1	446
Seafood Supreme 20 pcs	744	4.8	4.9	1.0	28.2	3.4	457
Salmon & Chicken Combo 20 pcs	699	4.9	3.3	0.8	29.0	3.3	474
Teriyaki Chicken Lovers 20 pcs	668	4.5	2.4	0.6	29.2	3.4	452
Double Avocado Medley 20 pcs	720	4.0	4.0	1.0	29.5	3.3	395
Jumbo Sushi Selection 20 pcs	713	5.1	4.5	1.0	26.9	3.1	409
Nigiri Sushi Medley 20 pcs	802	5.7	8.6	1.7	22.3	2.5	414
Fancy Platter 1 22 pcs	772	5.6	5.5	1.2	27.7	3.1	410
Fancy Platter 2 25 pcs	758	4.7	6.6	1.5	25.3	2.9	380

Nutrition per serving							
Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
236	1882	6.4	13.0	2.6	75.8	7.3	499
306	2435	8.2	15.3	3.1	101.1	9.8	663
246	2035	9.3	14.5	2.5	78.1	9.3	619
316	2574	12.3	16.1	2.5	103.2	12.0	776
236	1726	5.7	9.9	1.9	73.5	9.4	513
311	2285	7.5	13.0	2.8	97.2	12.1	637
Serving size includes condiments							
381	2579	14.9	7.6	1.5	120.4	13.3	1924
498	3606	20.9	13.4	1.5	160.9	15.4	2221
840	6246	40.3	41.1	8.4	236.7	28.5	3837
432	3020	21.2	14.3	3.5	125.3	14.3	2048
445	2973	20.0	10.7	2.7	129.9	15.1	2011
947	6818	37.9	37.9	9.5	279.4	31.3	3741
456	3251	23.3	20.5	4.6	122.7	14.1	1865
850	6813	48.4	73.1	14.4	189.4	21.2	3517
405	3127	22.7	22.3	4.9	112.2	12.6	1661
904	6854	42.5	59.7	13.6	228.8	26.2	3436

Nutrition Information Sushi

	Nutrition per 100g						
	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
Inari Premium 28 pcs	726	4.8	4.2	0.8	28.5	3.0	432
Gourmet Inari Premium 28 pcs	739	5.1	4.4	0.7	28.6	3.0	427
Salmon & Nigiri Premium 32 pcs	728	5.2	4.4	1.0	27.9	3.1	403
Teriyaki Chicken on Rice Platter	702	4.3	0.4	0.2	36.1	6.4	468
Seafood Cocktail Small	521	7.2	4.3	0.5	13.7	4.2	681
Crab Nuggets Small	761	8.8	6.2	0.9	21.6	13.7	882
Summer Salad	813	6.1	13.3	1.5	11.5	3.2	687
Shrimp Cocktail	415	13.5	3.2	0.4	3.6	2.6	447
Seaweed Salad Large	422	1.0	3.0	0.0	14.0	7.0	820
Edamame Small	529	11.4	4.3	0.7	7.8	0.0	150
Cream Mochi Blueberry	1017	3.2	2.6	1.0	52.9	13.9	10
Cream Mochi Chocolate	996	3.5	3.4	1.7	50.2	16.5	14
Cream Mochi Coffee	996	3.2	2.3	0.9	52.3	14.0	10
Cream Mochi Mango	1008	3.6	2.5	1.0	52.6	14.2	15
Cream Mochi Matcha	987	3.5	2.1	1.1	51.9	11.7	10
Cream Mochi Red Bean	992	3.5	2.3	1.0	52.0	13.0	29
Cream Mochi Strawberry	1000	3.5	2.4	1.1	52.0	12.9	12
Miso Soup Small	55	0.8	0.4	0.0	1.7	0.0	368
Miso Soup Medium	54	0.8	0.4	0.0	1.6	0.0	355
Miso Soup Large	54	0.8	0.4	0.0	1.6	0.0	349

Nutrition per serving							
Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
1276	9264	61.2	53.6	10.2	363.7	38.3	5512
1452	10727	74.0	63.9	10.2	415.1	43.5	6198
1310	9533	68.1	57.6	13.1	365.4	40.6	5277
1262	8856	54.2	5.0	2.5	455.4	80.7	5904
211	1099	15.2	9.1	1.1	28.9	8.9	1437
178	1355	15.7	11.0	1.6	38.4	24.4	1570
150	1220	9.2	20.0	2.3	17.3	4.8	1031
203	842	27.4	6.5	0.8	7.3	5.3	907
120	506	1.2	3.6	0.0	16.8	8.4	984
80	423	9.1	3.4	0.6	6.2	0.0	120
60	610	1.9	1.6	0.6	31.7	8.3	6
60	597	2.1	2.0	1.0	30.1	9.9	8
60	597	1.9	1.4	0.5	31.4	8.4	6
60	605	2.2	1.5	0.6	31.6	8.5	9
60	592	2.1	1.3	0.6	31.1	7.0	6
60	595	2.1	1.4	0.6	31.2	7.8	17
60	600	2.1	1.4	0.6	31.2	7.7	7
232	128	1.9	0.9	0.0	3.9	0.0	854
352	190	2.8	1.4	0.0	5.6	0.0	1250
472	253	3.8	1.9	0.0	7.6	0.0	1647

Nutrition Information Sushi

	Nutrition per 100g						
	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
Soy Sauce	353	9.0	1.0	1.0	9.8	2.0	6600
Japanese Mayonnaise	3079	1.2	80.4	9.0	1.7	0.6	523
Japanese Mayonnaise Egg Free	2611	1.1	67.3	7.2	2.9	1.3	991
Ginger	75	0.5	0.2	0.0	4.0	2.8	776
Wasabi	666	9.1	3.1	0.2	19.2	9.1	9

Nutrition per serving							
Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
10	35	0.9	0.1	0.1	1.0	0.2	660
10	308	0.1	8.0	0.9	0.2	0.1	52
10	261	0.1	6.7	0.7	0.3	0.1	99
7	5	0.0	0.0	0.0	0.3	0.2	54
7	47	0.6	0.2	0.0	1.3	0.6	1