

Nutrition Information SUSHI

Last Update Nov 2024

Nutrition per 100g							
Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)	

VEGE	Avocado Junkie
	Cream Cheese Delight
	Ginger Sidekick
	Inari (Avocado) (2 pieces)
	Inari Crunch
	Regular Vegetarian
	Seaweed Slam
	Teriyaki Capsicum Dream
	Vegetarian Double Avocado
	Vegetarian Fusion
	Tempura Vege

SALMON	Jumbo Salmon
	Jumbo Salmon Double Avocado
	Jumbo Salmon Lovers
	Salmon Dragon
	Salmon Duo
	Salmon Lovers
	Salmon Nigiri (6 pieces)
	Salmon Supreme
	Salmon Supreme Double Avocado
	Smoked Salmon & Avocado
	Smoked Salmon Double Avocado
	Smoked Salmon Melt
	Teriyaki Salmon Deluxe
	Teriyaki Salmon SOD

CHICKEN	Cheriyaki Chicken
	Deluxe Chicken
	Dragon Roll
	Jumbo Teriyaki Chicken
	Jumbo Teriyaki Chicken Deluxe
	Jumbo Teriyaki Chicken Double Avocado
	Katsu Chicken
	Katsu Chicken Double Avocado
	Crispy Katsu Dragon Roll
	Teriyaki Chicken
	Teriyaki Chicken Double Avocado

Nutrition per serving - standard 8 pieces for sushi / per serve for other product							
Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)

268	3818	17.6	18.2	4.9	165.5	8.0	576
272	3617	17.1	13.0	8.6	167.3	10.6	627
272	3590	16.9	12.8	8.4	165.6	9.0	1006
188	2525	12.1	11.9	2.3	110.0	4.5	889
261	3497	17.5	8.1	2.3	170.7	8.1	1010
282	3243	15.5	4.5	2.5	165.3	8.5	539
282	3271	15.5	3.1	2.0	169.8	10.4	823
277	3546	17.2	10.5	7.8	167.6	10.2	748
312	3557	16.2	11.5	4.1	166.0	8.7	543
267	3177	15.5	2.1	2.1	167.7	10.4	849
377	4373	18.9	18.9	4.5	175.7	16.2	1025

317	4153	29.0	23.0	6.0	165.0	9.0	558
327	4349	28.0	28.0	7.0	165.0	9.0	559
314	4176	30.0	24.0	7.0	165.0	8.0	550
319	4338	27.0	27.0	7.0	169.0	12.0	868
317	4089	26.0	23.0	6.0	165.0	8.0	685
225	2973	20.0	15.0	4.0	123.0	6.0	489
221	3021	21.0	15.0	4.0	123.0	6.0	377
267	3685	21.9	13.9	4.5	164.7	8.0	547
297	3980	23.0	21.0	6.0	165.0	8.0	549
262	3458	22.0	8.0	3.0	165.0	8.0	954
292	3767	22.0	15.0	4.0	165.0	8.0	958
292	3971	24.0	20.0	10.0	165.0	8.0	1083
292	3592	21.3	9.6	3.5	169.7	12.3	853
272	3672	21.2	12.0	4.1	169.2	11.7	851

307	3745	28.6	10.7	8.0	168.5	10.7	881
297	3445	27.0	2.4	2.1	170.5	12.2	962
329	4014	33.9	13.5	3.9	171.4	12.5	1135
327	3695	38.3	4.9	2.6	167.8	9.8	916
337	3673	38.8	2.7	2.4	171.9	13.1	1153
347	3956	36.1	12.1	4.2	167.9	9.7	871
297	3653	22.6	6.5	2.4	177.9	11.9	962
327	4055	23.2	16.0	4.6	178.5	12.1	965
329	4178	25.0	18.1	4.6	180.0	12.2	1076
287	3473	27.0	4.6	2.6	166.5	8.9	726
307	3776	27.3	11.7	4.0	166.7	8.9	728

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		Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
SEAFOOD	Prawn Double Avocado (Plain)	1230	7.7	3.9	1.4	55.6	2.6	235
	Prawn Mayo & Avocado	1220	8.2	2.9	1.1	57.4	2.7	263
	Sweet Chilli Seafood	1210	6.7	2.6	1.0	58.7	4.5	301
	Tasty Tuna Mayo	1220	6.8	4.3	1.3	53.7	2.7	269
	Tasty Tuna Mayo Double Avocado	1310	6.6	6.8	1.8	53.8	2.6	253
	Tuna Mayo Explosion	1230	6.7	3.9	1.2	55.6	2.8	262
	Tuna Supreme	1110	9.8	1.4	0.8	52.7	2.4	288
	Jumbo Double Avocado Tuna Supreme	1140	9.4	3.4	1.2	49.7	2.3	272
	Double Avo Tuna Supreme	1240	7.9	3.9	1.3	56.0	2.6	245
	Spicy Tuna Supreme	1230	8.8	4.4	1.5	54.2	2.5	267
	Seafood Celebration	1240	7.6	3.5	1.2	57.5	2.8	330
	California Roll	1250	6.4	3.2	1.2	60.0	3.1	317
	Crispy Prawn	1170	6.4	0.9	0.8	60.4	3.1	241
	Crispy Prawn Double Avocado	1180	6.0	3.8	1.3	54.9	2.9	219
COMBO	Jumbo Combo Chicken & Salmon	1220	10.5	4.4	1.4	51.7	2.8	229
	Jumbo Combo Chicken & Tuna	1170	9.4	3.6	1.2	50.2	2.7	284
ON RICE	Chicken on Fire (Small)	1300	9.6	2.9	1.1	60.8	3.4	376
	Chicken on Fire (Large)	1280	10.3	2.6	1.1	59.3	3.3	370
	Double Decker Chicken on Rice (Small)	1270	11.6	5.6	1.5	50.7	4.7	460
	Double Decker Chicken on Rice (Large)	1230	12.6	4.9	1.4	48.8	4.4	447
	Katsu Chicken on Rice (Small)	1320	7.7	2.6	0.9	64.8	4.2	336
	Katsu Chicken on Rice (Large)	1310	7.9	2.6	0.9	63.6	4.0	330
	Katsu Chicken on Rice with Mayo (Small)	1390	7.5	5.4	1.4	62.3	4.0	353
	Katsu Chicken on Rice with Mayo (Large)	1370	7.7	5.2	1.4	61.4	3.8	345
	Teriyaki Chicken on Rice (Small)	1280	10.1	1.2	0.8	62.5	4.3	351
	Teriyaki Chicken on Rice (Large)	1250	10.6	1.1	0.8	60.9	4.1	348
	Teriyaki Chicken on Rice with Mayo (Small)	1340	9.8	4.2	1.3	60.1	4.2	367
	Teriyaki Chicken on Rice with Mayo (Large)	1310	10.4	3.7	1.2	58.8	4.0	362
	Salmon on Rice (Small)	1350	7.8	4.2	1.4	63.0	5.0	354
	Salmon on Rice (Large)	1340	8.0	4.5	1.5	61.4	4.9	352
	Salmon on Rice with Mayo (Small)	1420	7.6	7.0	1.9	60.5	4.8	371
	Salmon on Rice with Mayo (Large)	1400	7.8	7.0	1.9	59.3	4.7	367

Nutrition per serving - standard 8 pieces for sushi / per serve for other product							
Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
297	3653	22.9	11.6	4.2	165.1	7.7	698
287	3501	23.5	8.3	3.2	164.7	7.7	755
297	3594	19.9	7.7	3.0	174.3	13.4	894
307	3745	20.9	13.2	4.0	164.9	8.3	826
307	4022	20.3	20.9	5.5	165.2	8.0	777
297	3653	19.9	11.6	3.6	165.1	8.3	778
317	3519	31.1	4.4	2.5	167.1	7.6	913
337	3842	31.7	11.5	4.0	167.5	7.8	917
297	3683	23.5	11.6	3.9	166.3	7.7	728
307	3776	27.0	13.5	4.6	166.4	7.7	820
292	3621	22.2	10.2	3.5	167.9	8.2	964
287	3588	18.4	9.2	3.4	172.2	8.9	910
287	3358	18.4	2.6	2.3	173.3	8.9	692
317	3741	19.0	12.0	4.1	174.0	9.2	694
322	3928	33.8	14.2	4.5	166.5	9.0	737
332	3884	31.2	12.0	4.0	166.7	9.0	943
255	3310	24.4	7.4	2.8	154.8	8.7	957
433	5542	44.6	11.3	4.8	256.8	14.3	1602
313	3970	36.3	17.5	4.7	158.5	14.7	1438
541	6654	68.2	26.5	7.6	264.0	23.8	2418
245	3229	18.8	6.4	2.2	158.5	10.3	822
418	5476	33.0	10.9	3.8	265.8	16.7	1379
255	3539	19.1	13.7	3.6	158.6	10.2	899
433	5932	33.3	22.5	6.1	265.9	16.5	1494
245	3131	24.7	2.9	2.0	152.9	10.5	859
418	5225	44.3	4.6	3.3	254.6	17.1	1455
255	3412	25.0	10.7	3.3	153.0	10.7	934
433	5672	45.0	16.0	5.2	254.6	17.3	1567
245	3302	19.1	10.3	3.4	154.1	12.2	866
418	5601	33.4	18.8	6.3	256.7	20.5	1471
255	3615	19.3	17.8	4.8	154.0	12.2	945
433	6062	33.8	30.3	8.2	256.8	20.4	1589

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		Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
KIDS	Kids Avocado Roll	1390	6.5	3.3	1.4	68.1	3.1	210
	Kids Cucumber Roll	1290	6.4	0.9	0.8	68.0	3.1	210
	Kids Plain Rice Roll	1440	7.0	1.0	0.9	75.7	3.3	233
	Kids Salmon Roll	1400	8.6	4.3	1.5	64.7	3.0	203
	Kids Smoked Salmon Roll	1330	8.8	2.4	1.0	64.6	2.8	376
	Kids Teriyaki Chicken Roll	1290	10.7	0.9	0.8	63.6	3.1	274
	Kids Tuna Roll	1370	7.4	3.9	1.3	63.0	2.8	275
VEGAN CHICKEN	Jumbo Chicken & Double Avocado (Vegan)	1190	11.6	5.1	1.3	47.0	2.6	152
	Chicken Dragon Roll (Vegan)	1200	10.7	2.9	0.9	53.5	4.7	309
	Chicken on Rice (Small)(Vegan)	1330	10.6	2.5	0.9	62.3	4.2	331
	Chicken on Rice (Large)(Vegan)	1310	11.3	2.6	0.9	60.7	4.0	325
	Chicken on Rice with Vegan Mayo (Small)(Vegan)	1380	10.2	5.0	0.9	60.1	4.0	358
	Chicken on Rice with Vegan Mayo (Large)(Vegan)	1360	10.9	4.8	0.9	58.8	3.8	348
SNACKS	Crab Nuggets (Small)	750	10.0	7.0	1.0	18.0	9.0	790
	Edamame Beans (Mini)	529	11.4	4.3	0.7	7.8	0.0	150
	Seafood Cocktail (Mini)	541	7.6	4.5	0.5	14.3	4.3	718
	Seaweed Salad (Small)	422	1.0	3.0	0.0	14.0	7.0	820
	Teriyaki Chicken Spring Roll	849	11.9	0.7	0.4	37.1	1.5	273
	Summer Salad	789	5.4	12.7	2.0	10.9	3.8	732
	Shrimp Cocktail (Mini)	453	15.0	3.6	0.4	3.8	2.7	501
	Snack Roll Teriyaki Chicken	1300	9.6	1.8	1.0	63.2	3.2	267
	Snack Roll Fresh Salmon	1380	8.1	4.8	1.6	62.9	3.0	208
	Premium Snack Roll Smoked Salmon	1320	8.3	3.2	1.2	62.8	2.9	364
	Snack Roll Tasty Tuna	1330	7.0	3.3	1.2	62.8	3.0	268
	Premium Snack Roll Vegan Chicken	1340	10.0	2.8	1.1	63.1	3.0	204
	Premium Snack Roll Katsu Chicken	1340	7.7	2.9	1.1	65.1	3.0	255
MOCHI	Cream Mochi Blueberry	1118	4.5	2.0	0.6	55.3	28.7	5
	Cream Mochi Chocolate	1049	3.9	4.5	0.5	48.5	26.0	5
	Cream Mochi Coffee	1051	4.0	2.0	0.6	54.3	27.0	11
	Cream Mochi Mango	1032	3.7	3.2	0.6	51.1	28.9	23
	Cream Mochi Matcha	1034	3.7	2.6	0.6	52.2	27.4	8
	Cream Mochi Red Bean	1017	3.9	2.5	0.5	51.2	25.4	30
	Cream Mochi Strawberry	1163	1.2	4.2	-	60.3	-	36

Nutrition per serving - standard 8 pieces for sushi / per serve for other product							
Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
193	2685	12.6	6.4	2.7	131.6	6.0	406
193	2492	12.4	1.7	1.5	131.4	6.0	406
173	2494	12.1	1.7	1.6	131.1	5.7	404
203	2845	17.5	8.7	3.0	131.5	6.1	412
203	2703	17.9	4.9	2.0	131.3	5.7	764
208	2686	22.3	1.9	1.7	132.4	6.5	570
208	2852	15.4	8.1	2.7	131.2	5.8	573
357	4248	41.4	18.2	4.6	167.8	9.3	543
327	3924	35.0	9.5	2.9	174.9	15.4	1010
245	3253	25.9	6.1	2.2	152.4	10.3	810
418	5476	47.2	10.9	3.8	253.7	16.7	1359
255	3513	26.0	12.7	2.3	153.0	10.2	911
433	5889	47.2	20.8	3.9	254.6	16.5	1507
108	810	10.8	7.6	1.1	19.4	9.7	853
80	423	9.1	3.4	0.6	6.2	0.0	120
80	433	6.1	3.6	0.4	11.4	3.4	574
90	380	0.9	2.7	0.0	12.6	6.3	738
63	535	7.5	0.4	0.3	23.4	0.9	172
150	1184	8.1	19.1	3.0	16.4	5.7	1098
60	272	9.0	2.2	0.2	2.3	1.6	301
262	3406	25.2	4.7	2.6	165.6	8.4	700
262	3616	21.2	12.6	4.2	164.8	7.9	545
262	3458	21.7	8.4	3.1	164.5	7.6	954
262	3485	18.3	8.6	3.1	164.5	7.9	702
262	3511	26.2	7.3	2.9	165.3	7.9	534
262	3511	20.2	7.6	2.9	170.6	7.9	668
60	671	2.7	1.2	0.4	33.2	17.2	3
60	629	2.3	2.7	0.3	29.1	15.6	3
60	631	2.4	1.2	0.4	32.6	16.2	7
60	619	2.2	1.9	0.3	30.7	17.3	14
60	620	2.2	1.6	0.4	31.3	16.4	5
60	610	2.3	1.5	0.3	30.7	15.2	18
60	698	0.7	2.5	-	36.2	-	21

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Nutrition per serving - standard 8 pieces for sushi / per serve for other product							
Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
255	3463	22.2	12.7	3.8	152.8	10.4	889
329	4439	29.3	13.5	4.6	202.2	12.8	1078
253	3360	24.2	9.6	3.3	152.8	10.6	935
327	4346	31.4	10.1	3.9	202.0	13.1	1127
255	3641	18.8	19.6	5.1	152.0	10.2	756
329	4669	24.7	22.7	6.2	200.9	12.5	901
248	3541	18.8	17.6	4.7	151.5	9.7	755
322	4602	24.8	20.6	5.8	200.8	11.9	904
245	3302	16.1	10.8	3.4	151.7	9.8	815
319	4336	21.0	13.4	4.1	200.5	12.1	1007
243	3251	16.3	9.2	3.2	151.4	9.7	861
253	3360	17.2	11.1	3.3	151.3	9.9	909
-	-	-	-	-	-	-	-
250	124	1.8	1.0	0.0	3.8	0.0	95
10	28	1.3	0.0	0.0	0.7	0.0	613
10	297	0.3	7.5	1.3	0.1	<0.1	77
10	262	0.1	6.6	0.0	0.5	0.0	100
8	6	<0.1	<0.1	0.0	0.3	0.0	152

PLATTER MENU

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		Nutrition per 100g						
		Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
Budget Beauty	Fresh Salmon and Cucumber (4 pieces)	1340	8.2	4.3	1.5	61.7	3.0	205
	Cucumber and Pickle (4 pieces)	1200	5.8	0.8	0.8	63.1	3.3	389
	Tuna Mayo and Cucumber (4 pieces)	1320	7.0	3.6	1.2	61.6	2.9	272
	Surimi Crab and Pickle (4 pieces)	1170	6.4	1.1	0.8	60.2	3.4	472
	Teriyaki Chicken (4 pieces)	1210	9.4	1.6	0.9	58.0	3.1	253
Double Avocado Medley	Teriyaki Chicken and Double Avocado (8 pieces)	1230	8.9	3.8	1.3	54.3	2.9	237
	Salmon Supreme and Double Avocado (8 pieces)	1340	7.6	7.0	2.0	55.7	2.8	185
	Smoked Salmon and Double Avocado (4 pieces)	1290	7.6	5.2	1.5	56.5	2.7	328
Fancy Platter 1	Salmon Nigiri (10 pieces)	1370	9.4	7.0	2.0	55.8	2.7	171
	Salmon Supreme (4 pieces)	1380	8.2	5.2	1.7	61.7	3.0	205
	Avocado and Cucumber (4 pieces)	1270	5.7	4.1	1.4	59.6	2.9	195
	Salmon Supreme & Double Avocado (4 pieces)	1340	7.6	7.0	2.0	55.7	2.8	185
Fancy Platter 2	Salmon Nigiri (10 pieces)	1370	9.4	7.0	2.0	55.8	2.7	171
	Prawn Nigiri (3 pieces)	996	11.9	0.6	0.6	45.8	2.0	284
	Avocado Nigiri (4 pieces)	1260	4.5	10.6	2.6	44.5	2.3	134
	Daikon Cocktail Rolls (4 pieces)	1200	5.9	0.8	0.8	63.4	2.8	537
	Cucumber Cocktail Rolls (4 pieces)	1200	5.8	0.8	0.8	62.9	3.1	205
Gourmet Inari Premium	Salmon Supreme & Double Avocado (8 pieces)	1340	7.6	7.0	2.0	55.7	2.8	185
	Jumbo Teriyaki Chicken (8 pieces)	1130	11.7	1.5	0.8	51.3	3.0	280
	Tasty Tuna Mayo (4 pieces)	1220	6.8	4.3	1.3	53.7	2.7	269
	Prawn Mayo & Avocado (4 pieces)	1220	8.2	2.9	1.1	57.4	2.7	263
	Inari - Edamame	1210	8.3	6.1	0.8	50.6	4.0	530
	Inari - Seaweed Salad	1160	6.0	5.2	0.5	50.4	3.2	700
	Inari - Chicken Mayo	1310	10.2	8.4	1.2	48.1	2.1	639
	Inari - Snow Crab Mayo	1380	6.8	11.2	1.6	49.4	2.1	675
Inari Premium	Salmon Supreme & Double Avocado (8 pieces)	1340	7.6	7.0	2.0	55.7	2.8	185
	Jumbo Teriyaki Chicken (8 pieces)	1130	11.7	1.5	0.8	51.3	3.0	280
	Tasty Tuna Mayo (4 pieces)	1220	6.8	4.3	1.3	53.7	2.7	269
	Prawn Mayo & Avocado (4 pieces)	1220	8.2	2.9	1.1	57.4	2.7	263
	Inari (4 pieces)	1340	6.4	6.3	1.2	58.4	2.4	472

Nutrition per piece for sushi / per serve for other products							
Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
33	447	2.7	1.4	0.5	20.6	1.0	68
33	393	1.9	0.3	0.3	20.7	1.1	127
33	441	2.3	1.2	0.4	20.6	1.0	91
36	420	2.3	0.4	0.3	21.6	1.2	169
36	434	3.4	0.6	0.3	20.8	1.1	91
38	472	3.4	1.5	0.5	20.8	1.1	91
37	497	2.8	2.6	0.7	20.7	1.0	69
37	471	2.8	1.9	0.5	20.6	1.0	120
37	503	3.5	2.6	0.7	20.5	1.0	63
33	461	2.7	1.7	0.6	20.6	1.0	68
35	440	2.0	1.4	0.5	20.6	1.0	68
37	497	2.8	2.6	0.7	20.7	1.0	69
28	378	2.6	1.9	0.6	15.4	0.7	47
45	444	5.3	0.3	0.3	20.4	0.9	127
47	590	2.1	5.0	1.2	20.8	1.1	63
33	393	1.9	0.3	0.3	20.8	0.9	176
33	393	1.9	0.3	0.3	20.6	1.0	67
37	497	2.8	2.6	0.7	20.7	1.0	69
41	462	4.8	0.6	0.3	21.0	1.2	114
38	468	2.6	1.7	0.5	20.6	1.0	103
36	438	2.9	1.0	0.4	20.6	1.0	94
72	877	6.0	4.4	0.6	36.7	2.9	384
72	840	4.3	3.8	0.4	36.5	2.3	507
72	949	7.4	6.1	0.9	34.8	1.5	463
72	994	4.9	8.1	1.2	35.6	1.5	486
37	497	2.8	2.6	0.7	20.7	1.0	69
41	462	4.8	0.6	0.3	21.0	1.2	114
38	468	2.6	1.7	0.5	20.6	1.0	103
36	438	2.9	1.0	0.4	20.6	1.0	94
94	1262	6.0	5.9	1.1	55.0	2.3	445

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		Nutrition per 100g						
		Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
Jumbo Sushi Selection	Jumbo Teriyaki Chicken (8 pieces)	1130	11.7	1.5	0.8	51.3	3.0	280
	Jumbo Salmon (8 pieces)	1310	9.2	7.3	2.0	52.2	2.7	176
	Jumbo Double Avocado and Cucumber (4 pieces)	1140	5.2	3.7	1.3	53.2	2.8	174
Nigiri Salmon Premium	Salmon Supreme & Double Avocado (8 pieces)	1340	7.6	7.0	2.0	55.7	2.8	185
	Jumbo Teriyaki Chicken (8 pieces)	1130	11.7	1.5	0.8	51.3	3.0	280
	Tasty Tuna Mayo (4 pieces)	1220	6.8	4.3	1.3	53.7	2.7	269
	Prawn Mayo & Avocado (4 pieces)	1220	8.2	2.9	1.1	57.4	2.7	263
	Salmon Nigiri (8 pieces)	1370	9.4	7.0	2.0	55.8	2.7	171
Nigiri Sushi Medley	Salmon Nigiri (12 pieces)	1370	9.4	7.0	2.0	55.8	2.7	171
	Avocado Nigiri (4 pieces)	1260	4.5	10.6	2.6	44.5	2.3	134
	Seaweed Salad Gunkan (2 pieces)	1010	5.3	1.8	0.6	49.1	4.8	490
	Inari (2 pieces)	1340	6.4	6.3	1.2	58.4	2.4	472
Salmon & Chicken Combo	Smoked Salmon & Avocado (8 pieces)	1320	8.3	3.2	1.2	62.8	2.9	364
	Salmon Supreme (4 pieces)	1380	8.2	5.2	1.7	61.7	3.0	205
	Jumbo Teriyaki Chicken (8 pieces)	1130	11.7	1.5	0.8	51.3	3.0	280
Salmon & Inari Premium	Salmon Supreme & Double Avocado (8 pieces)	1340	7.6	7.0	2.0	55.7	2.8	185
	Jumbo Teriyaki Chicken (8 pieces)	1130	11.7	1.5	0.8	51.3	3.0	280
	Tasty Tuna Mayo (4 pieces)	1220	6.8	4.3	1.3	53.7	2.7	269
	Prawn Mayo & Avocado (4 pieces)	1220	8.2	2.9	1.1	57.4	2.7	263
	Salmon Nigiri (4 pieces)	1370	9.4	7.0	2.0	55.8	2.7	171
	Inari (2 pieces)	1340	6.4	6.3	1.2	58.4	2.4	472
Seafood Supreme	Salmon Supreme (8 pieces)	1380	8.2	5.2	1.7	61.7	3.0	205
	Smoked Salmon & Avocado (4 pieces)	1320	8.3	3.2	1.2	62.8	2.9	364
	California Roll (4 pieces)	1250	6.4	3.2	1.2	60.0	3.1	317
	Prawn Mayo & Avocado (4 pieces)	1220	8.2	2.9	1.1	57.4	2.7	263

Nutrition per piece for sushi / per serve for other products							
Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
41	462	4.8	0.6	0.3	21.0	1.2	114
40	519	3.6	2.9	0.8	20.7	1.1	70
39	445	2.0	1.4	0.5	20.7	1.1	68
37	497	2.8	2.6	0.7	20.7	1.0	69
41	462	4.8	0.6	0.3	21.0	1.2	114
38	468	2.6	1.7	0.5	20.6	1.0	103
36	438	2.9	1.0	0.4	20.6	1.0	94
37	503	3.5	2.6	0.7	20.5	1.0	63
37	503	3.5	2.6	0.7	20.5	1.0	63
47	590	2.1	5.0	1.2	20.8	1.1	63
48	482	2.5	0.9	0.3	23.4	2.3	234
94	1262	6.0	5.9	1.1	55.0	2.3	445
33	432	2.7	1.0	0.4	20.6	0.9	119
33	461	2.7	1.7	0.6	20.6	1.0	68
41	462	4.8	0.6	0.3	21.0	1.2	114
37	497	2.8	2.6	0.7	20.7	1.0	69
41	462	4.8	0.6	0.3	21.0	1.2	114
38	468	2.6	1.7	0.5	20.6	1.0	103
36	438	2.9	1.0	0.4	20.6	1.0	94
37	503	3.5	2.6	0.7	20.5	1.0	63
94	1262	6.0	5.9	1.1	55.0	2.3	445
33	461	2.7	1.7	0.6	20.6	1.0	68
33	432	2.7	1.0	0.4	20.6	0.9	119
36	448	2.3	1.1	0.4	21.5	1.1	114
36	438	2.9	1.0	0.4	20.6	1.0	94

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Nutrition per 100g								
		Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
Teriyaki Chicken Lovers	Teriyaki Chicken (4 pieces)	1210	9.4	1.6	0.9	58.0	3.1	253
	Teriyaki Chicken & Sesame Seeds (8 pieces)	1240	10.0	2.9	1.0	56.6	3.0	246
	Jumbo Teriyaki Chicken (8 pieces)	1130	11.7	1.5	0.8	51.3	3.0	280
Vegetable Medley	Cucumber and Pickle (8 pieces)	1198	5.8	0.8	0.8	63.1	3.3	389
	Avocado, Cucumber and Red Capsicum (8 pieces)	1150	5.5	1.6	0.9	58.6	3.0	191
	Inari (4 pieces)	1340	6.4	6.3	4.3	58.4	8.5	3340
Teriyaki Chicken on Rice	Teriyaki Chicken on Rice Platter	1220	10.2	1.0	0.8	59.8	5.8	462
	Teriyaki Chicken on Rice with Mayo Platter	1370	9.6	7.2	1.8	54.9	5.3	487

Nutrition per piece for sushi / per serve for other products							
Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
36	434	3.4	0.6	0.3	20.8	1.1	91
37	457	3.7	1.1	0.4	20.9	1.1	91
41	462	4.8	0.6	0.3	21.0	1.2	114
33	392	1.9	0.3	0.3	20.7	1.1	128
35	405	1.9	0.6	0.3	20.7	1.1	67
94	1262	6.0	5.9	1.1	55.0	2.3	445
-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-

Additional Information:

Nutritional information is based on average values, standard product preparation, and other factors. Data is sourced from independent testing facilities and approved suppliers. Actual serving sizes and nutrient values may vary due to differences in regional and seasonal ingredients, minor variations in product preparation, and other factors.

Some menu items may not be available at all St Pierres Sushi locations. Certain restaurants may occasionally offer test products, limited-time items, or regional specialties not included in this information.

The product data provided reflects current formulations. Nutritional details do not apply to special or customized orders.

For specific allergen information, refer to the Allergen Information.

If you have specific dietary needs, allergies, or questions about ingredients, we strongly recommend that you contact us via the 'CONTACT FORM' on our website <https://bentobowl.co.nz/contact-us>