

Nutrition Information SUSHI

May 2020 version 5.0

		Nutrition per 100g						
		Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
VEGE	Avocado Junkie	842	3	7.4	1.4	29.5	4.4	192
	Cream Cheese Delight	702	2.9	4.4	2.5	28.7	5.8	181
	Ginger Sidekick	728	3	4.6	2.6	29.4	4.8	339
	Inari	815	4.2	4.1	0.7	34.8	9.9	314
	Inari Crunch	722	3.8	3.2	0.5	31.7	7.3	376
	Regular Vegetarian	624	2.6	1	0.2	31.6	4.9	172
	Seaweed Slam	573	2.5	0.7	0.2	29.2	4.6	317
	Teriyaki Capsicum Dream	680	3	3.3	2.2	29.3	5	197
	Vegetarian Double Avocado	671	2.6	3.4	0.8	29.1	4.5	160
	Vegetarian Fusion	552	2.4	0.1	0	29.5	5	308
SALMON	Jumbo Salmon	809	6.6	7.1	1.6	24.9	3.9	142
	Jumbo Salmon Double Avocado	824	6.2	7.5	1.7	25.3	3.9	143
	Jumbo Salmon Lovers	831	7	7.4	1.6	25	3.9	142
	Python Roll	894	5.6	9.5	1.9	25.5	4.9	189
	Salmon Duo	723	5.9	3.8	0.9	27.9	4.2	193
	Salmon Lovers	807	5.9	6	1.3	27.8	4.2	202
	Salmon Nigiri	853	7.4	7.5	1.6	25.5	4	144
	Salmon Supreme	779	5.1	4.9	1.1	29.6	4.5	165
	Salmon Supreme Double Avocado	786	4.8	6.4	1.4	27	4.1	151
	Smoked Salmon & Avocado	687	5.5	2.4	0.5	29.4	4.3	334
	Smoked Salmon Double Avocado	782	4.9	5.6	1.2	28.6	4.3	301
Smoked Salmon Melt	877	5.2	8.5	3.2	27.3	4.3	332	
CHICKEN	Cheriyaki Chicken	705	6.5	3.1	2	27.8	5.9	282
	Deluxe Chicken	611	6.4	0.2	0.1	28.8	5	227
	Dragon Roll	756	4.7	5	0.9	28.2	6	240
	Jumbo Teriyaki Chicken	634	9.2	1.3	0.3	24.9	4.2	251
	Jumbo Teriyaki Chicken Deluxe	621	9.2	0.3	0.1	26.5	5.4	267
	Jumbo Teriyaki Chicken Double Avocado	646	8.3	2.2	0.5	24.5	4.1	233
	Katsu Chicken	672	4.9	1.6	0.2	31	5.6	227
	Katsu Chicken Double Avocado	708	4.5	3.6	0.7	28.7	4.9	206
	Teriyaki Chicken	637	6.5	1	0.2	28.5	4.6	223
	Teriyaki Chicken Double Avocado	673	6.4	2.5	0.6	27.5	4.4	215
SEAFOOD	Prawn Double Avocado (Plain)	665	4.9	3.2	0.8	26.9	4	205
	Prawn Mayo & Avocado	661	5.2	2.7	0.6	27.4	4.1	230
	Sweet Chilli Seafood	663	2.2	1.9	0.2	30.7	5.9	278
	Tasty Tuna Mayo	734	6.1	4.4	0.6	27.2	4.2	238
	Tasty Tuna Mayo Double Avocado	783	5.4	6.5	1.2	26.2	3.9	215

Nutrition per serving - standard 8 pieces for sushi							
Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
257	2160	7.8	19.1	3.7	75.8	11.3	494
282	1980	8.1	12.3	7	81	16.5	510
262	1910	7.8	11.9	6.7	77	12.5	888
160	1300	6.7	6.6	1.1	55.7	15.8	502
277	2000	10.6	8.8	1.4	87.9	20.2	1040
242	1510	6.2	2.4	0.5	76.4	11.9	417
277	1590	6.9	1.9	0.6	80.8	12.8	878
267	1810	8	8.8	5.9	78.3	13.2	527
262	1760	6.7	8.8	2	76.2	11.7	418
267	1470	6.4	0.4	0	78.7	13.5	823
307	2480	20.4	21.8	4.8	76.4	11.9	436
302	2490	18.8	22.7	5	76.3	11.8	433
304	2520	21.2	22.5	4.9	76	11.9	431
324	2900	18.1	30.7	6.2	82.7	15.9	611
272	1970	15.9	10.4	2.3	75.9	11.4	524
205	1650	12	12.4	2.7	57	8.7	414
222	1890	16.4	16.6	3.6	56.6	8.9	320
257	2000	13.1	12.6	2.8	75.9	11.4	425
282	2220	13.6	17.9	4	76.1	11.6	426
257	1760	14.1	6.1	1.4	75.6	11.1	858
267	2090	13	14.8	3.2	76.5	11.5	804
282	2470	14.7	23.9	9	77	12	935
297	2090	19.3	9.1	6	82.6	17.4	839
277	1690	17.7	0.6	0.1	79.8	13.9	629
340	2570	15.9	17	2.9	95.8	20.4	815
317	2010	29.3	4	1	79.1	13.3	796
322	2000	29.6	0.9	0.3	85.4	17.4	860
322	2080	26.7	7.2	1.8	78.8	13.1	749
287	1930	14.1	4.5	0.5	89	16	650
300	2120	13.6	10.7	2	86	14.7	618
272	1730	17.6	2.7	0.6	77.6	12.4	606
282	1900	17.9	6.9	1.7	77.5	12.4	606
282	1870	13.9	9	2.1	75.8	11.2	579
277	1830	14.5	7.4	1.5	75.9	11.2	638
274	1820	6.1	5.2	0.5	84.1	16	761
282	2070	17.1	12.5	1.7	76.9	11.8	671
292	2280	15.8	18.9	3.4	76.4	11.4	628

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Nutrition per 100g

Nutrition per serving - standard 8 pieces for sushi

		Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)								
		Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)	Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
	California Roll	668	3.4	2.2	0.3	30.8	4.7	281	269	1800	9.3	6	0.8	82.8	12.7	755
COMBO	Jumbo Combo Chicken & Salmon	720	8	4.2	0.9	24.9	4	197	312	2250	24.9	13	2.9	77.7	12.6	616
	Jumbo Combo Chicken & Tuna	691	8.2	3.6	0.6	24.4	4	249	320	2210	26.2	11.4	1.8	78.2	12.6	798
ON RICE	Chicken on Fire	761	6.5	3.1	0.6	30.5	7	536	260	1980	16.9	8.2	1.5	79.2	18.2	1390
	Double Decker Chicken on Rice (Small)	818	9.2	5.1	0.9	27.1	7	332	321	2630	29.4	16.4	3	87.1	22.5	1070
	Double Decker Chicken on Rice (Large)	797	10.4	4.6	0.8	25.7	6.2	334	542	4320	56.1	25.1	4.6	139	33.5	1810
	Katsu Chicken on Rice	736	4.8	2.1	0.2	33.3	6.4	241	243	1790	11.8	5.2	0.6	80.9	15.7	585
	Katsu Chicken on Rice Large Size	729	5.1	2.1	0.2	32.8	6.4	246	418	3050	21.3	8.6	0.9	137	26.7	1030
	Katsu Chicken on Rice with Mayo	806	4.6	4.6	0.7	32	5.4	258	240	1930	11.1	11	1.7	76.7	13	619
	Teriyaki Chicken on Rice	682	7.7	0.5	0.1	30.9	6.3	269	240	1660	20.2	1.2	0.5	75.1	9.8	1110
Teriyaki Chicken on Rice with Mayo	785	8.2	3.5	0.7	30.1	4	475	245	1960	20.4	8.7	1.8	75.2	9.9	1190	
OTHER																
KIDS	Kids Avocado Roll	716	2.7	3.2	0.8	31.9	4.7	176	237	1700	6.3	7.7	1.8	75.7	11.2	416
	Kids Cucumber Roll	635	2.6	0.1	0	34.1	5.1	188	222	1410	5.9	0.3	0	75.8	11.3	418
	Kids Plain Rice Roll	692	2.8	0.1	0	37.4	5.4	205	202	1400	5.6	0.3	0	75.5	11	415
	Kids Salmon Roll	756	4.7	3.1	0.7	32.6	4.9	182	237	1790	11.2	7.3	1.5	77.4	11.5	431
	Kids Teriyaki Chicken Roll	676	6.6	0.2	0.1	32.4	5	245	237	1600	15.7	0.5	0.1	76.8	11.7	580
	Kids Tuna Roll	751	5.1	3.1	0.4	32.1	4.7	238	237	1780	12.2	7.4	1	76	11.1	563
SNACKS	Crab Nuggets	750	10	7	1	18	9	790	130	975	13	9.1	1.3	23.4	11.7	1030
	Edamame Beans	502	9	4	0.5	12	2	165	150	753	13.5	6	0.8	18	3	247.5
	Seafood Cocktail	550	7.6	5.5	0.6	13.6	3.1	672	180	991	13.7	9.8	1.1	24.5	5.6	1210
	Seaweed Salad	397	2	3.8	1.5	11.3	25	1150	90	357	1.8	3.4	1.4	10.2	2.2	1040
	Shrimp Cocktail	453	15	3.6	0.4	3.8	2.7	502	180	815	27	6.5	0.7	6.8	4.9	904
MOCHI	Blueberry Mochi	1118	4.5	3.3	-	55.3	-	5	60	671	2.7	2	-	33.2	-	3
	Chocolate Mochi	1068	3.7	4.7	-	49.3	-	5	60	641	2.2	2.8	-	30	-	3
	Coffe Mochi	1050	4	2	-	54.3	-	11	60	630	2.4	1.2	-	32.6	-	7
	Mango Mochi	1061	3.7	3.4	-	51.8	-	9	60	637	2.2	2	-	31.8	-	5
	Matcha Mochi	1033	3.7	2.6	-	52.2	-	8	60	620	2.2	1.6	-	31.3	-	5
	Red Bean Mochi	1017	3.9	2.5	-	51.2	-	30	60	610	2.34	1.5	-	30.7	-	18
	Strawberry Mochi	1017	3.5	2.5	-	51.3	-	13	60	610	2.1	1.5	-	30.8	-	8
RICE BALLS	Chicken Rice Ball (small with avocado)	692	6.2	1	0.3	32.4	4.9	323	244	1690	15.1	2.4	0.7	79.1	12	788
	Chicken Rice Ball (large with avocado)	724	5.4	2.3	0.5	31.4	5.1	235	356	2580	19.3	8.1	1.6	12	18.3	836
	Rice Ball Double Chicken small size (without avocado)	724	7.7	1.9	0.3	30.1	5.6	274	256	1850	19.7	4.9	0.9	77	14.2	702
	Rice Ball Double Chicken large size (without avocado)	747	7.3	2.6	0.5	30.1	5.4	275	331	2420	24.1	8.8	1.6	99.8	17.8	909

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		Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)	Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
RICE BALLS	Salmon Rice Ball (small with avocado)	776	4.5	4.8	1	29.9	4.5	164	226	1750	10.2	10.8	2.3	67.5	10.3	372
	Salmon Rice Ball (large with avocado)	761	4.2	3.8	0.8	31.4	4.7	172	346	2630	14.6	13.2	2.8	109	16.4	596
	Rice Ball Double Salmon small size (without avocado)	785	5.2	4.3	0.9	30.8	4.7	170	231	1810	11.9	9.9	2.1	71.2	10.8	394
	Rice Ball Double Salmon large size (without avocado)	780	5	4.1	0.9	31.1	4.7	172	301	2350	15.2	12.3	2.6	93.7	14.2	517
	Tuna Rice Ball (small with avocado)	763	4.6	4.4	0.7	29.9	4.5	218	226	1720	10.4	10	1.7	67.7	10.1	492
	Tuna Rice Ball (large with avocado)	750	4.3	3.5	0.6	31.4	4.7	218	346	2590	15	12.2	2	109	16.2	756
	Rice Ball Double Tuna Small (without avocado)	781	5.9	4.5	0.6	29.7	4.4	247	241	1880	14.1	10.9	1.5	71.6	10.7	596
	Rice Ball Double Tuna Large (without avocado)	774	5.6	4.2	0.6	30.3	4.5	244	311	2410	17.4	13	1.8	94.1	14	760
DRINKS	Green Tea	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Miso Soup-Small	25	1.8	1	<0.10	2.1	1.15	914	250	10	0.7	0.4	<0.10	0.8	0.5	366
PLATTER	Budget Beauty	660	4.7	1.9	0.3	29.9	4.6	292	165	1090	7.7	3.1	0.5	49.3	7.6	482
	Chicken on Rice for Kids	785	8.2	3.5	0.7	30.1	4	475	183	1440	15	6.4	1.3	55.1	7.3	869
	Double Avocado Medley	731	5.3	4.8	1.1	26.8	4.2	201	177	1290	9.4	8.5	1.9	47.3	7.4	355
	Fancy Platter 1	796	5.8	6	1.3	27.4	4.2	153	189	1500	10.9	11.3	2.4	51.8	8	290
	Fancy Platter 2	762	5.2	6.2	1.4	25.3	3.9	173	197	1500	10.2	12.3	2.7	49.9	7.7	341
	Gourmet Inari Premium	729	6.6	4.2	0.8	26.8	5.3	268	303	2210	20.1	12.8	2.5	81.2	16.1	811
	Inari Premium	733	6	3.8	0.7	28.6	5.7	240	219	1610	13.2	8.3	1.6	62.8	12.5	528
	Jumbo Sushi Selection	712	7	4	0.9	25.6	4.1	191	188	1340	13.2	7.6	1.7	48.2	7.8	359
	Nigiri Salmon Premium	741	6.9	4.6	1	26.1	4.1	196	294	2180	20.2	13.6	2.8	76.8	12.1	576
	Nigiri Sushi Medley	804	5.2	7	1.6	25.9	4.9	203	221	1780	11.5	15.6	3.4	57.3	10.8	449
	Salmon & Chicken Combo	680	7.1	2.4	0.5	27.4	4.3	266	176	1200	12.6	4.2	0.9	48.2	7.6	468
	Salmon & Inari Premium	737	6.4	4.2	0.9	27.4	4.9	218	296	2180	19.1	12.4	2.5	81	14.5	646
	Seafood Supreme	722	5	3.9	0.8	28.8	4.4	243	168	1210	8.3	6.5	1.4	48.3	7.4	409
Teriyaki Chicken Lovers	662	7.9	1.9	0.4	26.6	4.4	232	185	1220	14.6	3.4	0.7	49.1	8	430	
Vegetable Medley	682	3.2	1.9	0.3	32.5	6.8	297	203	1380	6.5	3.9	0.7	66.1	13.9	604	
	Mikado promotion	762	6	4.3	1	29	5.5	253	395	3010	23.6	17	4	115	21.7	998
CONDIMENTS	YAMASA Soy Sauce	-	-	-	-	-	-	-	10	30	<1.0	<1.0	<1.0	<1.0	<1.0	628
	Japanese Mayonnaise	-	-	-	-	-	-	-	10	280	<1.0	7.5	1.3	<1.0	<1.0	70
	Ginger	-	-	-	-	-	-	-	10	8	0.1	0	0	0.4	0.4	190