

Nutrition Information SUSHI

Oct 2020 version 6.0

		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)	Serving size (g)	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	257	2160	7.8	19.1	3.7	75.8	11.3	494
	Cream Cheese Delight	702	2.9	4.4	2.5	28.7	5.8	181	282	1980	8.1	12.3	7	81	16.5	510
	Ginger Sidekick	728	3	4.6	2.6	29.4	4.8	339	262	1910	7.8	11.9	6.7	77	12.5	888
	Inari	815	4.2	4.1	0.7	34.8	9.9	314	160	1300	6.7	6.6	1.1	55.7	15.8	502
	Inari Crunch	722	3.8	3.2	0.5	31.7	7.3	376	277	2000	10.6	8.8	1.4	87.9	20.2	1040
	Regular Vegetarian	624	2.6	1	0.2	31.6	4.9	172	242	1510	6.2	2.4	0.5	76.4	11.9	417
	Seaweed Slam	573	2.5	0.7	0.2	29.2	4.6	317	277	1590	6.9	1.9	0.6	80.8	12.8	878
	Teriyaki Capsicum Dream	680	3	3.3	2.2	29.3	5	197	267	1810	8	8.8	5.9	78.3	13.2	527
	Vegetarian Double Avocado	671	2.6	3.4	0.8	29.1	4.5	160	262	1760	6.7	8.8	2	76.2	11.7	418
	Vegetarian Fusion	552	2.4	0.1	0	29.5	5	308	267	1470	6.4	0.4	0	78.7	13.5	823
SALMON	Jumbo Salmon	809	6.6	7.1	1.6	24.9	3.9	142	307	2480	20.4	21.8	4.8	76.4	11.9	436
	Jumbo Salmon Double Avocado	824	6.2	7.5	1.7	25.3	3.9	143	302	2490	18.8	22.7	5	76.3	11.8	433
	Jumbo Salmon Lovers	831	7	7.4	1.6	25	3.9	142	304	2520	21.2	22.5	4.9	76	11.9	431
	Python Roll	894	5.6	9.5	1.9	25.5	4.9	189	324	2900	18.1	30.7	6.2	82.7	15.9	611
	Salmon Duo	723	5.9	3.8	0.9	27.9	4.2	193	272	1970	15.9	10.4	2.3	75.9	11.4	524
	Salmon Lovers	807	5.9	6	1.3	27.8	4.2	202	205	1650	12	12.4	2.7	57	8.7	414
	Salmon Nigiri	853	7.4	7.5	1.6	25.5	4	144	222	1890	16.4	16.6	3.6	56.6	8.9	320
	Salmon Supreme	779	5.1	4.9	1.1	29.6	4.5	165	257	2000	13.1	12.6	2.8	75.9	11.4	425
	Salmon Supreme Double Avocado	786	4.8	6.4	1.4	27	4.1	151	282	2220	13.6	17.9	4	76.1	11.6	426
	Smoked Salmon & Avocado	687	5.5	2.4	0.5	29.4	4.3	334	257	1760	14.1	6.1	1.4	75.6	11.1	858
	Smoked Salmon Double Avocado	782	4.9	5.6	1.2	28.6	4.3	301	267	2090	13	14.8	3.2	76.5	11.5	804
Smoked Salmon Melt	877	5.2	8.5	3.2	27.3	4.3	332	282	2470	14.7	23.9	9	77	12	935	
CHICKEN	Cheriyaki Chicken	705	6.5	3.1	2	27.8	5.9	282	297	2090	19.3	9.1	6	82.6	17.4	839
	Deluxe Chicken	611	6.4	0.2	0.1	28.8	5	227	277	1690	17.7	0.6	0.1	79.8	13.9	629
	Dragon Roll	756	4.7	5	0.9	28.2	6	240	340	2570	15.9	17	2.9	95.8	20.4	815
	Jumbo Teriyaki Chicken	634	9.2	1.3	0.3	24.9	4.2	251	317	2010	29.3	4	1	79.1	13.3	796
	Jumbo Teriyaki Chicken Deluxe	621	9.2	0.3	0.1	26.5	5.4	267	322	2000	29.6	0.9	0.3	85.4	17.4	860
	Jumbo Teriyaki Chicken Double Avocado	646	8.3	2.2	0.5	24.5	4.1	233	322	2080	26.7	7.2	1.8	78.8	13.1	749
	Katsu Chicken	672	4.9	1.6	0.2	31	5.6	227	287	1930	14.1	4.5	0.5	89	16	650
	Katsu Chicken Double Avocado	708	4.5	3.6	0.7	28.7	4.9	206	300	2120	13.6	10.7	2	86	14.7	618
	Teriyaki Chicken	637	6.5	1	0.2	28.5	4.6	223	272	1730	17.6	2.7	0.6	77.6	12.4	606
Teriyaki Chicken Double Avocado	673	6.4	2.5	0.6	27.5	4.4	215	282	1900	17.9	6.9	1.7	77.5	12.4	606	
SEAFOOD	Prawn Double Avocado (Plain)	665	4.9	3.2	0.8	26.9	4	205	282	1870	13.9	9	2.1	75.8	11.2	579
	Prawn Mayo & Avocado	661	5.2	2.7	0.6	27.4	4.1	230	277	1830	14.5	7.4	1.5	75.9	11.2	638
	Sweet Chilli Seafood	663	2.2	1.9	0.2	30.7	5.9	278	274	1820	6.1	5.2	0.5	84.1	16	761
	Tasty Tuna Mayo	734	6.1	4.4	0.6	27.2	4.2	238	282	2070	17.1	12.5	1.7	76.9	11.8	671
	Tasty Tuna Mayo Double Avocado	783	5.4	6.5	1.2	26.2	3.9	215	292	2280	15.8	18.9	3.4	76.4	11.4	628
	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 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

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KIDS	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
	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 BALLS	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	62.9	0.8	0.4	0.1	1.5	0.5	338	200ml	126	1.7	0.8	0.2	3	1.1	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