

# Nutrition Information SUSHI

June 2021 version 9.5

		Nutrition per 100g							Nutrition per serving - standard 8 pieces for sushi / per serve for other products							
		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
	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

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SEAFOOD	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	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
VEGAN CHICKEN	Chicken & Avocado Roll	731	6.7	3.6	0.6	28	4.5	214	282	2060	18.8	10.1	1.7	79	12.7	605
	Chicken Double Avocado	763	6.5	4.9	0.9	27	4.4	207	292	2230	19.1	14.3	2.7	79	12.7	605
	Jumbo Chicken & Avocado	788	9.7	4.9	0.7	25.4	4.3	249	322	2540	31.4	15.6	2.4	82	13.9	802
	Jumbo Chicken & Double Avocado	792	9.3	5.8	1	24	4.1	235	342	2710	31.7	19.9	3.4	82	14	803
	(Vegan) Chicken Dragon Roll	855	7.8	7.2	0.7	26.1	5.2	277	334	2860	26.2	24.1	2.2	87.2	17.3	927
	Chicken on Rice (Regular)	786	7.3	2.6	0.3	32.6	6.8	268	241	1890	17.7	6.3	0.8	78.5	16.4	646
	Chicken on Rice (Large)	797	8.2	3	0.4	31.6	6.3	273	406	3240	33.2	12	1.4	128	25.5	1110
	Chicken on Rice with Vegan Mayo (Regular)	859	7.1	5.2	0.3	31.4	6.5	300	251	2160	17.8	13	0.8	78.7	16.4	752
Chicken on Rice with Vegan Mayo (Large)	862	8	5.2	0.3	30.6	6	301	421	3630	33.5	22.1	1.4	129	25.5	1270	
MIKADO	Mikado Chicken Lovers	735	5.8	4.1	0.8	28.1	5.6	288	370	2720	21.4	15	2.8	104	20.6	1070

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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	2.5	1150	90	357	1.8	3.4	1.4	10.2	2.2	1040
	Teriyaki Chicken Spring Roll	283	8	0.3	0.1	12.9	1.1	127	120	339	9.6	0.4	0.1	15.4	1.3	152
	Smoked Salmon Spring Roll	364	8.6	2	0.5	7.9	0.8	530	120	437	10.4	2.4	0.6	9.5	1	636
	Summer Salad	766	6.2	11.9	1.8	11.7	3.4	728	150	1150	9.2	17.8	2.7	17.5	5.2	1090
	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
	Black Sesame Mochi	1075	4.3	2.4	-	55.5	-	250	60	645	2.58	1.44	-	33.3	-	150
	Strawberry Mochi	1017	3.5	2.5	-	51.3	-	13	60	610	2.1	1.5	-	30.8	-	8
MOCHI (available at K10)	Black Sesame filling	1276	4.4	12.63	-	44.6	-	62	60	765.6	2.64	7.578	-	26.76	-	37.2
	Melon filling	1201	2.4	7.5	-	53.16	-	66	60	720.6	1.44	4.5	-	31.896	-	39.6
	Pudding Flavour	1205	2.4	7.9	-	53	-	58	60	723	1.44	4.74	-	31.8	-	34.8
	Cream	1109	2.5	7.6	-	47.7	-	39	60	665.4	1.5	4.56	-	28.62	-	23.4
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 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

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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
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
	Japanese Mayonnaise (Vegan option)	-	-	-	-	-	-	-	15	393	0.2	10.1	-	0.4	-	160
	Ginger	-	-	-	-	-	-	-	10	8	0.1	0	0	0.4	0.4	190
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	

Nutrition per serving - 4 serving sizes per platter

# PLATTER MENU

		Nutrition per 100g:							Nutrition per piece of sushi							
		Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)	Serving size: 1 piece (g)	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/ea)	745	5.2	3.6	0.9	30.0	4.5	170	33	246	1.7	1.2	0.3	9.9	1.5	56
	Cucumber and Pickle (4 pieces/ea)	569	2.5	0.0	0.0	30.6	4.7	397	32	182	0.8	0	0	9.8	1.5	127
	Tuna Mayo and Cucumber (4 pieces/ea)	745	5.8	3.9	0.6	29.1	4.2	239	33	246	1.9	1.3	0.2	9.6	1.4	79
	Surimi Crab and Pickle (4 pieces/ea)	606	3.5	0.6	0.0	31.2	4.7	432	34	206	1.2	0.2	0	10.6	1.6	147
	Teriyaki Chicken (4 pieces/ea)	637	6.5	1.0	0.2	28.5	4.6	223	34	216	2.2	0.3	0.1	9.7	1.6	76
Double Avocado Medley	Teriyaki Chicken and Double Avocado (8 pieces/ea)	673	6.4	2.5	0.6	27.5	4.4	215	38	250	2.3	1.1	0.3	9.8	1.6	76
	Salmon Supreme and Double Avocado (8 pieces/ea)	786	4.8	6.4	1.4	27.0	4.1	151	34	267	1.6	2.2	0.5	9.2	1.4	51
	Smoked Salmon and Double Avocado (4 pieces/ea)	782	4.9	5.6	1.2	28.6	4.3	301	33	258	1.6	1.8	0.4	9.4	1.4	99
Fancy Platter 1	Salmon Nigiri (10 pieces/ea)	853	7.4	7.5	1.6	25.5	4.0	144	37	316	2.7	2.8	0.6	9.4	1.5	53
	Salmon Supreme (4 pieces/ea)	779	5.1	4.9	1.1	29.6	4.5	165	32	249	1.6	1.6	0.4	9.5	1.4	53
	Avocado and Cucumber (4 pieces/ea)	653	2.7	2.0	0.3	31.3	4.7	173	30	196	0.8	0.6	0.1	9.4	1.4	52
	Salmon Supreme & Double Avocado (4 pieces/ea)	786	4.8	6.4	1.4	27.0	4.1	151	34	267	1.6	2.2	0.5	9.2	1.4	51
Fancy Platter 2	Salmon Nigiri (10 pieces/ea)	853	7.4	7.5	1.6	25.5	4.0	144	37	316	2.7	2.8	0.6	9.4	1.5	53
	Prawn Nigiri (3 pieces/ea)	633	5.3	0.0	0.0	31.0	4.7	230	30	190	1.6	0	0	9.3	1.4	69
	Avocado Nigiri (4 pieces/ea)	774	2.4	10.6	2.4	19.0	3.0	104	50	387	1.2	5.3	1.2	9.5	1.5	52
	Daikon (Pickle) Cocktail Rolls (4 pieces/ea)	594	3.1	0.0	0.0	32.5	5.0	494	16	95	0.5	0	0	5.2	0.8	79
	Cucumber Cocktail Rolls (4 pieces/ea)	547	2.9	0.0	0.0	29.4	4.7	165	17	93	0.5	0	0	5	0.8	28
	Salmon Supreme & Double Avocado (8 pieces/ea)	786	4.8	6.4	1.4	27.0	4.1	151	34	267	1.6	2.2	0.5	9.2	1.4	51
	Jumbo Teriyaki Chicken (8 pieces/ea)	634	9.2	1.3	0.3	24.9	4.2	251	40	254	3.7	0.5	0.1	10	1.7	100

# PLATTER MENU

		Nutrition per 100g:							Nutrition per piece of sushi							
Gourmet Inari Premium	Tasty Tuna Mayo (4 pieces/ea)	734	6.1	4.4	0.6	27.2	4.2	238	35	256	2.1	1.5	0.2	9.5	1.4	83
	Prawn Mayo & Avocado (4 pieces/ea)	660	5.1	2.9	0.6	27.4	4.0	231	35	231	1.8	1	0.2	9.6	1.4	81
	Edamame Inari (1 piece/ ea)	774	5.6	5.0	0.9	29.3	9.1	306	70	542	3.9	3.5	0.6	20.5	6.4	214
	Seaweed Salad Inari (1 piece/ ea)	751	4.1	4.9	1.1	29.1	9.3	517	70	526	2.9	3.4	0.8	20.4	6.5	362
	Chicken Mayo Inari (1 piece/ ea)	906	8.6	7.9	1.4	27.4	9.1	384	70	634	6	5.5	1	19.2	6.4	269
	Snow Crab Mayo Inari (1 piece/ ea)	890	5.3	8.3	1.4	28.4	9.1	556	70	623	3.7	5.8	1	19.9	6.4	389
Inari Premium	Salmon Supreme & Double Avocado (8 pieces/ea)	786	4.8	6.4	1.4	27.0	4.1	151	34	267	1.6	2.2	0.5	9.2	1.4	51
	Jumbo Teriyaki Chicken (8 pieces/ea)	634	9.2	1.3	0.3	24.9	4.2	251	40	254	3.7	0.5	0.1	10	1.7	100
	Tasty Tuna Mayo (4 pieces/ea)	734	6.1	4.4	0.6	27.2	4.2	238	35	256	2.1	1.5	0.2	9.5	1.4	83
	Prawn Mayo & Avocado (4 pieces/ea)	661	5.2	2.7	0.6	27.4	4.1	230	35	231	1.8	1	0.2	9.6	1.4	81
	Inari (4 pieces/ea)	815	4.2	4.1	0.7	34.8	9.9	314	80	652	3.4	3.3	0.6	27.8	7.9	251
Jumbo Sushi Selection	Jumbo Teriyaki Chicken (8 pieces/ ea)	634	9.2	1.3	0.3	24.9	4.2	251	40	254	3.7	0.5	0.1	10	1.7	100
	Jumbo Salmon (8 pieces/ ea)	809	6.6	7.1	1.6	24.9	3.9	142	38	307	2.5	2.7	0.6	9.5	1.5	54
	Jumbo Avocado and Cucumber (4 pieces/ ea)	670	2.7	3.3	0.9	29.1	4.5	161	33	221	0.9	1.1	0.3	9.6	1.5	53
Nigiri Salmon Premium	Salmon Supreme & Double Avocado (8 pieces/ ea)	786	4.8	6.4	1.4	27.0	4.1	151	34	267	1.6	2.2	0.5	9.2	1.4	51
	Jumbo Teriyaki Chicken (8 pieces/ ea)	634	9.2	1.3	0.3	24.9	4.2	251	40	254	3.7	0.5	0.1	10	1.7	100
	Tasty Tuna Mayo (4 pieces/ ea)	734	6.1	4.4	0.6	27.2	4.2	238	35	256	2.1	1.5	0.2	9.5	1.4	83
	Prawn Mayo & Avocado (4 pieces/ ea)	661	5.2	2.7	0.6	27.4	4.1	230	35	231	1.8	1	0.2	9.6	1.4	81
	Nigiri Salmon (8 pieces/ ea)	853	7.4	7.5	1.6	25.5	4.0	144	37	316	2.7	2.8	0.6	9.4	1.5	53
Nigiri Sushi Medley	Salmon Nigiri (12 pieces/ ea)	853	7.4	7.5	1.6	25.5	4.0	144	37	316	2.7	2.8	0.6	9.4	1.5	53
	Avocado Nigiri (4 pieces/ ea)	774	2.4	10.6	2.4	19.0	3.0	104	50	387	1.2	5.3	1.2	9.5	1.5	52
	Seaweed Salad Gunkan (2 pieces/ ea)	583	2.5	1.5	0.5	27.8	4.3	558	40	233	1	0.6	0.2	11.1	1.7	223
	Inari (2 pieces/ ea)	815	4.2	4.1	0.7	34.8	9.9	314	80	652	3.4	3.3	0.6	27.8	7.9	251
Salmon & Chicken Combo	Smoked Salmon and Avocado (8 pieces/ ea)	687	5.5	2.4	0.5	29.4	4.3	334	32	220	1.8	0.8	0.2	9.4	1.4	107
	Salmon Supreme (4 pieces/ ea)	779	5.1	4.9	1.1	29.6	4.5	165	32	249	1.6	1.6	0.4	9.5	1.4	53
	Jumbo Teriyaki Chicken (8 pieces/ ea)	634	9.2	1.3	0.3	24.9	4.2	251	40	254	3.7	0.5	0.1	10	1.7	100
	Salmon Supreme & Double Avocado (8 pieces/ ea)	786	4.8	6.4	1.4	27.0	4.1	151	34	267	1.6	2.2	0.5	9.2	1.4	51

# PLATTER MENU

		Nutrition per 100g:							Nutrition per piece of sushi							
Salmon & Inari Premium	Jumbo Teriyaki Chicken (8 pieces/ ea)	634	9.2	1.3	0.3	24.9	4.2	251	40	254	3.7	0.5	0.1	10	1.7	100
	Tasty Tuna Mayo (4 pieces/ ea)	734	6.1	4.4	0.6	27.2	4.2	238	35	256	2.1	1.5	0.2	9.5	1.4	83
	Prawn Mayo & Avocado (4 pieces/ ea)	661	5.2	2.7	0.6	27.4	4.1	230	35	231	1.8	1	0.2	9.6	1.4	81
	Nigiri Salmon (4 pieces/ ea)	853	7.4	7.5	1.6	25.5	4.0	144	37	316	2.7	2.8	0.6	9.4	1.5	53
	Inari (2 pieces/ ea)	815	4.2	4.1	0.7	34.8	9.9	314	80	652	3.4	3.3	0.6	27.8	7.9	251
Seafood Supreme	Seafood Celebration (8 pieces/ ea)	686	4.6	3.6	0.7	27.7	4.3	273	36	247	1.7	1.3	0.3	10	1.6	98
	Salmon Supreme (8 pieces/ ea)	779	5.1	4.9	1.1	29.6	4.5	165	32	249	1.6	1.6	0.4	9.5	1.4	53
	Smoked Salmon and Avocado (4 pieces/ ea)	687	5.5	2.4	0.5	29.4	4.3	334	32	220	1.8	0.8	0.2	9.4	1.4	107
Teriyaki Chicken Lovers	Regular Teriyaki Chicken (4 pieces/ ea)	637	6.5	1.0	0.2	28.5	4.6	223	34	216	2.2	0.3	0.1	9.7	1.6	76
	Sesame Teriyaki Chicken (8 pieces/ ea)	703	6.9	2.8	0.6	27.5	4.4	217	36	253	2.5	1	0.2	9.9	1.6	78
	Jumbo Teriyaki Chicken (8 pieces/ ea)	634	9.2	1.3	0.3	24.9	4.2	251	40	254	3.7	0.5	0.1	10	1.7	100
Vegetable Medley	Cucumber and Pickle (8 pieces/ ea)	569	2.5	0.0	0.0	30.6	4.7	397	32	182	0.8	0	0	9.8	1.5	127
	Avocado, Cucumber and Red Capsicum (8 pieces/ ea)	623	2.7	1.0	0.3	31.7	5.0	173	30	187	0.8	0.3	0.1	9.5	1.5	52
	Inari (4 pieces/ ea)	815	4.3	4.1	0.8	34.8	9.9	314	80	652	3.4	3.3	0.6	27.8	7.9	251