



## NUTRITION INFORMATION: CANADA

Products	Grams (g)	Servings (#)	Calories per serving (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)
<b>SPRING ROLLS &amp; SUSHI:</b>															
Vegetable Spring Roll	195	1	200	2.5	0	0	0	360	40	3	22	2	40	0.8	350
Spicy California Spring Roll	215	1	290	9	1.5	0	15	690	44	3	21	4	40	0.8	300
Shrimp Spring Roll	184	1	200	2.5	0	0	20	430	36	3	19	5	50	0.8	300
Avocado Hosomaki	202	1	360	5	1	0	0	920	67	3	12	7	30	1.5	300
Cucumber Hosomaki	202	1	310	0.5	0	0	0	920	68	2	12	7	30	1.5	175
Vegetable California Roll	208	1	340	4	0.5	0	0	880	64	3	12	7	75	1.5	250
California Roll	215	1	350	4.5	0.5	0	5	990	5	2	13	8	75	1.3	225
Spicy California Roll	236	1	460	14	2	0	20	1330	71	1	15	9	40	1.3	175
Spicy California Crunch Roll	256	1	530	19	4	0	20	1540	78	2	18	10	40	1.5	225
Dynamite Roll	243	1	420	7	2	0	25	1200	74	3	15	11	125	2	250
Dynamite Crunch Roll	263	1	540	18	5	0	35	1370	78	3	16	12	150	2.3	300
Teriyaki Chicken Roll	255	1	410	5	1	0	45	1200	68	3	15	19	75	2	450
Salmon Avocado Roll	228	1	430	11	2	0	30	890	63	2	11	16	75	1.5	400
Tuna Avocado Roll	228	1	380	4.5	1	0	20	900	63	2	11	18	50	1.8	400
Spicy Salmon Roll	237	1	450	14	2.5	0	35	1120	64	2	12	15	50	1.8	350
Spicy Tuna Roll	237	1	400	7	1	0	25	1170	64	2	12	17	30	2	350
Green Dragon Roll	244	1	400	8	1.5	0	5	1000	68	4	4	8	50	1.5	350
Red Dragon Roll	244	1	410	8	1.5	0	20	1010	68	2	13	14	75	1.5	350
Vegetable Dragon Crunch Roll	245	1	400	8	2.5	0	0	1270	72	4	17	7	75	1.5	300
Rainbow Roll	269	1	420	8	1.5	0	35	1060	68	3	13	16	50	1.5	400
Salmon Volcano Roll	278	1	510	17	3.5	0	55	1400	68	3	15	17	125	1.8	450
Tuna Volcano Roll	278	1	460	10	2.5	0	45	1440	68	3	15	19	100	2	450
Red California Roll	235	1	380	5	1	0	50	1270	68	2	13	10	75	1.3	225
Wasabi Tuna Roll	251	1	470	14	2	0	40	1280	64	2	13	17	30	2	400
Salmon Cali Dragon Roll	269	1	490	15	2.5	0	40	1350	72	2	16	15	75	1.5	350
Green Dynamite Dragon Roll	288	1	540	18	3.5	0	45	1400	75	5	15	13	150	2.3	400
Wasabi Tuna Dragon Roll	281	1	550	21	3	0	45	1560	72	2	15	16	40	1.8	300
Red Dynamite Dragon Roll	283	1	510	14	3	0	45	1440	75	3	16	18	125	2.5	350
Toki Combo	276	1	520	12	3	0	35	1220	35	2	15	18	100	2	350
Assorted Cali Combo	424	2	370	7	1	0	5	880	67	2	12	8	50	1.3	200
California Nigiri Combo	383	1	650	8	1.5	0	30	1470	119	3	21	21	100	2.3	450
Salmon Sushi Combo	337	1	710	16	3	0	55	1390	113	2	19	26	75	2.3	550
Tuna Sushi Combo	337	1	620	4.5	1	0	35	1410	113	2	19	29	50	2.5	600
Nigiri Combo	281	2	480	7	1	0	50	1110	84	1	14	21	50	1.3	350
Premium Nigiri Combo	312	1	570	13	2.5	0	80	1530	88	1	18	22	50	1.5	400
California Family Pack	654	3	390	8	1	0	10	970	68	2	13	8	50	1.3	200
Crunch Family Pack	601	3	380	11	2.5	0	15	1020	62	2	13	8	50	1.3	200
Supreme Family Pack	594	4	370	9	1.5	0	20	870	60	1	11	10	40	1.3	225
Super Sushi Family Pack	622	3	370	7	1	0	20	840	62	2	11	11	50	1.3	250
<b>READY TO HEAT RICE BOWLS &amp; POKE BOWLS:</b>															
Chicken Teriyaki Rice Bowl	368	1	590	2.5	0.5	0	55	1130	116	2	22	24	50	1.8	500
Beef Teriyaki Rice Bowl	368	1	620	6	2.5	0	20	1360	120	2	25	19	50	3	300
Salmon Poke Bowl	437	1	770	24	5	0	50	1940	110	5	29	23	175	2.5	650
Tuna Poke Bowl	437	1	690	15	3.5	0	35	1940	110	5	29	26	125	2.5	700
Spicy California Poke Bowl	437	1	780	25	5	0	30	2170	120	5	31	15	125	2	400
<b>SIDES:</b>															
Pork Gyoza	106	1	170	5	1	0	10	690	23	1	3	8	20	1.8	175
Vegetable Gyoza	106	1	180	3.5	0.5	0	0	530	26	2	3	9	50	2.5	250
BBQ Pork Bao	162	1	340	6	2.5	0	25	410	57	3	16	13	75	3	150
Tempura Shrimp	81	1	270	22	4.5	0	60	560	11	0	2	6	100	0.5	20
Seaweed Salad	96	1	100	3	0.5	0	0	1090	13	3	12	1	175	0.5	50
Miso Soup	249	1	25	0.5	0	0	0	670	3	1	1	2	10	0.2	40
<b>PLATTERS:</b>															
Celebration Platter	1127	6	340	7	1.5	0	10	910	59	2	12	7	40	1.3	175
Emperor Platter	1286	6	400	10	2	0	15	1010	65	2	13	9	50	1.3	225

Version: August 2024