

# OUR NUTRITIONAL INFORMATION

	PER SERVE								PER 100G						
	Weight	KJ	Protein (g)	Total Fats (g)	Saturated Fatty Acids (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)	KJ	Protein (g)	Total Fats (g)	Saturated Fatty Acids (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)
<b>HANDROLLS</b>															
Avocado White Rice	99	737.78	2.97	5.90	1.32	27.77	1.70	322.93	745.70	3.00	5.96	1.34	28.06	1.72	326.40
California White Rice	108	800.31	3.93	4.90	0.68	31.07	2.83	465.88	741.46	3.64	4.54	0.63	28.79	2.62	431.62
Cooked Tuna & Avocado White Rice	101	837.85	5.99	6.96	0.89	28.64	2.11	400.23	825.98	5.91	6.86	0.88	28.23	2.08	394.56
Cooked Tuna & Corn White Rice	114	944.41	7.93	8.02	0.75	30.66	2.61	442.39	828.88	6.96	7.04	0.66	26.91	2.29	388.28
Cooked Tuna & Cucumber White Rice	101	776.58	5.92	5.34	0.53	28.70	2.17	400.68	765.57	5.83	5.27	0.52	28.29	2.14	395.00
Crispy Chicken White Rice	107	935.02	8.71	7.52	1.04	30.06	2.05	447.13	874.36	8.15	7.03	0.97	28.11	1.92	418.13
Cucumber & Avocado White Rice	99	676.50	2.89	4.28	0.96	27.83	1.76	323.38	683.77	2.92	4.33	0.97	28.12	1.78	326.86
Fresh Tuna & Cucumber White Rice	103	725.49	7.18	3.61	0.38	27.76	1.99	355.83	704.78	6.97	3.50	0.37	26.96	1.94	345.68
Lobster Salad White Rice	98	720.11	4.76	4.06	0.19	29.25	2.75	396.73	735.27	4.86	4.15	0.19	29.87	2.80	405.09
Panko Prawn White Rice	108	935.87	5.19	7.48	0.83	33.72	2.08	547.33	867.04	4.81	6.93	0.77	31.24	1.93	507.08
Peking Duck White Rice	99	665.59	5.99	2.31	0.59	28.66	2.53	464.11	672.74	6.06	2.33	0.60	28.96	2.56	469.09
Prawn & Avocado White Rice	103	750.36	5.45	5.08	0.68	27.70	1.93	442.88	728.95	5.30	4.93	0.66	26.91	1.88	430.24
Salmon & Avocado White Rice	103	843.64	6.43	6.81	1.01	28.40	1.95	350.66	819.56	6.25	6.62	0.98	27.59	1.89	340.65
Salt & Pepper Squid White Rice	103	809.76	5.16	3.68	0.53	35.04	1.85	622.73	786.65	5.02	3.57	0.52	34.04	1.79	604.96
Smoked Salmon & Avocado White Rice	103	833.31	6.68	6.65	0.99	27.87	2.11	535.63	809.53	6.49	6.46	0.96	27.08	2.05	520.35
Soft Shell Crab White Rice	102	933.47	4.54	7.05	0.85	35.15	2.21	485.13	915.72	4.46	6.92	0.83	34.49	2.17	475.91
Special California White Rice	101	773.07	3.82	5.01	0.70	29.97	2.72	565.71	762.12	3.76	4.93	0.69	29.55	2.68	557.70
Spicy Cooked Tuna & Cucumber White Rice	105	879.26	6.03	7.86	0.71	29.14	2.48	424.68	833.91	5.72	7.45	0.68	27.64	2.36	402.78
Spicy Crispy Chicken White Rice	107	926.94	8.83	7.24	1.02	30.51	2.06	446.73	866.80	8.26	6.77	0.95	28.53	1.93	417.75
Spicy Fresh Tuna & Cucumber White Rice	103	717.41	7.29	3.33	0.36	28.20	2.00	355.43	696.93	7.09	3.24	0.35	27.40	1.95	345.29
Spicy Prawn & Cucumber White Rice	103	681.01	5.49	3.19	0.29	28.20	2.00	442.93	661.57	5.34	3.10	0.29	27.40	1.95	430.29
Spicy Salmon & Cucumber White Rice	103	774.28	6.47	4.93	0.63	28.90	2.02	350.71	752.18	6.29	4.79	0.61	28.08	1.96	340.70
Tamago & Cucumber Rice White Rice	99	698.55	4.64	3.37	0.65	29.66	3.02	390.93	706.05	4.69	3.41	0.66	29.98	3.05	395.13
Tempura Salmon White Rice	107	1,002.02	6.41	9.69	1.19	31.56	2.98	444.63	937.01	6.00	9.06	1.11	29.52	2.78	415.79
Chicken Teriyaki White Rice	101	722.85	6.07	3.76	0.95	28.84	2.43	408.43	712.61	5.98	3.70	0.94	28.43	2.39	402.64
Tobiko & Avocado White Rice	103	789.74	5.43	5.43	0.82	29.50	3.65	1,379.13	767.20	5.28	5.27	0.79	28.66	3.54	1,339.78
Tofu Inari & Cucumber White Rice	99	685.08	3.70	2.39	0.46	31.96	5.82	378.51	692.43	3.74	2.42	0.46	32.30	5.88	382.57
Vegetarian White Rice	99	620.53	3.03	2.13	0.45	29.43	3.32	408.26	627.19	3.06	2.15	0.46	29.74	3.35	412.65
Wagyu Beef White Rice	110	1,023.46	2.69	11.39	3.22	27.95	3.42	516.53	926.73	2.44	10.31	2.91	25.30	3.10	467.71
Avocado Brown Rice	104	732.38	3.11	6.07	1.33	26.93	1.96	337.18	704.63	2.99	5.84	1.28	25.91	1.89	324.41
California Brown Rice	113	794.91	4.07	5.07	0.68	30.24	3.10	480.13	703.85	3.61	4.49	0.60	26.77	2.74	425.13
Cooked Tuna & Avocado Brown Rice	106	832.45	6.13	7.13	0.90	27.80	2.37	414.48	782.10	5.76	6.69	0.84	26.12	2.23	389.41
Cooked Tuna & Cucumber Brown Rice	106	771.18	6.06	5.51	0.53	27.86	2.43	414.93	724.53	5.69	5.18	0.50	26.18	2.29	389.84
Crispy Chicken Brown Rice	112	929.62	8.85	7.69	1.04	29.23	2.32	461.38	830.48	7.91	6.87	0.93	26.11	2.07	412.18
Cucumber & Avocado Brown Rice	104	671.10	3.03	4.45	0.96	26.99	2.02	337.63	645.68	2.92	4.28	0.93	25.97	1.95	324.84
Lobster Salad Brown Rice	103	714.71	4.90	4.23	0.19	28.42	3.01	410.98	694.31	4.76	4.11	0.19	27.61	2.93	399.25
Peking Duck Brown Rice	104	660.19	6.13	2.48	0.59	27.82	2.79	478.36	635.18	5.90	2.39	0.57	26.77	2.69	460.23
Prawn & Avocado Brown Rice	104	634.20	5.59	2.46	0.48	26.86	1.89	432.73	610.17	5.38	2.37	0.46	25.85	1.82	416.34
Salmon & Avocado Brown Rice	104	727.48	6.57	4.19	0.81	27.56	1.91	340.51	699.92	6.32	4.03	0.78	26.52	1.84	327.61
Salt & Pepper Squid Brown Rice	112	915.12	5.30	6.64	0.74	34.21	2.42	661.38	817.52	4.74	5.93	0.66	30.56	2.16	590.85
Smoked Salmon & Avocado Brown Rice	108	827.91	6.82	6.82	1.00	27.04	2.37	549.88	767.03	6.31	6.32	0.92	25.05	2.20	509.45
Spicy Cooked Tuna & Cucumber Brown Rice	110	873.86	6.17	8.03	0.72	28.31	2.75	438.93	791.27	5.59	7.27	0.65	25.64	2.49	397.45
Spicy Prawn & Cucumber Brown Rice	108	675.61	5.63	3.36	0.30	27.37	2.27	457.18	625.92	5.22	3.12	0.28	25.36	2.10	423.56
Spicy Salmon & Cucumber Brown Rice	108	768.88	6.61	5.10	0.63	28.07	2.29	364.96	712.34	6.13	4.72	0.59	26.01	2.12	338.12
Tamago & Cucumber Brown Rice	104	693.15	4.78	3.54	0.65	28.83	3.28	405.18	666.89	4.60	3.41	0.63	27.74	3.16	389.83
Teriyaki Chicken Brown Rice	106	717.45	6.21	3.93	0.96	28.00	2.69	422.68	674.06	5.84	3.69	0.90	26.31	2.53	397.12
Tofu Inari & Cucumber Brown Rice	104	679.68	3.84	2.56	0.46	31.12	6.08	392.76	653.93	3.69	2.47	0.44	29.94	5.85	377.88
Vegetarian Brown Rice	104	615.13	3.17	2.30	0.46	28.59	3.58	422.51	591.82	3.05	2.21	0.44	27.51	3.45	406.51
Panko Prawn Brown Rice	109	819.71	5.33	4.86	0.63	32.89	2.04	537.18	752.45	4.89	4.46	0.58	30.19	1.87	493.11
Tempura Salmon Brown Rice	108	885.86	6.55	7.07	0.99	30.73	2.94	434.48	820.71	6.07	6.55	0.91	28.47	2.72	402.53
Special California Brown Rice	106	767.67	3.96	5.18	0.70	29.14	2.98	579.96	721.24	3.72	4.86	0.66	27.38	2.80	544.89
<b>DELUXE SELECTION</b>															
Creamy Tuna Inari	83	774.89	6.51	8.78	1.03	19.89	5.03	321.67	933.60	7.85	10.58	1.24	23.96	6.07	387.55
Lobster Salad Inari	82	691.21	5.13	6.76	0.51	20.68	5.85	346.09	848.10	6.30	8.30	0.63	25.37	7.18	424.65
Pickled Squid Inari	81	612.05	6.50	3.52	0.53	21.88	7.18	351.59	755.62	8.03	4.35	0.66	27.01	8.86	434.06
Plain Inari	46	373.00	2.02	2.27	0.40	14.94	4.21	180.09	810.87	4.40	4.93	0.87	32.48	9.14	391.50
Seafood Inari	82	693.67	3.48	6.33	0.71	21.64	5.68	390.71	851.12	4.27	7.77	0.87	26.55	6.97	479.39
Seaweed Inari	81	550.55	2.80	3.80	0.78	21.95	7.53	499.34	679.69	3.46	4.69	0.97	27.10	9.29	616.47
Squid Inari	81	612.34	6.63	3.27	0.41	22.30	4.43	510.59	755.97	8.18	4.04	0.50	27.53	5.46	630.36

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Cooked Tuna Nigiri	65	565.79	4.57	5.40	0.56	16.93	1.42	265.08	877.19	7.08	8.37	0.87	26.24	2.21	410.98
Seared Salmon Nigiri	37	286.37	3.93	1.71	0.31	9.22	1.16	157.27	773.97	10.61	4.61	0.82	24.92	3.14	425.05
Seared Scallop Nigiri	42	241.66	4.27	0.09	0.02	9.60	2.13	177.82	575.38	10.16	0.21	0.05	22.86	5.07	423.38
Seared Unagi Nigiri	38	232.67	4.04	3.84	1.05	9.88	1.68	207.46	608.29	10.56	10.03	2.75	25.83	4.39	562.38
Spicy Rainbow Roll Nigiri	59	444.45	4.49	4.13	0.73	12.90	1.71	202.28	755.17	7.63	7.01	1.24	21.92	2.91	343.70
Spicy Panko Prawn Nigiri	47	467.37	3.32	4.88	0.59	13.74	0.65	294.95	989.14	7.02	10.32	1.24	29.08	1.37	624.23
Tamago Nigiri	35	289.05	2.43	2.52	0.49	9.26	1.58	147.25	820.00	6.89	7.15	1.38	26.26	4.48	417.73
Creamy Salmon Sushi Nigiri	46	309.15	3.24	3.05	0.56	8.29	0.73	169.84	676.66	7.10	6.68	1.23	18.15	1.60	371.74
Fresh Tuna Nigiri	31	196.14	3.45	0.26	0.06	7.52	0.44	93.50	632.71	11.14	0.83	0.21	24.26	1.42	301.61
Panko Prawn Nigiri	46	457.79	3.19	4.78	0.57	13.40	0.64	287.35	989.82	6.89	10.34	1.23	28.96	1.39	621.30
Prawn Nigiri	25	154.90	1.36	0.11	0.02	7.52	0.44	115.50	619.60	5.44	0.44	0.08	30.08	1.76	462.00
Prawn & Avocado Nigiri	27	172.24	1.40	0.54	0.12	7.53	0.45	115.58	637.93	5.17	2.01	0.43	27.88	1.66	428.07
Rainbow Roll Nigiri	59	446.47	4.46	4.19	0.74	12.79	1.71	202.38	758.60	7.58	7.13	1.25	21.73	2.90	343.87
Salmon Nigiri	31	231.89	2.94	1.26	0.23	7.96	0.45	90.53	748.03	9.47	4.06	0.74	25.68	1.45	292.03
Salmon & Avocado Nigiri	33	249.23	2.97	1.69	0.33	7.97	0.46	90.61	755.24	9.01	5.12	0.99	24.15	1.39	274.58
Cooked Tuna & Corn Gunkan	91	808.57	8.12	9.50	0.85	19.05	2.15	327.96	892.21	8.96	10.48	0.93	21.02	2.37	361.89
Spicy Prawn Gunkan	43	344.35	1.37	1.60	0.16	15.42	1.17	257.65	792.51	3.15	3.69	0.36	35.48	2.70	592.98
Tobiko Gunkan	51	333.55	2.96	0.42	0.12	16.32	1.86	767.88	658.86	5.85	0.83	0.24	32.24	3.67	1,516.79
Vegetable Pancake	116	1,518.20	3.40	24.92	2.71	32.71	6.94	482.08	1,308.79	2.93	21.48	2.33	28.20	5.98	415.59
Tiger Roll	357	2,806.37	19.43	30.37	5.23	78.49	11.56	1,428.06	787.20	5.45	8.52	1.47	22.02	3.24	400.58
<b>PACKS AND SALADS</b>															
Assorted Sushi Pack	289	1,966.89	18.79	10.91	1.68	72.15	7.20	1,411.25	679.81	6.49	3.77	0.58	24.94	2.49	487.77
Bento Box	420	2,842.20	39.84	23.25	3.89	77.34	17.70	2,122.35	677.38	9.50	5.54	0.93	18.43	4.22	505.82
California Roll Pack	306	1,939.66	13.80	12.84	2.18	67.95	10.00	1,532.83	634.36	4.51	4.20	0.71	22.22	3.27	501.30
Crispy Chicken Pack	197	1,691.07	19.94	15.52	2.29	45.99	4.34	1,119.83	859.07	10.13	7.89	1.16	23.36	2.21	568.88
Crispy Chicken & Salt/Pepper Squid Pack	274	2,478.97	18.40	23.58	2.71	75.61	8.05	1,710.63	904.40	6.71	8.60	0.99	27.58	2.94	624.09
Deluxe Selection Pack	240	1,642.59	18.72	11.46	2.05	53.00	11.08	1,231.57	684.01	7.80	4.77	0.85	22.07	4.61	512.85
Vegetarian Futomaki Inari Pack	285	2,030.69	12.85	13.65	2.50	78.20	21.95	1,451.56	713.73	4.52	4.80	0.88	27.48	7.72	510.18
Vegetarian Futomaki Pack	260	1,580.04	10.68	9.22	1.86	65.03	10.66	1,426.24	606.69	4.10	3.54	0.71	24.97	4.09	547.64
Maki Pack	284	1,673.29	15.57	2.71	0.58	80.08	6.59	1,495.20	588.46	5.47	0.95	0.21	28.16	2.32	525.83
Mixed Sashimi Pack	169	1,009.97	30.38	10.65	2.24	5.23	2.72	411.80	599.03	18.02	6.32	1.33	3.10	1.61	244.25
Prawn & California Roll Pack	263	1,617.28	12.88	6.96	1.19	65.01	7.44	1,422.49	614.51	4.90	2.64	0.45	24.70	2.83	540.50
Prawn Combo Pack	284	2,186.86	15.84	17.50	1.76	74.70	7.70	1,761.51	769.75	5.58	6.16	0.62	26.30	2.71	620.03
Prawn Sushi Pack	221	1,294.94	11.97	1.07	0.20	62.07	4.88	1,312.16	587.01	5.42	0.48	0.09	28.14	2.21	594.82
Salmon Sashimi Pack	169	1,143.47	28.35	13.83	2.41	8.18	2.77	393.05	678.21	16.82	8.20	1.43	4.85	1.64	233.13
Salmon Sushi Pack	269	1,910.86	24.57	10.26	1.87	65.59	4.97	1,112.40	711.41	9.15	3.82	0.70	24.42	1.85	414.15
Salmon Tuna Sashimi Pack	169	980.97	30.70	9.28	1.66	6.18	2.72	406.55	581.83	18.21	5.50	0.99	3.67	1.61	241.14
Salmon Tuna Sushi Pack	269	1,787.86	26.64	6.26	1.21	63.83	4.93	1,124.28	658.17	9.92	2.33	0.45	23.76	1.83	418.57
Spicy Crunchy Cooked Tuna Pack	321	2,540.71	20.17	27.07	2.40	70.95	8.37	1,385.38	790.34	6.28	8.42	0.75	22.07	2.60	430.95
Sushi Deluxe Pack	392	2,791.03	25.89	16.93	2.78	100.55	13.21	1,785.12	712.76	6.61	4.32	0.71	25.68	3.37	455.88
Sushi Sashimi Deluxe Pack	400	2,816.33	33.07	16.91	2.77	96.49	11.13	1,639.62	704.13	8.27	4.23	0.69	24.13	2.78	409.93
Tobiko Pack	352	2,469.51	26.75	21.80	3.67	71.79	7.25	1,806.94	702.11	7.60	6.20	1.04	20.41	2.06	513.74
Wagyu Beef Pack	196	1,645.95	6.07	18.45	5.80	41.88	7.68	1,303.47	839.08	3.09	9.41	2.96	21.35	3.91	664.49
Beef Tataki	176	841.15	24.39	10.16	4.01	2.76	2.32	459.29	477.93	13.86	5.77	2.28	1.57	1.32	260.96
Pickled Squid Salad	101	703.20	17.02	5.46	0.57	12.76	11.01	510.24	696.24	16.85	5.40	0.56	12.64	10.90	505.19
Salted Edamame	100	612.00	13.50	7.70	1.10	2.40	1.40	38.00	612.00	13.50	7.70	1.10	2.40	1.40	38.00
Seafood Salad	248	1,830.15	13.63	28.63	2.87	19.58	9.21	927.90	737.97	5.49	11.54	1.16	7.90	3.71	374.15
Seaweed Salad	101	457.20	2.22	6.56	1.57	13.06	12.41	1,101.24	452.67	2.20	6.49	1.55	12.93	12.28	1,090.34
Squid Salad	102	730.54	17.74	5.01	0.14	14.52	0.01	1,146.48	716.22	17.40	4.91	0.13	14.24	0.01	1,124.00
Cooked Tuna Salad	223	1,324.46	10.45	26.33	3.26	8.93	6.29	681.04	593.93	4.68	11.81	1.46	4.01	2.82	305.40
Salmon Poke Salad	353	2,547.66	20.09	27.80	4.21	67.18	10.19	1,592.61	721.72	5.69	7.88	1.19	19.03	2.89	451.16
Crispy Chicken Salad	230	1,522.06	20.51	25.87	3.93	10.70	4.72	734.44	661.77	8.92	11.25	1.71	4.65	2.05	319.32
<b>PLATTERS</b>															
Assorted Hand Roll Platter	1,429	10,626.61	67.75	71.05	11.94	403.65	32.53	5,598.57	743.57	4.74	4.97	0.84	28.24	2.28	391.75
Assorted Maki	1,319	8,331.50	68.88	19.45	3.86	393.85	26.20	5,514.95	631.77	5.22	1.48	0.29	29.87	1.99	418.20
Assorted Uramaki	1,191	8,856.99	71.49	57.90	7.66	328.62	22.58	4,780.53	743.66	6.00	4.86	0.64	27.59	1.90	401.39
Assorted Uramaki Sampler	755	5,494.75	44.76	32.86	4.74	210.55	15.02	3,046.57	727.78	5.93	4.35	0.63	27.89	1.99	403.52
Salmon Platter	759	5,466.48	90.85	42.02	7.46	137.82	9.88	1,519.92	720.22	11.97	5.54	0.98	18.16	1.30	200.25
Seafood Lovers	1,095	8,039.53	77.81	48.03	6.04	294.18	24.28	4,795.64	734.54	7.11	4.39	0.55	26.88	2.22	438.16
Sushi Deluxe	1,206	8,514.96	78.30	58.77	10.91	309.80	38.68	4,850.29	706.26	6.49	4.87	0.90	25.70	3.21	402.30
Sushi Sashimi Deluxe	1,011	7,304.51	81.12	54.35	10.13	245.60	31.49	3,669.57	722.55	8.02	5.38	1.00	24.29	3.12	362.99
Vegetarian Delight	905	5,896.61	34.71	29.10	5.83	252.34	33.90	3,236.60	651.56	3.84	3.21	0.64	27.88	3.75	357.64
Vegetarian Uramaki Sampler	705	4,438.95	22.52	14.16	3.01	213.32	24.13	2,765.12	630.09	3.20	2.01	0.43	30.28	3.43	392.49

● Gluten Free ● Dairy Free ● Egg Free ● Vegetarian

The Average Adult Daily Energy Intake is 8700KJ.

Our products are hand made therefore serving sizes may vary.

The above is the full sushi product list, not all items are available in all stores at all times.