

Allergens

Products are made daily in store and product range may vary from store to store.

Deluxe

Deluxe	kJs	Wheat	Crustacea	Mollusc	Egg	Milk	Fish	Peanut	Soy	Sesame	Tree Nuts	Sulphites	Lupin
Seafood Inari	525kJ	•	•		•		•		•	•			
Plain Inari	302kJ								•	•			
Seaweed Inari	531kJ	•		•					•	•			
Pickled Squid Inari	611kJ	•					•		•	•			
Seared Salmon Nigiri	299kJ						•		•				
Panko Prawn Nigiri	474kJ	•	•		•				•				
Spicy Panko Prawn Nigiri	473kJ	•	•		•				•	•			
Seared Scallop Nigiri	225kJ			•					•				
Tempura Vegetable Nigiri	260kJ	•			•				•				
Seared Unagi Nigiri	214kJ	•					•		•	•			
Prawn Nigiri	140kJ		•										
Salmon Nigiri	236kJ						•						
Cooked Tuna Nigiri	991kJ				•		•		•				
Fresh Tuna Nigiri	174kJ						•						
Salmon Avocado Nigiri	248kJ						•						
Tamago Nigiri	210kJ				•	•							
Creamy Salmon Sushi Nigiri	298kJ				•		•		•	•			
Prawn & Avocado Nigiri	151kJ		•										
Tempura Vegetable Pancake	1590kJ	•			•	•			•				
Teriyaki Chicken & Edamame Loaded Pancake	1970kJ	•			•	•			•	•			
Salmon & Avocado Loaded Pancake	2160kJ	•			•	•	•		•				
Rainbow Uramaki	448kJ				•	•	•		•	•			
Tiger Uramaki	365kJ	•	•		•	•	•		•	•			
Spicy Rainbow Uramaki	405kJ				•	•	•		•	•			

Hand Rolls

Hand Rolls	kJs	Wheat	Crustacea	Mollusc	Egg	Milk	Fish	Peanut	Soy	Sesame	Tree Nuts	Sulphites	Lupin
Brown Rice Hand Roll													
Cooked Tuna & Avocado	808kJ				•		•		•	•			
Salmon & Avocado	905kJ				•		•			•			
Teriyaki Chicken	735kJ								•	•			
Avocado	722kJ									•			
Prawn & Avocado	777kJ		•		•					•			
Cucumber & Avocado	682kJ									•			
Crispy Chicken	901kJ	•			•				•	•			
Vegetarian	668kJ									•			
Special California	668kJ	•	•		•		•		•	•			
Panko Prawn	1020kJ	•	•		•				•	•			
Peking Duck	722kJ	•							•	•			
Spicy Prawn	735kJ		•		•					•			
Tofu & Cucumber	741kJ								•	•			
Cooked Tuna & Cucumber	841kJ				•		•		•	•			
Salt & Pepper Squid	906kJ	•			•		•			•			
Spicy Cooked Tuna & Cucumber	871kJ				•		•		•	•			
Smoked Salmon & Avocado	909kJ				•		•			•			
California	825kJ	•	•		•		•		•	•			
Tempura Salmon	1010kJ	•			•		•		•	•			
Spicy Salmon & Cucumber	774kJ				•		•			•			
Tamago & Cucumber	682kJ				•	•				•			

White Rice Hand Roll	kJs	Wheat	Crustacea	Mollusc	Egg	Milk	Fish	Peanut	Soy	Sesame	Tree Nuts	Sulphites	Lupin
Cooked Tuna & Avocado	711kJ				•		•		•	•			
Salmon & Avocado	808kJ				•		•			•			
Teriyaki Chicken	637kJ								•	•			
Crispy Chicken	790kJ	•			•				•	•			
Prawn & Avocado	659kJ		•		•					•			
Avocado	603kJ									•			
Panko Prawn	902kJ	•	•		•		•		•	•			
Salt & Pepper Squid	814kJ	•			•		•			•			
Cooked Tuna & Cucumber	649kJ				•		•		•	•			
Special California	675kJ	•	•		•		•		•	•			
California	728kJ	•	•		•		•		•	•			
Spicy Prawn & Cucumber	616kJ		•		•					•			
Spicy Cooked Tuna & Cucumber	743kJ				•		•		•	•			
Cucumber & Avocado	564kJ									•			
Spicy Crispy Chicken	787kJ	•			•				•	•			
Soft Shell Crab	866kJ	•	•		•				•	•		•	
Vegetarian	564kJ									•			
Peking Duck	665kJ	•							•	•			
Smoked Salmon & Avocado	769kJ				•		•			•			
Tempura Salmon	951kJ				•		•		•	•			
Spicy Salmon & Cucumber	749kJ				•		•		•	•			
Tobiko & Avocado	698kJ				•		•		•	•			
Tofu & Cucumber	622kJ								•	•			
Tuna & Cucumber	647kJ				•		•			•			
Cooked Tuna & Corn	621kJ				•		•		•	•			
Tamago & Cucumber	564kJ				•	•				•			
Spicy Fresh Tuna & Cucumber	644kJ				•		•			•			

Menu items may contain or come into contact with wheat, egg, milk, fish, crustacea, soy, sesame and sulphites.

Crispy Not Chicken: Please note that although this product contains plant-based chicken and vegan mayonnaise, we do not recommend it for vegan diets. We cannot guarantee that cross contamination has not occurred as we serve meat products across our store. In addition, our plant-based meat is cooked in the same fryer as our other meat products therefore cross contamination may occur.

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Packs

Packs	kJs	Wheat	Crustacea	Mollusc	Egg	Milk	Fish	Peanut	Soy	Sesame	Tree Nuts	Sulphites	Lupin
Bento Box	2900kJ	•	•		•	•	•		•	•			
Salmon Sushi Pack	1960kJ						•		•				
Salmon Sashimi Pack	1410kJ						•		•				
Assorted Sushi Pack	1890kJ	•	•		•	•	•		•	•			
Sushi Sashimi Deluxe Pack	2830kJ	•	•		•	•	•		•	•			
Sushi Deluxe Pack	2620kJ	•	•		•	•	•		•	•			
Crispy Chicken and Salt & Pepper Squid Pack	2260kJ	•			•		•		•	•			
Spicy Crunchy Cooked Tuna Pack	2390kJ				•		•		•	•			
Tobiko Pack	2380kJ				•		•		•				
Crispy Chicken Pack	1410kJ	•			•				•	•			
Maki Pack	1610kJ						•		•				
California Roll Pack	1760kJ	•	•		•	•	•		•	•			
Prawn Combo Pack	2240kJ	•	•		•	•	•		•	•			
Vegetarian Pack	1310kJ				•	•			•	•			
Kids Pack with Cookies	1210kJ	•			•	•	•		•				
Salmon Tuna Sashimi Pack	1110kJ						•		•				
Assorted Hand Roll Mini Pack	2250kJ	•	•		•		•		•	•			
Salmon & Tuna Sushi Pack	1700kJ						•		•				
Seafood Lovers Mini Pack	1160kJ	•			•		•		•				
Mixed Sashimi Pack	1080kJ						•		•				
Sashimi Mini Pack	465kJ						•		•				
Prawn & California Roll Pack	1460kJ	•	•		•	•	•		•	•			
Futomaki Pack	1310kJ				•	•			•	•			
Vegan Mini Pack	955kJ								•	•			
Chicken & Vegetarian Uramaki Mini Pack	824kJ	•			•				•	•			
Nigiri & Inari Mini Pack	871kJ		•		•	•	•		•	•			
Prawn Sushi Pack	1170kJ		•						•				
Kids Pack with Veggies	701kJ				•		•		•				

Hot Fod & Salads

Hot Food	kJs	Wheat	Crustacea	Mollusc	Egg	Milk	Fish	Peanut	Soy	Sesame	Tree Nuts	Sulphites	Lupin
Katsu Chicken Bento	2860kJ	•			•				•	•			
Teriyaki Chicken Bento	2180kJ	•							•	•			
Teriyaki Salmon Bento	2730kJ	•					•		•	•			
Tempura Prawn Bento	2780kJ	•	•		•		•		•	•			
Unagi Bento	2680kJ	•					•		•	•			
Katsu Chicken Curry Don	4280kJ	•											
Teriyaki Chicken Don	2310kJ	•							•	•			
Unagi Don	2790kJ	•					•		•	•			
Teriyaki Salmon Don	2900kJ	•					•		•	•			
Teriyaki Chicken Udon	1710kJ	•							•				
Tempura Prawn Udon	1820kJ	•	•				•		•				
Vegetarian Udon	1340kJ	•							•				

Salads	kJs	Wheat	Crustacea	Mollusc	Egg	Milk	Fish	Peanut	Soy	Sesame	Tree Nuts	Sulphites	Lupin
Seafood Salad	1740kJ	•	•		•		•		•				
Seaweed Salad	519kJ	•							•	•			
Pickled Squid Salad	502kJ			•			•		•	•			
Salted Edamame	612kJ								•				
Beef Tataki	977kJ	•							•	•			

Sliders & Sandwiches	kJs	Wheat	Crustacea	Mollusc	Egg	Milk	Fish	Peanut	Soy	Sesame	Tree Nuts	Sulphites	Lupin
Crispy Chicken Sushi Sandhich	987kJ	•			•				•	•			
Tempura Salmon & Avocado Sushi Sandwich	877kJ	•			•		•		•	•			
Crispy Chicken Slider	1200kJ	•			•	•			•				
Spicy Popcorn Prawn Slider	1300kJ	•	•		•	•				•			

Allergens Sushi Sushi Train exclusive items

Products are made daily in store and product range may vary from store to store.

Sushi Train - Deluxe	kJs - Train	kJs - Cabinet	Wheat	Crustacea	Mollusc	Egg	Milk	Fish	Peanut	Soy	Sesame	Tree Nuts	Sulphites	Lupin
Spicy Salmon & Cucumber W Quinoa & Spicy Mayonnaise Uramaki	589kJ	295kJ				•		•			•			
Rainbow Uramaki Beetroot	797kJ	400kJ				•	•	•		•				
Tiger Uramaki Beetroot	771kJ	386kJ	•	•		•	•	•		•	•			
Kingfish, Cooked Prawn & Cucumber W Beetroot Rice Uramaki	564kJ	282kJ		•		•		•			•			
Spicy Crunchy Cooked Tuna Uramaki	581kJ	290kJ				•		•		•	•			
Cooked Tuna Apple Onigiri	957kJ	479kJ				•		•		•	•			
Spicy Cooked Tuna Apple Onigiri	875kJ	437kJ				•		•		•	•			
Seared Salmon Volcano	851kJ	426kJ				•		•			•			
Truffle Beef Nigiri	467kJ	234kJ				•				•				
Kingfish W Quinoa Nigiri	434kJ	217kJ						•						
Salmon Avocado W Quinoa Nigiri	493kJ	247kJ						•						
Prawn & Avocado Nigiri	302kJ	151kJ		•										
Tamago Nigiri	419kJ	210kJ				•	•							
Salmon Nigiri W Quinoa	522kJ	261kJ				•		•						
Fresh Tuna W Quinoa Nigiri	345kJ	173kJ						•						
Panko Prawn W Quinoa Nigiri	875kJ	438kJ	•	•		•		•		•	•			
Spicy Panko Prawn W Quinoa Nigiri	874kJ	437kJ	•	•		•		•		•	•			
Seared Salmon W Quinoa Nigiri	595kJ	297kJ						•		•				
Prawn & Lemon Onigiri	659kJ	220kJ		•		•								
Cucumber Onigiri	370kJ	123kJ												
Pickled Radish Onigiri	415kJ	140kJ										•		
Seaweed & Cucumber Inari	1030kJ	517kJ	•							•	•			
Spicy Salmon Inari	1460kJ	734kJ				•		•		•	•			
Tuna & Cucumber Maki (Tear)	643kJ	214kJ				•		•			•			
Smoked Salmon & Avocado Maki (Tear)	765kJ	255kJ				•		•			•			
Vegetarian Mosaic Sushi	594kJ	297kJ								•				
Cucumber & Tamago Mosaic Sushi	496kJ	248kJ				•	•							
Salmon & Cucumber Mosaic Sushi	555kJ	278kJ						•						
Tuna W Cucumber & Tobiko Hanamaki	560kJ	280kJ				•				•	•			
Spicy Popcorn Prawn & Avocado	647kJ	324kJ	•	•		•					•			
Teriyaki Salmon W Avocado Hanamaki	652kJ	326kJ						•		•	•			
Sushi Train - Salads	kJs - Train	kJs - Cabinet	Wheat	Crustacea	Mollusc	Egg	Milk	Fish	Peanut	Soy	Sesame	Tree Nuts	Sulphites	Lupin
Beef Porterhouse Tataki (Train Size)	343kJ									•	•			
Mixed Sashimi Salmon And Tuna (Train Size)	397kJ							•						
Mixed Sashimi Salmon, Tuna And King Fish (Train Size)	429kJ							•						
Salmon Sashimi (Train Size)	431kJ							•						
Tuna Sashimi (Train Size)	256kJ							•						
Beef Porterhouse Tataki		852kJ								•	•			
Seaweed & Cucumber Salad		343kJ	•							•	•			
Seaweed & Cucumber Salad (Train Size)	184kJ		•							•	•			
Green Salad (656)	359kJ									•	•			
Pickled Squid Salad (Train Size)	264kJ		•	•				•		•	•			
Seafood Salad (Train Recipe)	867kJ		•	•		•		•		•				
Sushi Train - Tian	kJs - Train	kJs - Cabinet	Wheat	Crustacea	Mollusc	Egg	Milk	Fish	Peanut	Soy	Sesame	Tree Nuts	Sulphites	Lupin
Fresh Tuna Tian	540kJ	540kJ				•		•		•	•			
Spicy Prawn Tian	601kJ	601kJ		•		•		•		•	•			
Fresh Salmon Tian	647kJ	647kJ	•			•		•		•	•			
Sushi Train - Hot Food	kJs - Train	kJs - Cabinet	Wheat	Crustacea	Mollusc	Egg	Milk	Fish	Peanut	Soy	Sesame	Tree Nuts	Sulphites	Lupin
Teriyaki Chicken & Edamame Loaded Pancake	1970kJ		•			•	•			•	•			
Salmon & Avocado Loaded Pancake	2100kJ		•			•	•	•		•	•			
Furikake Fries W Truffle Mayo	2370kJ		•			•	•	•		•	•			
Sweet Potato Chips W Kewpie	901kJ					•				•				
Pork Katsu Sando	3660kJ		•			•	•			•	•			
Wagu Steak Sando	3040kJ		•			•	•			•	•			
Mushroom Sando	2510kJ		•			•	•			•	•			
Chicken Sando	5150kJ		•			•	•			•	•			
Chicken Karaage		2840kJ					•			•				
Chicken Karaage (Train Size)	1430kJ						•			•				
Agedashi Tofu		2070kJ	•					•		•				
Agedashi Tofu (Train Size)	1035kJ		•					•		•				
Panfried Vegetable Gyoza	1400kJ		•							•	•			
Miso Soup	210kJ							•		•				
Miso Soup W Udon Noodles, Shitake Mushrooms & Duck	1750kJ		•					•		•				
Miso Soup W Udon Noodles & Shitake Mushrooms	1370kJ		•					•		•				
Pork Katsu Bento	2810kJ		•	•		•				•	•			
Tofu Bento	3330kJ		•			•				•	•			
Teriyaki Salmon Bento	3160kJ							•		•	•			
Strawberry Sando (1 X 1/4 Piece)	3600kJ		•			•				•				