

SSP Canada (McLeans) - March 2020

	Quantity	Serving	Weight (g)	Calories (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)
SUSHI - Core																
SSP Spicy California Spring Roll	8 pc	1	200	320	8	1	0	5	1210	69	0	15	9	56	1	115
ONS Vegetable Spring Roll w/chili 3PC	8 pc	1	215	260	2	0	0	0	960	69	0	19	7	41	1	115
SSP California Roll	8 pc	1	161	210	4	1	0	0	700	41	0	7	7	128	1	100
SSP Vegetable California Roll	8 pc	1	155	200	4	1	0	0	700	38	0	7	6	118	1	100
SSP Spicy California Roll	8 pc	1	181	290	12	1	0	5	970	43	0	9	7	97	1	35
SSP Spicy Salmon Roll	8 pc	1	182	290	10	2	0	25	730	36	0	7	13	73	2	35
SSP Dynamite Roll	8 pc	1	183	320	11	1	0	25	820	45	0	8	9	118	1	30
SSP Philadelphia Roll	8 pc	1	175	290	12	5	0	35	870	37	0	7	13	136	1	140
SSP Salmon Avocado Roll	8 pc	1	175	270	9	2	0	25	580	37	0	6	15	114	2	85
SSP Tuna Avocado Roll	8 pc	1	175	240	5	1	0	20	590	37	0	6	17	114	2	290
SUSHI - Options																
SSP Spicy Tuna Roll	8 pc	1	190	260	6	1	0	20	770	37	0	8	15	73	1	220
SSP Cali Samurai Combo	8 pc	1	213	290	5	1	0	30	770	52	0	9	12	111	1	60
SSP Teriyaki Chicken Roll	8 pc	1	217	270	3	0	0	30	900	43	0	10	16	80	2	260
SSP Salmon Samurai Combo	8 pc	1	230	340	8	2	0	35	670	51	0	8	17	96	2	55
SSP Tuna Samurai Combo	8 pc	1	230	300	3	0	0	25	680	51	0	8	20	96	2	330
SSP Cali Shogun Combo	12 pc	1	308	410	5	1	0	40	930	75	0	12	19	125	2	160
SSP Salmon Sushi Combo	18 pc	1	355	540	12	2	0	50	920	83	1	13	26	94	3	50
ONS Kamikaze Roll	5 pc	1	205	310	11	2	0	20	830	39	0	8	11	92	1	125
SSP Crazy Combo	16 pc	2	387	640	27	3	0	75	1590	85	0	15	17	139	2	260
SSP Salmon Volcano Roll	8 pc	1	213	330	13	3	0	45	970	44	1	10	14	140	2	110
NIGIRI/SALAD/SASHIMI																
ONS Rainbow Sashimi Salad	5 pc	1	220	160	7	1	0	35	550	10	0	3	13	40	1	330
ONS Salmon Sashimi Salad	5 pc	1	220	190	10	2	0	25	500	10	0	3	13	32	2	250
ONS Tuna Salad	5 pc	1	220	150	6	1	0	15	470	10	0	3	12	30	1	440
ONS Nigiri Combo	8 pc	1	270	390	5	1	0	50	820	66	0	11	20	86	2	105
SSP Fiji Combo	12 pc	2	348	520	15	3	0	70	1200	76	1	14	24	152	3	160
ONS Pickled Ginger	¼ Cup	1	45	10	0	0	0	0	190	3	0	2	0	132	0	0
ONS Seaweed Salad	¼ Cup	1	90	110	4	1	0	0	1090	16	3	12	2	200	1	50
HOT FOOD SIDES																
ONS Beef & Rice - Bento Box	1 pc	1	140	200	3	1	0	15	370	32	0	7	11	20	1	0
ONS Chicken & Rice - Bento Box	1 pc	1	140	190	1	0	0	30	330	30	0	5	13	20	1	170
ONS Inari & Rice - Bento Box	1 pc	1	140	240	6	1	0	0	340	40	0	14	5	71	1	0
ONS Salmon & Rice - Bento Box	1 pc	1	140	190	2	0	0	20	300	29	0	4	15	27	1	140
ONS Karaage Chicken & Rice - Bento Box	1 pc	1	140	260	8	2	0	30	340	37	0	4	9	20	1	105
ONS Salmon Nigiri - Bento Box	2 pc	1	82	110	3	0	0	10	480	18	0	4	6	68	1	20
ONS California Roll - Bento Box	4 pc	1	115	150	3	0	0	0	600	30	0	6	4	101	1	60
ONS Pork Gyoza Dumpling - Bento Box	1 pc	1	20	30	1	0	0	0	130	5	1	1	1	0	0	45
PR - Daily Salad	1 pc	1	40	30	2	0	0	0	150	2	0	1	0	10	0	15
ONS Beef Donburi Bowl	1 Bowl	1	425	520	5	2	0	20	980	100	1	19	18	75	2	30
ONS Chicken Donburi Bowl	1 Bowl	1	425	510	3	1	0	35	940	98	1	17	21	75	2	230
ONS Salmon Donburi Bowl	1 Bowl	1	425	510	3	1	0	25	900	97	1	17	24	82	2	200
ONS Tofu Donburi Bowl	1 Bowl	1	425	580	9	1	0	0	950	111	1	27	11	127	3	30
ONS Chasu Ramen with Tonkotsu	1 Bowl	1	790	730	28	12	0	25	2580	84	0	10	30	182	4	5
ONS Tofu Ramen with Tonkotsu	1 Bowl	1	790	740	27	11	0	0	2530	93	0	11	24	241	5	5
ONS Beef Udon	1 Bowl	1	793	440	5	2	0	25	4030	79	0	13	22	51	2	0
ONS Tempura Shrimp Udon	1 Bowl	1	781	460	7	0	0	25	3890	84	0	11	16	51	1	0
ONS Tofu Udon Soup	1 Bowl	1	790	550	17	2	0	0	4030	85	0	21	15	102	2	0
ONS Japanese Pork Dumplings	5 pc	1	101	180	4	1	0	10	760	31	3	5	6	0	1	260
ONS Tempura Shrimp - Hot	3 pc	1	103	330	28	2	0	45	400	12	0	1	6	0	0	0
ONS Karaage Chicken - hot	5 pc	1	100	250	16	3	0	50	320	15	0	1	12	20	1	170
ONS Miso Soup	1 cup	1	200	25	1	0	0	0	700	4	0	2	2	54	1	0
ONS Steamed Rice - for sides	½ cup	1	145	200	0	0	0	0	0	45	0	2	4	8	0	0
ONS Seasoned Sushi Rice - to go	½ cup	1	145	220	2	0	0	0	250	47	0	6	4	36	1	0
ONS & BX-CAN Pre-Packed Edamame	1 Bowl	1	120	150	2	0	0	0	440	19	0	5	15	117	3	0

SSP Canada (Central Kitchen) - March 2020

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SUSHI - Core																
SSP Spicy California Spring Roll - Central Kitchen w/avo soak	8 pc	1	200	320	8	1	0	5	1210	69	0	15	9	56	1	115
SSP Spicy California Spring Roll - Central Kitchen w/avo soak	8 pc	1	181	320	8	1	0	5	1210	69	0	15	9	56	1	115
SSP California Roll - Central Kitchen w/avo soak	8 pc	1	161	210	4	1	0	0	700	41	0	7	7	129	1	100
SSP Vegetable California Roll - Central Kitchen w/avo soak	8 pc	1	155	200	4	1	0	0	700	38	0	7	6	119	1	100
SSP Spicy Salmon Roll	8 pc	1	182	290	10	2	0	25	730	36	0	7	13	73	2	35
SSP Dynamite Roll	8 pc	1	183	320	11	1	0	25	820	45	0	8	9	118	1	30
SSP Cali Samurai Combo	8 pc	1	213	290	5	1	0	30	770	52	0	9	12	111	1	60
SSP Salmon Sushi Combo - Central Kitchen w/avo soak	18 pc	1	355	540	12	2	0	50	910	83	1	13	26	94	3	50
SSP Cali Shogun Combo	12 pc	1	310	410	5	1	0	40	930	75	0	12	19	125	2	160