

Walmart Canada - 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																
ONS California Roll	10 pc	1	216	290	5	1	0	0	810	58	0	10	8	136	1	105
ONS Cali Shogun Combo	11 pc	1	308	420	5	1	0	45	850	76	1	12	18	101	2	120
ONS Crunch Dragon Roll	10 pc	1	257	440	16	4	0	5	1220	68	0	16	9	101	1	40
ONS Dynamite Roll	10 pc	1	252	410	10	1	0	25	950	66	0	12	11	123	2	105
ONS Mini Vegetable Rolls	20 pc	1	203	250	3	0	0	0	670	55	0	9	8	74	1	100
ONS Nigiri Combo	6 pc	1	210	390	5	1	0	50	820	66	0	11	20	86	2	105
ONS Salmon Avocado Roll	10 pc	1	229	350	9	2	0	25	680	54	0	9	16	120	2	90
ONS Salmon Samurai Combo	9 pc	1	259	380	9	2	0	35	710	58	0	9	18	96	2	55
ONS Spicy California Roll	10 pc	1	237	370	12	2	0	5	1100	60	0	12	8	103	1	40
ONS Spicy Salmon Roll	10 pc	1	238	380	12	2	0	25	840	53	0	10	15	123	2	40
ONS Spicy Tuna Roll	10 pc	1	238	350	7	1	0	20	890	54	0	10	16	78	2	230
ONS Teriyaki Chicken Roll	10 pc	1	266	360	5	1	0	30	1020	60	0	12	18	126	2	270
ONS Teriyaki Chicken Crunch Roll	10 pc	1	271	430	13	3	0	30	1090	65	0	14	20	126	2	200
ONS Teriyaki Chicken Spring Roll	3 pc	1	230	310	3	0	0	30	1190	69	0	18	18	38	1	270
ONS Tuna Avocado Roll	10 pc	1	229	320	5	1	0	20	690	54	0	9	18	120	2	300
ONS Tuna Samurai Combo	10 pc	1	259	340	3	0	0	25	740	60	0	10	21	91	2	340
ONS Vegetable California Roll	10 pc	1	209	270	5	1	0	0	810	55	0	9	7	125	1	105
ONS Dynamite Crunch Roll	10 pc	1	274	530	21	4	0	25	1010	71	0	13	12	123	2	105
ONS Vegetable Spring Roll	3 pc	1	215	260	2	0	0	0	960	69	0	19	7	41	1	115
ONS Spicy California Spring Roll	3 pc	1	215	330	8	1	0	5	1210	71	0	17	9	59	1	105
VALUE PACKS																
ONS Assorted Cali Value Pack	30 pc	3	656	310	7	1	0	5	780	57	0	9	8	99	1	75
ONS Salmon Value Pack	29 pc	2	593	450	10	2	0	35	870	71	0	11	20	91	2	45
ONS Spicy Value Pack	30 pc	3	709	360	10	1	0	20	810	55	0	10	13	64	1	95
ONS Supreme Value Pack	29 pc	3	596	430	10	2	0	20	980	73	0	12	15	102	2	55
ONS Tuna Value Pack	29 pc	2	593	410	5	1	0	25	890	71	0	11	22	87	2	320
ONS Crunch Value Pack	25 pc	2	609	510	16	3	0	10	1200	81	0	16	12	135	2	95
CHILLED FOODS																
ONS Japanese Pork Dumplings	5 pc	1	101	180	4	1	0	10	760	31	3	5	6	0	1	260
ONS Seaweed Salad	¼ Cup	1	98	110	4	1	0	0	1090	16	3	12	2	200	1	50
ONS Butter Chicken Rice Bowl	1 bowl	1	400	480	3	2	0	50	1010	84	2	10	22	65	2	340
ONS Gochujang Salmon Rice Bowl - RTE	1 bowl	1	427	620	14	3	0	20	1660	104	1	28	15	46	2	115
ONS Gochujang Shrimp Rice Bowl - RTE	1 bowl	1	427	580	10	3	0	70	1870	104	1	28	14	63	1	115
ONS Shrimp Pad Thai	1 bowl	1	370	470	8	1	0	110	1510	88	0	24	14	71	3	10
ONS Spicy Korean Beef Rice Bowl with Gochujang Sauce - RTH	1 bowl	1	383	530	9	3	0	15	1510	96	1	25	13	50	2	0
ONS Spicy Korean Shrimp Rice Bowl with Gochujang Sauce - RTH	1 bowl	1	383	510	8	2	0	70	1560	94	1	23	13	67	1	0
ONS Teriyaki Chicken Rice Bowl	1 bowl	1	345	470	3	1	0	40	970	87	1	15	21	64	2	210
ONS Teriyaki Salmon Rice Bowl	1 bowl	1	335	450	3	1	0	25	640	81	1	8	22	75	2	160
VALUE PLATTERS																
ONS Kyoto Platter	40 pc	4	945	340	7	2	0	20	980	61	0	11	11	106	1	55
ONS Tokyo Platter	62 pc	6	1488	370	8	2	0	20	990	63	0	11	12	93	1	75
BAO BUNS																
ONS BBQ Pork Steamed Bun	2 pc	1	172	360	13	5	0	20	410	51	0	14	8	89	3	0
ONS BBQ Pork Steamed Bun	4 pc	1	340	370	13	5	0	20	420	51	0	14	8	91	3	0
ONS Chicken & Vegetable Steamed Bun	2 pc	1	172	320	7	2	0	25	320	53	0	14	8	111	4	0
ONS Chicken & Vegetable Steamed Bun	4 pc	1	340	330	7	2	0	25	330	53	0	14	8	113	4	0
ONS Mix Bao Buns	6 pc	1	525	350	10	4	0	25	380	53	0	14	8	102	3	0

COOP - 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																
ONS Assorted Maki Boat	18 pc	1	428	590	10	2	0	5	1390	114	1	18	15	177	2	150
ONS California Roll	9 pc	1	216	290	5	1	0	0	810	58	0	10	8	136	1	105
ONS Cali Samurai Combo w/ Salmon, shrimp & tuna nigiri	8 pc	1	225	310	4	1	0	25	750	56	2	9	13	100	1	100
ONS Cali Shogun Combo	12 pc	1	347	470	5	1	0	40	1000	87	1	13	20	129	2	170
ONS Crazy Combo NEW	16 pc	2	500	420	17	2	0	40	930	59	0	10	10	73	1	130
ONS California Family Pack	27 pc	3	656	310	7	1	0	5	790	58	0	10	8	100	1	80
ONS Cucumer Hosomaki	16 pc	1	195	230	1	0	0	0	670	54	0	9	7	77	1	55
ONS Nigiri Combo	8 pc	1	281	390	5	1	0	50	820	66	0	11	20	86	2	105
ONS Salmon Avocado Roll	9 pc	1	229	350	9	2	0	25	680	54	0	9	16	120	2	90
ONS Salmon Sushi Combo	18 pc	1	380	570	12	2	0	45	960	92	1	14	26	94	3	50
ONS Spicy California Roll	9 pc	1	237	370	12	2	0	5	1100	60	0	12	8	103	1	40
ONS Spicy California Spring Roll w/chili	3 pc	1	215	330	8	1	0	5	1210	71	0	17	9	59	1	105
ONS Spicy Salmon Roll	9 pc	1	230	380	12	2	0	25	840	53	0	10	15	123	2	40
ONS Spicy Spring Roll & Sushi Combo 7pcs w/chili	7 pc	1	345	520	14	2	0	10	1930	101	0	24	13	145	1	140
ONS Spicy Tuna Roll	9 pc	1	230	350	7	1	0	20	890	54	0	10	16	78	2	230
ONS Spicy Vegetable California Roll	9 pc	1	215	320	10	1	0	5	880	54	0	9	7	123	1	105
ONS Supreme Family Pack - NEW	25 pc	3	596	300	7	1	0	15	670	50	0	8	10	70	1	40
ONS Tuna Avocado Roll	9 pc	1	225	320	5	1	0	20	690	54	0	9	18	120	2	300
ONS Vegetable California Roll	9 pc	1	209	270	5	1	0	0	810	55	0	9	7	125	1	105
ONS Vegetable Spring Roll w/chili 3PC	3 pc	1	215	260	2	0	0	0	960	69	0	19	7	41	1	115
SUSHI & SIDES																
ONS Dynamite Roll w/ nori inside	9 pc	1	254	410	10	1	0	25	950	66	0	12	11	123	2	105
ONS Inari Pack	3 pc	1	189	320	7	1	0	0	430	56	0	15	6	97	2	0
ONS Rainbow Roll	8 pc	1	270	360	7	1	0	35	880	59	0	10	16	99	2	220
ONS Spicy BBQ Salmon Roll	8 pc	1	230	380	14	2	0	30	700	46	0	11	16	134	2	85
ONS Teriyaki Chicken Roll	8 pc	1	266	360	5	1	0	30	1020	60	0	12	18	126	2	270
ONS Pickled Ginger	¼ Cup	1	96	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
CHILLED MAINS & SIDES																
ONS Butter Chicken Rice Bowl	1 Bowl	1	400	480	3	2	0	50	1010	84	2	10	22	65	2	340
ONS Honey Garlic Chicken Noodle Bowl	1 Bowl	1	340	450	9	1	0	35	770	64	0	25	20	70	1	240
ONS Teriyaki Salmon Rice Bowl	1 Bowl	1	400	450	3	1	0	25	900	85	1	14	21	56	2	150
ONS Shrimp Pad Thai	1 Bowl	1	370	470	8	1	0	110	1510	88	0	24	14	71	3	10
ONS Teriyaki Chicken Rice Bowl	1 bowl	1	400	560	3	1	0	40	1710	109	1	31	23	53	3	210
ONS Edamame	1 Bowl	1	120	150	2	0	0	0	440	19	0	5	15	117	3	0
ONS Tempura Shrimp	3 pc	1	103	310	25	2	0	45	420	12	0	1	7	0	0	0
ONS Japanese Pork Dumplings	5 pc	1	101	180	4	1	0	10	760	31	3	5	6	0	1	260
HOT FOOD																
Bento Box																
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
Donburi																
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
Ramen																
ONS Chasu Ramen with Tonkotsu	1 Bowl	1	790	730	28	12	0	25	2580	84	0	10	30	182	4	5
Udon																
ONS Beef Udon	1 Bowl	1	795	440	5	2	0	25	4030	79	0	13	22	51	2	0
ONS Chicken Udon Soup	1 Bowl	1	795	430	2	1	0	35	3980	78	0	11	25	51	1	200
ONS Tempura Shrimp Udon	1 Bowl	1	795	460	7	0	0	25	3890	84	0	11	16	51	1	0
ONS Tofu Udon Soup	1 Bowl	1	795	550	17	2	0	0	4030	85	0	21	15	102	2	0
PLATTERS																
ONS Assorted Maki Roll Platter	40 pc	4	892	310	6	1	0	0	940	59	0	10	8	113	1	95
ONS Maki Roll & Nigiri Platter	31 pc	4	993	340	5	1	0	40	960	59	0	10	15	87	1	95
ONS Mega Maki Roll Platter	59 pc	6	1535	360	7	1	0	20	1120	64	1	12	12	113	2	105
ONS Mega Maki Roll & Nigiri Platter	53 pc	6	1507	360	8	1	0	40	980	58	0	11	15	65	2	85

COPPAS - 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 MAKI																
ONS California Roll	9 pc	1	216	290	5	1	0	0	810	58	0	10	8	136	1	105
ONS Brown Rice California Roll	9 pc	1	210	270	5	1	0	0	780	52	2	9	8	143	2	105
ONS Mini Vegetable Rolls	16 pc	1	195	250	3	0	0	0	670	55	0	9	8	74	1	100
ONS Salmon Avocado Roll	9 pc	1	229	350	9	2	0	25	680	54	0	9	16	120	2	90
ONS Spicy Salmon Roll	9 pc	1	238	380	12	2	0	25	840	53	0	10	15	123	2	40
ONS Spicy Tuna Roll	9 pc	1	238	350	7	1	0	20	890	54	0	10	16	78	2	230
ONS Vegetable Spring Roll w/chili 3PC	3 pc	1	215	260	2	0	0	0	960	69	0	19	7	41	1	115
ONS Brown Rice Vegetarian California Roll	9 pc	1	205	260	5	1	0	0	780	50	2	9	7	134	2	105
ONS Spicy California Spring Roll w/chili	3 pc	1	215	330	8	1	0	5	1210	71	0	17	9	59	1	105
ONS Spicy Spring Roll & Sushi Combo 7pcs w/chili	7 pc	1	345	520	14	2	0	10	1930	101	0	24	13	145	1	140
ONS Vegetable California Roll	9 pc	1	209	270	5	1	0	0	810	55	0	9	7	125	1	105
ONS Spicy California Roll	9 pc	1	237	370	12	2	0	5	1100	60	0	12	8	103	1	40
SPRING ROLLS MAKI NIGIRI																
ONS Cali Samurai Combo w/ Salmon & shrimp nigiri	8 pc	1	245	330	5	1	0	30	840	62	0	10	13	115	1	65
ONS Cali Shogun Combo	12 pc	1	347	470	5	1	0	40	1000	87	1	13	20	129	2	170
ONS Crazy Combo NEW	16 pc	2	500	420	17	2	0	40	930	59	0	10	10	73	1	130
ONS Fiji Combo	12 pc	2	395	590	15	3	0	70	1280	91	1	16	25	154	3	160
ONS Nigiri Combo	8 pc	1	281	390	5	1	0	50	820	66	0	11	20	86	2	105
ONS Salmon Sushi Combo	18 pc	1	380	570	12	2	0	45	960	92	1	14	26	94	3	50
ONS Salmon Volcano Roll	8 pc	1	269	410	13	3	0	45	1090	61	1	13	15	147	2	115
SUSHI - SPECIALITY ROLLS & FAMILY PACKS																
ONS Assorted Maki Boat	18 pc	1	428	590	10	2	0	5	1390	114	1	18	15	177	2	150
ONS California Family Pack	27 pc	3	656	310	7	1	0	5	790	58	0	10	8	100	1	80
ONS Dynamite Roll w/ nori inside	9 pc	1	254	410	10	1	0	25	950	66	0	12	11	123	2	105
ONS Green Dragon Roll	8 pc	1	246	350	8	1	0	0	820	61	0	10	9	137	2	240
ONS Kamikaze Roll	5 pc	1	209	310	11	2	0	20	830	39	0	8	11	92	1	125
ONS Rainbow Roll	8 pc	1	270	360	7	1	0	35	880	59	0	10	16	99	2	220
ONS Red Dragon Roll	8 pc	1	246	360	8	2	0	15	1040	59	0	10	15	137	1	220
ONS Supreme Family Pack - NEW	25 pc	3	596	300	7	1	0	15	670	50	0	8	10	70	1	40
ONS Tropical Rainbow Roll	8 pc	1	290	430	14	2	0	45	1150	65	0	16	15	149	2	105
CHILLED MAINS & SIDES																
ONS Butter Chicken Rice Bowl	1 Bowl	1	400	480	3	2	0	50	1010	84	2	10	22	65	2	340
ONS Honey Garlic Chicken Noodle Bowl	1 Bowl	1	340	450	9	1	0	35	770	64	0	25	20	70	1	240
ONS Teriyaki Salmon Rice Bowl	1 bowl	1	400	570	3	1	0	25	1790	112	1	34	23	60	3	150
ONS Shrimp Pad Thai	1 Bowl	1	370	470	8	1	0	110	1510	88	0	24	14	71	3	10
ONS Teriyaki Chicken Rice Bowl	1 bowl	1	400	560	3	1	0	40	1710	109	1	31	23	53	3	210
ONS Japanese Pork Dumplings	5 pc	1	101	180	4	1	0	10	760	31	3	5	6	0	1	260
ONS Pickled Ginger	¼ Cup	1	96	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
PLATTERS																
ONS Assorted Maki Roll Platter	40 pc	4	892	310	6	1	0	0	940	59	0	10	8	113	1	95
ONS Maki Roll & Nigiri Platter	31 pc	4	993	340	5	1	0	40	960	59	0	10	15	87	1	95
ONS Mega Maki Roll Platter	59 pc	6	1535	360	7	1	0	20	1120	64	1	12	12	113	2	105
ONS Mega Maki Roll & Nigiri Platter	53 pc	6	1507	360	8	1	0	40	980	58	0	11	15	65	2	85

Grocery Gateway - 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																
GG Avocado Hosomaki	16 pc	1	195	290	5	1	0	0	450	58	0	11	8	151	1	135
GG California Roll	9 pc	1	210	290	4	1	0	0	820	57	0	12	8	171	1	105
GG Spicy California Roll	9 pc	1	230	370	12	2	0	5	1100	59	0	14	8	100	1	40
GG Spicy Salmon Roll	9 pc	1	230	370	10	2	0	25	850	53	0	12	14	76	2	40
GG Spicy Tuna Roll	9 pc	1	230	340	6	1	0	20	880	53	0	12	16	76	1	220
GG Dynamite Roll	9 pc	1	245	390	10	1	0	25	940	64	0	14	10	158	2	105
GG Vegetable California Roll	9 pc	1	205	270	4	1	0	0	820	55	0	12	7	161	1	105
GG Salmon Avocado Roll	9 pc	1	225	350	9	2	0	25	700	54	0	11	16	157	2	85
GG Salmon Sushi Combo	18 pc	1	380	580	12	2	0	45	1010	94	1	19	26	107	3	50
GG Seafood Combo	12 pc	1	335	470	6	1	0	45	1050	86	1	17	17	157	2	75
GG Tuna Avocado Roll	9 pc	1	225	310	5	1	0	20	710	54	0	11	18	157	2	300
GG Philadelphia Roll	9 pc	1	220	360	12	5	0	35	990	54	0	12	14	140	1	150
PLATTERS																
GG Fuji Platter	28 pc	3	640	310	6	1	0	5	610	58	0	12	7	112	1	55
GG Maki Roll & Nigiri Platter	31 pc	4	1000	360	7	1	0	40	920	59	1	14	14	125	2	50
BOWLS																
GG Teriyaki Chicken Rice Bowl	1 Bowl	1	420	510	3	1	0	35	1140	98	1	18	21	75	2	200
GG Teriyaki Salmon Rice Bowl	1 Bowl	1	420	520	3	1	0	25	1100	99	1	17	23	82	2	160

Highland Farms - 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 CLASSICS																
ONS California Roll	9 pc	1	216	290	5	1	0	0	810	58	0	10	8	136	1	105
ONS Cucumber Hosomaki	8 pc	1	110	130	1	0	0	0	550	30	0	6	4	74	1	40
ONS Dynamite Roll w/ panko	8 pc	1	245	410	10	1	0	25	950	67	0	12	11	126	2	105
ONS Maki Combo	9 pc	1	220	310	7	1	0	5	910	58	0	10	8	121	1	85
ONS Salmon Avocado Roll	9 pc	1	229	350	9	2	0	25	680	54	0	9	16	120	2	90
ONS Spicy California Roll	9 pc	1	237	370	12	2	0	5	1100	60	0	12	8	103	1	40
ONS Spicy Salmon Roll	9 pc	1	230	380	12	2	0	25	840	53	0	10	15	123	2	40
ONS Spicy Tuna Roll	9 pc	1	230	350	7	1	0	20	890	54	0	10	16	78	2	230
ONS Vegetable California Roll	9 pc	1	205	270	5	1	0	0	810	55	0	9	7	125	1	105
ONS Sushi Bento Box	1 box	1	360	520	10	2	0	15	1410	95	2	20	15	190	2	95
SUSHI SPRING ROLLS SPECIALITY ROLLS COMBOS																
ONS Cali Samurai Combo w/ Salmon, shrimp & tuna nigiri	8 pc	1	225	310	4	1	0	25	750	56	2	9	13	100	1	100
ONS Cali Shogun Combo	12 pc	1	347	470	5	1	0	40	1000	87	1	13	20	129	2	170
ONS Green Dragon Roll	8 pc	1	246	350	8	1	0	0	820	61	0	10	9	137	2	240
ONS Kamikaze Roll	5 pc	1	209	310	11	2	0	20	830	39	0	8	11	92	1	125
ONS Nigiri Combo	8 pc	1	281	390	5	1	0	50	820	66	0	11	20	86	2	105
ONS Rainbow Roll	8 pc	1	270	360	7	1	0	35	880	59	0	10	16	99	2	220
ONS Red Dragon Roll	8 pc	1	246	360	8	2	0	15	1040	59	0	10	15	137	1	220
ONS Spicy Shrimp Spring Roll	8 pc	1	190	340	11	1	0	75	1120	62	0	14	12	44	1	105
ONS Tropical Rainbow Roll	8 pc	1	290	430	14	2	0	45	1150	65	0	16	15	149	2	105
ONS Vegetable Spring Roll w/chili & PC	8 pc	1	215	260	2	0	0	0	960	69	0	19	7	41	1	115
BOATS FAMILY PACKS SIDES																
ONS Assorted Maki Boat	18 pc	1	428	590	10	2	0	5	1390	114	1	18	15	177	2	150
ONS Salmon Boat	18 pc	1	392	590	12	3	0	50	990	95	1	14	27	97	3	50
ONS California Family Pack	27 pc	3	656	310	7	1	0	5	790	58	0	10	8	100	1	80
ONS Supreme Family Pack - NEW	25 pc	3	596	300	7	1	0	15	670	50	0	8	10	70	1	40
ONS Karaage Chicken	5 pc	1	100	220	13	3	0	50	340	15	0	1	12	20	1	180
ONS Japanese Pork Dumplings	5 pc	1	101	180	4	1	0	10	760	31	3	5	6	0	1	260
ONS Tempura Shrimp	3 pc	1	103	310	25	2	0	45	420	12	0	1	7	0	0	0
ONS Edamame	1 bowl	1	120	150	2	0	0	0	440	19	0	5	15	117	3	0
ONS Pickled Ginger	¼ Cup	1	96	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
CHILLED BOWLS																
ONS Butter Chicken Rice Bowl	1 bowl	1	400	480	3	2	0	50	1010	84	2	10	22	65	2	340
ONS Honey Garlic Chicken Noodle Bowl	1 bowl	1	340	450	9	1	0	35	770	64	0	25	20	70	1	240
ONS Teriyaki Chicken Rice Bowl	1 bowl	1	400	560	3	1	0	40	1710	109	1	31	23	53	3	210
ONS Teriyaki Salmon Rice Bowl	1 bowl	1	400	570	3	1	0	25	1790	112	1	34	23	60	3	150
ONS Shrimp Pad Thai	1 bowl	1	370	470	8	1	0	110	1510	88	0	24	14	71	3	10
DRY GOODS																
DG - Rice	1 pk		750	160	0	0	0	0	3	0	36	0	0	2	0	40
DG - Wasabi Paste	1 pk		80	15	1	0	0	0	0	105	3	0	3	0	0	0
PLATTERS																
ONS Assorted Maki Roll Platter	40 pc	4	892	310	6	1	0	0	940	59	0	10	8	113	1	95
ONS Maki Roll & Nigiri Platter	31 pc	4	993	340	5	1	0	40	960	59	0	10	15	87	1	95
ONS Mega Maki Roll & Nigiri Platter	53 pc	6	1507	360	8	1	0	40	980	58	0	11	15	65	2	85
ONS Mega Maki Roll Platter	59 pc	6	1535	360	7	1	0	20	1120	64	1	12	12	113	2	105

SUSHI & SPRING ROLLS																
ONS California Roll	9 pc	1	216	290	5	1	0	0	810	58	0	10	8	136	1	105
ONS Philadelphia Roll	9 pc	1	229	370	12	5	0	40	980	54	0	10	14	142	1	150
ONS Salmon Avocado Roll	9 pc	1	229	350	9	2	0	25	680	54	0	9	16	120	2	90
ONS Spicy California Roll	9 pc	1	237	370	12	2	0	5	1100	60	0	12	8	103	1	40
ONS Spicy Salmon Roll	9 pc	1	238	380	12	2	0	25	840	53	0	10	15	123	2	40
ONS Spicy Tuna Roll	9 pc	1	238	350	7	1	0	20	890	54	0	10	16	78	2	230
ONS Tuna Avocado Roll	9 pc	1	229	320	5	1	0	20	690	54	0	9	18	120	2	300
ONS Vegetable California Roll	9 pc	1	209	270	5	1	0	0	810	55	0	9	7	125	1	105
ONS Viet Spring Roll Combo	6 pc	1	407	510	8	1	0	20	1910	124	0	22	18	105	2	240
ONS Viet Spring Roll & Sushi Combo	7 pc	1	325	420	6	1	0	15	1670	96	0	21	15	146	2	220
SUSHI SPECIALTY & SMALL COMBOS																
ONS Cali Nigiri Combo	8 pc	1	225	310	4	1	0	30	12	790	56	0	9	108	1	55
ONS Green Dragon Roll	8 pc	1	246	350	8	1	0	0	820	61	0	10	9	137	2	240
ONS Avocado Hosomaki	16 pc	1	195	280	5	1	0	0	8	670	57	0	9	72	1	150
ONS Avocado & Cucumber Hosomaki	16 pc	1	195	250	3	0	0	0	8	670	55	0	9	74	1	100
ONS Cucumber Hosomaki	16 pc	1	195	230	1	0	0	0	7	670	54	0	9	77	1	55
ONS Rainbow Roll	8 pc	1	270	360	7	1	0	35	880	59	0	10	16	99	2	220
ONS Red Dragon Roll	8 pc	1	246	360	8	1	0	15	1040	59	0	10	15	137	1	220
ONS Salmon Samurai Combo	8 pc	1	259	390	9	2	0	35	730	60	0	10	18	99	2	55
ONS Tropical Rainbow Roll	8 pc	1	290	430	14	2	0	45	1150	65	0	16	15	149	2	105
ONS Tuna Samurai Combo	8 pc	1	259	340	3	0	0	25	740	60	0	10	21	91	2	340
SUSHI SPECIALTY & COMBOS																
ONS Crazy Combo NEW	16 pc	2	500	420	17	2	0	40	980	59	0	10	10	73	1	130
ONS Dynamite Roll - topped	8 pc	1	215	340	12	1	0	25	9	690	49	0	8	83	1	85
ONS Emperor Combo	12 pc	1	310	410	6	1	0	35	16	1150	76	1	14	153	2	75
ONS Nigiri Combo	8 pc	1	281	390	5	1	0	50	820	66	0	11	20	86	2	105
ONS Salmon Sushu Combo	18 pc	1	380	570	12	2	0	45	26	960	92	1	14	94	3	50
ONS Seafood Combo	12 pc	1	340	460	5	1	0	40	19	730	85	1	13	128	2	150
ONS Spicy BBQ Salmon Roll	8 pc	1	230	380	14	2	0	30	16	700	46	0	11	134	2	85
ONS Spicy Sashimi Combo	10 pc	1	235	350	11	2	0	45	24	520	38	0	7	82	2	180
ONS Sunrise Dragon Roll	8 pc	1	263	390	12	2	0	45	20	1010	55	0	9	121	2	210
ONS Vegetable Green Dragon Crunch Roll	8 pc	1	246	340	8	3	0	0	1150	64	1	14	7	128	1	120
SASHIMI COMBOS DNDR SNACK PACKS																
ONS Salmon Sashimi	8 pc	1	160	260	15	3	0	80	29	420	3	0	2	64	2	20
ONS Sashimi Salad	8 pc	1	205	290	21	3	0	65	21	330	6	0	3	51	3	15
ONS Domo Combo	20 pc	1	400	550	10	2	0	5	14	1260	107	1	17	150	2	130
ONS Sensei Combo	20 pc	1	420	560	6	1	0	25	17	1220	114	1	18	152	2	105
ONS-L Tokyo Platter	18 pc	1	415	600	13	2	0	5	15	1390	110	1	18	172	2	150
ONS DNDR Assorted Maki Boat	21 pc	1	485	690	14	2	0	5	17	1780	128	1	21	195	3	190
ONS Inari Pack	3 pc	1	189	320	7	1	0	0	430	56	0	15	6	97	2	0
ONS Vegetable Hosomaki Snack Pack	9 pc	1	105	120	1	0	0	0	4	280	29	0	5	74	1	20
ONS Japanese Pork Dumplings - 14pcs	14 pc	2	303	260	5	1	0	10	820	42	5	5	10	4	2	310
ONS Spicy Salmon Snack Pack	4 pc	1	121	180	5	1	0	15	7	590	27	0	6	69	1	30
PREMIUM MENU																
ONS Premium Nigiri Combo	8 pc	1	285	390	4	1	0	120	25	810	67	1	10	98	2	95
ONS Premium Sashimi Combo	12 pc	1	165	260	13	2	1	70	31	600	4	0	3	89	2	190
ONS Supreme Nigiri Combo	12 pc	1	425	580	7	2	0	150	34	1580	99	1	17	126	3	135
ONS Supreme Chirashi Sushi Bowl	1 bowl	1	315	150	3	1	0	25	8	220	22	0	4	31	1	25
PLATTERS & BOATS																
ONS Maki Battleship	18 pc	1	430	630	15	3	0	20	19	1680	109	1	18	188	2	240
ONS Assorted Maki Roll Platter	40 pc	4	892	310	6	1	0	0	8	940	59	0	10	113	1	95
ONS Fuji Platter	28 pc	3	640	300	6	1	0	5	7	590	57	0	9	92	1	55
ONS-L Supreme Platter	29 pc	3	725	360	9	2	0	20	13	550	60	0	9	78	1	35
ONS Maki Roll & Nigiri Platter	31 pc	4	993	340	5	1	0	40	15	960	59	0	10	87	1	95
ONS Mega Maki Roll Platter	59 pc	6	1535	360	7	1	0	20	12	1120	64	1	12	113	2	105
ONS Mega Maki Roll & Nigiri Platter	53 pc	6	1507	360	8	1	0	40	15	980	58	0	11	65	2	85
ONS Mini Maki Roll Platter	38 pc	4	1350	490	10	2	0	5	12	880	90	1	14	118	2	100
CHILLED FOODS SIDES																
ONS Butter Chicken Rice Bowl	1 bowl	1	400	480	3	2	0	50	22	1010	84	2	10	65	2	340
ONS Honey Garlic Chicken Noodle Bowl	1 bowl	1	340	450	9	1	0	35	20	770	64	0	25	70	1	240
ONS Shrimp Pad Thai	1 bowl	1	370	470	8	1	0	110	14	1510	88	0	24	71	3	10
ONS Teriyaki Chicken Rice Bowl	1 bowl	1	400	560	3	1	0	40	1710	109	1	31	23	53	3	210
ONS Teriyaki Salmon Rice Bowl	1 bowl	1	400	570	3	1	0	25	1790	112	1	34	23	60	3	150
ONS-L Spicy Salmon & Brown Rice Salad	1 bowl	1	180	290	16	3	0	25	11	590	24	1	6	64	1	60
ONS Japanese Pork Dumplings	5 pc	1	101	180	4	1	0	10	6	760	31	3	5	0	1	260
ONS Prepacked - Pickled Ginger	¼ Cup	1	98	10	0	0	0	0	190	3	0	2	132	0	0	0
ONS Seaweed Salad	¼ Cup	1	98	110	4	1	0	0	1090	16	3	12	2	200	1	50
DRY GOODS																
DG - Pickled Ginger	1 pk	1	150	5	0	0	0	0	0	55	1	0	0	0	0	0
DG - Sesame Seeds	1 pk	1	100	30	3	1	0	0	1	0	1	0	0	66	1	0
DG - Rice	1 pk	1	750	160	0	0	0	0	3	0	36	0	0	2	0	40
DG - Wasabi Paste	1 pk	1	80	15	1	0	0	0	0	105	3	0	3	0	0	0
BURRITOS & CLASSIC POKE																
ONS Big Katuna Burrito	2 pc	1	370	500	12	2	0	35	27	1170	68	1	17	84	2	500
ONS Colossal Cali Burrito	2 pc	1	365	600	20	4	0	25	15	1650	80	1	18	118	1	170
ONS Salmon Tsunami Burrito	2 pc	1	365	640	30	6	0	50	24	1150	66	0	13	102	3	135
POKE BAR - Grab n Go																
ONS Salmon Supreme Poke Bowl w/ salad	1 bowl	1	464	670	19	4	0	45	25	1360	96	1	21	72	3	125
ONS Spicy Korean Shrimp Poke Bowl with salad	1 bowl	1	460	530	4	1	0	140	20	1800	102	1	28	117	2	55
ONS Tuna Tsunami Poke Bowl with Salad	1 bowl	1	460	550	5	1	0	30	27	1520	98	2	24	169	3	450
HOT HOLDING																
ONS Beef Rice Bowl	1 bowl	1	342	470	5	2	0	20	1000	88	1	17	17	66	2	0
ONS Chicken Rice Bowl	1 bowl	1	342	460	3	1	0	35	990	86	3	15	20	66	2	200
ONS Butter Chicken Rice Bowl	1 bowl	1	403	480	3	2	0	50	1010	85	2	10	22	67	2	340
ONS Karaage Chicken Rice Bowl	1 bowl	1	357	580	12	3	0	40	1110	100	1	17	17	65	3	140
ONS RTE Miso Soup	1 bowl	1	330	70	2.5	0	0	0	1320	7	2	5	5	63	1	45
ONS Teriyaki Chicken Bento Box	1 box	1	503	620	5	1	0	40	1080	116	3	18	26	75	5	320
ONS Teriyaki Beef Bento Box	1 box	1	503	630	7	2	0	25	1130	117	3	21	23	75	5	125
ONS Butter Chicken Bento Box	1 box	1	533	640	7	3	0	50	1220	112	4	13	26	109	6	450
ONS Karaage Chicken Bento Box	1 box	1	483	660	11	3	0	30	880	118	3	16	19	74	5	220
ONS Japanese Pork Dumplings	5 pc	1	96	180	3	1	0	10	380	29	3	3	6	0	1	200
ONS Karaage Chicken	5 pc	1	130	310	3	0	0	15	640	29	0	11	14	48	2	260
ONS Tempura Shrimp	3 pc	1	96	240	16	1	0	40	400	16	0	4	7	48	1	0

McEwan - 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 CLASSICS																
ONS California Roll	9 pc	1	210	290	5	1	0	0	810	58	0	10	8	136	1	105
ONS Philadelphia Roll	9 pc	1	225	370	12	5	0	40	980	54	0	10	14	142	1	150
ONS Salmon Avocado Roll	9 pc	1	225	350	9	2	0	25	680	54	0	9	16	120	2	90
ONS Spicy California Roll	9 pc	1	230	370	12	2	0	5	1100	60	0	12	8	103	1	40
ONS Spicy California Spring Roll	3 pc	1	225	400	19	2	0	15	1210	61	0	9	9	64	1	120
ONS Spicy Salmon Roll	9 pc	1	230	380	12	2	0	25	840	53	0	10	15	123	2	40
ONS Spicy Tuna Roll	9 pc	1	230	350	6	1	0	20	860	52	0	10	18	76	1	250
ONS Spicy Vegetable California Roll	9 pc	1	215	320	10	1	0	5	880	54	0	9	7	123	1	105
ONS Vegetable California Roll	9 pc	1	205	270	5	1	0	0	810	55	0	9	7	125	1	105
ONS Vegetable Spring Roll	3 pc	1	215	320	14	1	0	10	960	59	0	10	7	44	1	115
MAKI SPECIALITY FRIED																
ONS Avocado Hosomaki	16 pc	1	195	280	5	1	0	0	670	57	0	9	8	72	1	150
ONS Cucumber Hosomaki	16 pc	1	195	230	1	0	0	0	670	54	0	9	7	77	1	55
ONS Dragon Eye Futomaki	6 pc	1	210	430	22	2	0	20	970	48	1	9	11	37	1	20
ONS Salmon Volcano Roll	8 pc	1	260	410	13	3	0	45	1090	61	1	13	15	147	2	115
ONS Spicy Chicken Futomaki	6 pc	1	195	370	20	3	0	25	1030	40	0	10	8	17	1	90
ONS Spicy Crab & Mango Pizza	1 plate	1	275	600	28	3	0	10	910	74	0	14	10	73	1	0
ONS Spicy Salmon Pizza	1 plate	1	255	570	26	3	0	55	650	62	0	7	18	41	2	0
ONS Tropical Tuna Futomaki	6 pc	1	251	540	26	2	0	55	1260	57	0	17	19	26	1	230
ONS Tuna Volcano Roll	6 pc	1	220	400	20	4	0	80	1110	40	0	9	16	100	1	250
SPECIALITY SUSHI																
ONS Dynamite Roll w/ panko	8 pc	1	255	410	10	1	0	25	950	67	0	12	11	126	2	105
ONS Green Dragon Roll	8 pc	1	240	350	8	1	0	0	820	61	0	10	9	137	2	240
ONS Inari Dragon Crunch Roll	8 pc	1	220	480	16	3	0	70	1370	72	0	22	14	118	2	20
ONS Inari Pack	3 pc	1	150	320	7	1	0	0	430	56	0	15	6	97	2	0
ONS Rainbow Roll	8 pc	1	260	350	7	1	0	30	600	58	0	9	16	97	1	200
ONS Red Dragon Roll	8 pc	1	240	360	8	2	0	15	1040	59	0	10	15	137	1	220
ONS Spicy BBQ Salmon Roll	8 pc	1	230	380	14	2	0	30	700	46	0	11	16	134	2	85
ONS Supreme Chirashi Sushi Bowl	1 Bowl	1	315	150	3	1	0	25	220	22	0	4	8	31	1	25
ONS Tropical Tuna Crunch Roll	8 pc	1	220	350	12	2	0	15	910	48	0	12	15	87	1	250
ONS Vegetable Golden Dragon Crunch Roll	8 pc	1	243	350	13	3	0	50	1020	53	0	18	10	101	2	105
COMBOS																
ONS Sashimi Salad	9 pc	1	200	250	8	2	0	90	500	4	0	3	40	72	2	320
ONS Cali Samurai Combo	8 pc	1	225	310	4	1	0	25	750	56	0	9	13	102	1	105
ONS Cali Shogun Combo	12 pc	1	345	470	5	1	0	40	1000	86	1	13	21	129	2	180
ONS Crazy Combo	16 pc	2	485	780	27	3	0	75	1770	116	6	19	20	150	2	250
ONS Fiji Combo	12 pc	2	395	590	15	3	0	70	1280	91	1	16	25	154	3	160
ONS Kamikaze Combo	9 pc	1	346	510	14	2	0	45	1080	72	0	13	21	116	2	170
ONS Nigiri Combo	10 pc	1	340	470	5	1	0	65	1160	85	1	14	23	112	2	120
ONS Salmon Sushi Combo	18 pc	1	380	570	12	2	0	45	960	92	1	14	26	94	3	50
ONS Spicy Spring Roll & Sushi Combo	7 pc	1	350	590	25	3	0	15	1940	93	0	16	14	148	1	150
ONS Tuna Samurai Combo	8 pc	1	255	350	3	0	0	30	730	59	0	9	24	90	1	380
SIDES																
ONS Calamari Salad	¼ Cup	1	80	120	5	1	0	70	740	12	0	9	8	51	0	0
ONS Seaweed Salad	¼ Cup	1	90	110	4	1	0	0	1090	16	3	12	2	200	1	50
ONS Pickled Ginger	¼ Cup	1	96	10	0	0	0	0	190	3	0	2	0	132	0	0
ONS Tempura Shrimp	3 pc	1	103	310	25	2	0	45	420	12	0	1	7	0	0	0
ONS Karaage Chicken	5 pc	1	100	220	13	3	0	50	340	15	0	1	12	20	1	180
ONS Japanese Pork Dumplings	5 pc	1	101	180	4	1	0	10	760	31	3	5	6	0	1	260
ALTERNATIVE MENU																
ONS Maki Combo	8 pc	1	235	370	11	2	0	40	1160	56	0	15	13	126	1	120
ONS Large Combo	14 pc	1	390	620	18	3	0	55	1580	97	1	21	19	157	2	150
ONS Inari Crab Sushiritto	2 pc	1	287	410	12	2	0	5	770	63	0	15	9	67	1	105
ONS Salmon Sushiritto	2 pc	1	290	360	7	2	0	25	450	60	0	12	17	20	2	95
ONS Spicy Crab Sushiritto	2 pc	1	310	430	15	2	0	30	790	66	0	13	11	53	1	105
ONS Tempura Shrimp Sushiritto	2 pc	1	295	430	16	1	0	25	630	63	0	7	12	22	1	170
ONS Salmon Poke Bowl w/noodles	1 Bowl	1	354	670	30	5	0	35	2200	70	4	6	28	91	4	220
ONS Salmon Poke Bowl w/nrice	1 Bowl	1	354	280	21	4	0	35	550	7	0	1	15	61	2	220
SUSHI DONUT BAGEL																
ONS Crab Sushi Donut	1 pc	1	185	250	6	1	0	20	760	43	0	10	8	105	1	100
ONS Fish Sushi Donut	1 pc	1	188	260	6	2	0	15	660	41	0	9	12	90	1	150
ONS Spicy Crab Sushi Donut	1 pc	1	188	280	9	2	0	25	800	43	0	10	8	104	1	100
ONS Vegetable Sushi Donut	1 pc	1	163	230	5	1	0	0	630	42	0	10	5	95	1	100
ONS Sushi Donut - Combo	2 pc	1	336	490	13	2	0	25	1030	82	0	18	13	131	2	180
ONS Sushi Donut - Supreme Combo	6 pc	1	560	440	12	2	0	20	770	69	0	17	13	128	2	115

ONS Dynamite Roll w/ nori inside	9 pc	1	254	410	10	1	0	25	950	66	0	12	11	123	2	105	
ONS Maki Combo	9 pc	1	220	310	7	1	0	5	910	58	0	10	8	121	1	85	
ONS Salmon Avocado Roll	9 pc	1	229	350	9	2	0	25	680	54	0	9	16	120	2	90	
ONS Spicy California Roll	9 pc	1	237	370	12	2	0	5	1100	60	0	12	8	103	1	40	
ONS Spicy Salmon Roll	9 pc	1	238	380	12	2	0	25	840	53	0	10	15	123	2	40	
ONS Spicy Tuna Roll	9 pc	1	238	350	7	1	0	20	890	54	0	10	16	78	2	230	
ONS Sushi Bento Box	14 pc	1	369	520	10	2	0	15	1410	95	2	20	15	190	2	95	
ONS Vegetable California Roll	9 pc	1	209	270	5	1	0	0	810	55	0	9	7	125	1	105	
SUSHI SPRING ROLLS SPECIALTY ROLLS COMBOS																	
ONS Cali Samurai Combo w/ Salmon & shrimp nigiri	8 pc	1	245	330	5	1	0	30	840	62	0	10	13	115	1	65	
ONS Cali Shogun Combo	12 pc	1	347	470	5	1	0	40	1000	87	1	13	20	129	2	170	
ONS Green Dragon Roll	8 pc	1	246	350	8	1	0	0	820	61	0	10	9	137	2	240	
ONS Spicy Shrimp Spring Roll	3 pc	1	190	340	11	1	0	75	1120	62	0	14	12	44	1	105	
ONS Kamikaze Roll	5 pc	1	209	310	11	2	0	20	830	39	0	8	11	92	1	125	
ONS Nigiri Combo	8 pc	1	281	390	5	1	0	50	820	66	0	11	20	86	2	105	
ONS Rainbow Roll	8 pc	1	270	360	7	1	0	35	880	59	0	10	16	99	2	220	
ONS Red Dragon Roll	8 pc	1	246	360	8	2	0	15	1040	59	0	10	15	137	1	220	
ONS Tropical Rainbow Roll	8 pc	1	290	430	14	2	0	45	1150	65	0	16	15	149	2	105	
ONS Vegetable Spring Roll w/chili 3PC	3 pc	1	215	260	2	0	0	0	960	69	0	19	7	41	1	115	
ONS-LTO Spicy California Crunch Roll	9 pc	1	257	450	16	4	0	5	1250	69	0	16	9	103	1	40	
ONS-LTO Dynamite Crunch Roll	10 pc	1	274	530	21	4	0	25	1010	71	0	13	12	123	2	105	
ONS Festive Crunch Family Pack	23 pc	2	609	510	16	3	0	10	1200	81	0	16	12	135	2	95	
BOATS FAMILY PACKS SIDES																	
ONS Assorted Maki Boat	18 pc	1	428	590	10	2	0	5	1390	114	1	18	15	177	2	150	
ONS Salmon Boat	18 pc	1	392	590	12	3	0	50	990	95	1	14	27	97	3	50	
ONS California Family Pack	27 pc	3	656	310	7	1	0	5	790	58	0	10	8	100	1	80	
ONS Supreme Family Pack - NEW	25 pc	3	592	300	7	1	0	15	670	50	0	8	10	70	1	40	
ONS Karaage Chicken	5 pc	1	100	220	13	3	0	50	340	15	0	1	12	20	1	180	
ONS Japanese Pork Dumplings	5 pc	1	101	180	4	1	0	10	760	31	3	5	6	0	1	260	
ONS Tempura Shrimp	3 pc	1	103	310	25	2	0	45	420	12	0	1	7	0	0	0	
ONS Edamame	1 bowl	1	120	150	2	0	0	0	440	19	0	5	15	117	3	0	
ONS Pickled Ginger	¼ Cup	1	96	10	0	0	0	0	190	3	0	2	0	132	0	0	
ONS Seaweed Salad	¼ Cup	1	98	110	4	1	0	0	1090	16	3	12	2	200	1	50	
CHILLED BOWLS																	
ONS Butter Chicken Rice Bowl	1 Bowl	1	400	480	3	2	0	50	1010	84	2	10	22	65	2	340	
ONS Honey Garlic Chicken Noodle Bowl	1 Bowl	1	340	450	9	1	0	35	770	64	0	25	20	70	1	240	
ONS Teriyaki Chicken Rice Bowl	1 Bowl	1	400	460	3	1	0	40	970	86	15	21	1	49	2	210	
ONS Teriyaki Salmon Rice Bowl	1 Bowl	1	400	450	3	1	0	25	900	85	14	21	1	56	2	150	
ONS Shrimp Pad Thai	1 Bowl	1	370	470	8	1	0	110	1510	88	0	24	14	71	3	10	
PLATTERS																	
ONS Assorted Maki Roll Platter	40 pc	4	892	310	6	1	0	0	940	59	0	10	8	113	1	95	
ONS Maki Roll & Nigiri Platter	31 pc	4	993	340	5	1	0	40	960	59	0	10	15	87	1	95	
ONS Mega Maki Roll Platter	59 pc	6	1535	360	7	1	0	20	1120	64	1	12	12	113	2	105	
ONS Mega Maki Roll & Nigiri Platter	53 pc	6	1507	360	8	1	0	40	980	58	0	11	15	65	2	85	
HOT FOOD SIDES																	
ONS Chasu Ramen with Tonkotsu	1 Bowl	1	790	730	28	12	0	25	2580	84	0	10	30	182	4	5	
ONS Beef Yaki Udon	1 Bowl	1	455	580	15	2	0	20	1300	90	1	20	20	88	2	30	
ONS Chicken Yaki Udon	1 Bowl	1	455	570	13	2	0	35	1250	88	1	18	24	88	2	230	
ONS Salmon Yaki Udon	1 Bowl	1	455	580	13	2	0	25	1210	87	1	17	26	96	2	200	
ONS Tofu Yaki Udon	1 Bowl	1	455	670	23	2	0	0	1290	100	1	30	14	152	3	30	
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 Orange Chicken Donburi Bowl	1 Bowl	1	450	720	23	4	0	55	660	104	1	16	21	49	2	310	
ONS Japanese Beef Curry	1 Bowl	1	440	480	8	4	0	20	1180	79	2	8	15	30	2	150	
ONS Japanese Chicken Curry	1 Bowl	1	440	470	6	3	0	30	1080	77	2	6	18	32	1	330	
ONS Japanese Shrimp Curry	1 Bowl	1	440	570	18	3	0	20	1000	83	2	6	10	32	1	150	
ONS Japanese Vegetable Curry	1 Bowl	1	440	470	6	3	0	0	1080	87	2	6	7	34	1	170	
ONS Karaage Chicken - hot	5 pc	1	100	250	16	3	0	50	320	15	0	1	12	20	1	170	
ONS Tempura Shrimp - Hot	3 pc	1	103	330	28	2	0	45	400	12	0	1	6	0	0	0	
DRY GOODS																	
DG - Rice	1 pk		750	160	0	0	0	0	0	36	0	0	3	2	0	40	
DG - Sesame Seeds	1 pk		100	30	0	1	0	0	0	1	0	0	1	66	1	0	
DG - Wasabi Paste	1 pk		80	15	1	0	0	0	105	3	0	3	0	0	0	0	

ONS Spicy Tuna Roll	9 pc	1	238	350	7	1	0	20	890	54	0	10	16	78	2	230
ONS Vegetable California Roll	9 pc	1	209	270	5	1	0	0	810	55	0	9	7	125	1	105
SPRING ROLL COMBOS																
ONS Angel Combo	20 pc	1	245	330	3	1	0	10	750	68	0	10	14	76	2	110
ONS California Inari Combo	7 pc	1	254	400	9	2	0	0	940	71	0	19	9	195	2	60
ONS Cali Samurai Combo w/ Salmon, shrimp & tuna nigiri	8 pc	1	225	310	4	1	0	25	750	56	2	9	13	100	1	100
ONS Cali Shogun Combo	12 pc	1	347	470	5	1	0	40	1000	87	1	13	20	129	2	170
ONS Coconut Tempura Shrimp Roll	8 pc	1	240	500	18	5	0	25	1060	88	0	10	13	92	2	120
ONS Crazy Combo NEW	16 pc	2	500	420	17	2	0	40	930	59	0	10	10	73	1	130
ONS Deluxe Combo	14 pc	1	315	430	5	1	0	35	830	76	1	12	24	78	2	200
ONS Fiji Combo	12 pc	2	395	590	15	3	0	70	1280	91	1	16	25	154	3	160
ONS Dynamite Roll w/ nori inside	9 pc	1	254	410	10	1	0	25	950	66	0	12	11	123	2	105
ONS Nigiri Combo	8 pc	1	281	390	5	1	0	50	820	66	0	11	20	86	2	105
ONS Nigiri Combo 10pcs	10 pc	1	340	470	5	1	0	65	1160	85	1	14	22	112	2	105
ONS Rainbow Roll	8 pc	1	260	360	7	1	0	35	880	59	0	10	16	99	2	220
ONS Salmon Hosomaki	8 pc	1	100	140	2	0	0	10	470	25	0	5	7	61	1	15
ONS Salmon Sushi Combo	18 pc	1	380	570	12	2	0	45	960	92	1	14	26	94	3	50
ONS Salmon Samurai Combo	8 pc	1	259	390	9	2	0	35	730	60	0	10	18	99	2	55
ONS Salmon Volcano Roll	8 pc	1	269	410	13	3	0	45	1090	61	1	13	15	147	2	115
ONS Ebi Shrimp Spring Roll w/chili	3 pc	1	195	240	2	0	0	25	1020	61	2	13	10	50	1	125
ONS Spicy Spring Roll & Sushi Combo 7pcs w/chili	7 pc	1	345	520	14	2	0	10	1930	101	0	24	13	145	1	140
ONS Spicy Tuna & Nigiri Combo	8 pc	1	255	360	5	1	0	30	810	58	0	10	19	76	2	200
ONS Vegetable Spring Roll Combo w/ chilli	7 pc	1	320	390	5	1	0	0	1530	96	0	24	11	134	2	180
COMBOS SIDES BOATS																
ONS Blossom Combo	16 pc	1	408	570	11	2	0	60	1220	94	1	15	25	117	2	150
ONS Mango Veggie Combo	14 pc	1	330	450	8	1	0	0	1150	84	1	22	10	139	2	70
ONS Rainbow Roll Combo	12 pc	1	360	510	10	2	0	40	1070	81	1	14	24	92	2	240
ONS Tuna Volcano Combo	11 pc	1	400	530	7	1	0	60	1300	92	1	17	27	166	3	300
ONS Tuna Volcano Roll	6 pc	1	269	390	10	2	0	40	1120	61	1	13	17	147	2	270
ONS Japanese Pork Dumplings	5 pc	1	101	180	4	1	0	10	760	31	3	5	6	0	1	260
ONS Seaweed Salad	¼ Cup	1	98	110	4	1	0	0	1090	16	3	12	2	200	1	50
ONS Assorted Maki Boat	18 pc	1	428	590	10	2	0	5	1390	114	1	18	15	177	2	150
ONS Mango Veggie Deluxe Boat	15 pc	1	430	580	11	2	0	0	1390	108	1	26	13	165	3	110
PLATTERS																
ONS Assorted Maki Roll Platter	40 pc	4	892	310	6	1	0	0	940	59	0	10	8	113	1	95
ONS Maki Roll & Nigiri Platter	31 pc	4	993	340	5	1	0	40	960	59	0	10	15	87	1	95
ONS Mega Maki Roll Platter	59 pc	6	1535	360	7	1	0	20	1120	64	1	12	12	113	2	105
ONS Mega Maki Roll & Nigiri Platter	53 pc	6	1507	360	8	1	0	40	980	58	0	11	15	65	2	85

Pusateris - 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 - Grab n Go																
PFF California Roll	9 pc	1	216	290	5	1	0	0	870	57	0	9	8	137	1	105
PFF Spicy California Roll	9 pc	1	237	380	13	2	0	15	1190	60	0	11	8	107	1	50
PFF Avocado Roll	9 pc	1	194	290	6	1	0	0	720	54	0	8	7	120	2	150
PFF Cucumber Roll	9 pc	1	194	240	3	0	0	0	720	52	0	8	6	125	1	60
PFF Avocado Cucumber Roll	9 pc	1	194	270	5	1	0	0	720	53	0	8	7	122	1	105
PFF Salmon Avocado Roll	9 pc	1	229	340	10	2	0	25	720	49	2	8	16	132	3	90
PFF Vegetable California Roll	9 pc	1	209	270	5	1	0	0	860	55	0	9	7	126	1	105
PFF Spicy Cali Spring Roll	3 pc	1	215	330	8	1	0	5	1210	71	0	17	9	59	1	105
PFF Smoked Salmon Spring Roll	3 pc	1	195	300	6	1	0	15	1090	64	0	15	13	34	1	210
PFF Shrimp Spring Roll	3 pc	1	183	250	2	0	0	25	930	63	0	14	10	45	1	105
PFF Mango Spring Roll	3 pc	1	215	260	2	0	0	0	960	69	0	19	7	41	1	115
PFF Vegetable Spring Roll	3 pc	1	205	260	4	0	0	0	1060	65	0	13	8	40	1	200
PFF Dynamite Roll	9 pc	1	254	400	10	1	0	25	1010	65	0	11	11	124	2	110
PFF Salmon Roll	9 pc	1	193	290	5	1	0	25	710	45	0	7	15	74	2	20
PFF Green Dragon Roll	8 pc	1	246	350	8	1	0	0	870	61	0	9	9	137	2	240
PFF Rainbow Roll	8 pc	1	270	350	7	1	0	35	930	59	0	9	16	100	2	220
PFF Salmon Nigiri	6 pc	1	219	320	6	2	0	30	730	50	0	8	15	75	2	20
PFF Sashimi Combo	8 pc	1	189	190	8	2	0	60	490	4	0	2	26	82	2	240
PFF Maki Nigiri Combo	8 pc	1	245	330	5	1	0	30	890	61	0	9	13	120	1	70
PFF Salmon Combo	8 pc	1	259	390	9	2	0	35	780	58	0	9	19	102	2	60
PFF Inari Pack	3 pc	1	195	320	7	1	0	0	750	57	0	15	7	99	2	20
PFF Nigiri Combo	8 pc	1	281	380	5	1	0	50	870	65	1	10	20	87	2	110
PFF Spicy Vegetable Roll	9 pc	1	216	360	11	2	0	5	860	62	0	9	9	135	2	115
PFF Spicy Salmon Roll	9 pc	1	238	380	11	2	0	30	920	53	0	9	15	80	2	45
PFF Spicy Tuna Roll	9 pc	1	238	350	7	1	0	25	950	54	0	9	16	80	2	240
PFF Kamikaze Roll	5 pc	1	209	310	12	2	0	25	900	39	0	7	11	94	1	130
PFF Inari Dragon Crunch	8 pc	1	280	470	16	4	0	75	970	69	0	20	13	51	1	0
PFF Tropical Tuna Crunch Roll	8 pc	1	283	460	15	3.5	0	20	1100	68	0	15	16	95	2	240
PFF Crazy Combo	16 pc	1	500	450	20	3	0	55	990	57	0	9	11	114	2	160
PFF Fiji Combo	12 pc	1	402	600	15	4	0	70	1370	92	1	16	25	158	3	210
PFF Salmon Volcano Roll	8 pc	1	269	460	18	5	0	25	1060	62	1	12	15	150	2	120
PFF G&G Vegetable Green Dragon Crunch Roll	8 pc	1	246	340	8	3	0	0	1200	64	1	14	7	129	1	120
PFF Small Platter	32 pc	2	941	750	20	5	0	55	2250	120	1	25	23	173	3	150
PFF Large Platter	70 pc	4	1933	760	21	4	0	50	2000	122	1	22	23	198	3	180
CHILLED FOODS SIDES																
DG - Sesame Seeds	1 pk		100	30	3	1	0	0	0	1	0	0	1	66	1	0
PFF Sunomono Vegetable Salad	¼ Cup	1	96	45	0	0	0	0	570	0	0	8	1	16	0	70
PFF Sesame Seaweed Salad	¼ Cup	1	96	60	2	0	0	0	620	10	2	7	1	94	0	110
PFF Pickled Ginger	¼ Cup	1	96	10	0	0	0	0	190	3	0	2	0	132	0	0
PFF Teriyaki Beef Rice Bowl	1 bowl	1	343	470	5	2	0	20	1020	88	1	17	18	49	2	0
PFF Teriyaki Chicken Rice Bowl	1 bowl	1	343	460	3	1	0	40	970	86	1	15	21	49	2	210
PFF Teriyaki Salmon Rice Bowl	1 bowl	1	334	450	3	1	0	25	900	85	1	14	21	56	2	150
PFF Pork Gyoza - 5pc	5 pc	1	101	180	3	1	0	10	700	29	3	3	7	2	1	220
PFF Vegetable Gyoza	5 pc	1	101	160	4	0	0	10	490	20	0	3	9	78	2	20
PFF Tempura Shrimp	3 pc	1	103	310	26	3	0	55	450	12	0	1	6	4	0	15
ONS Mochi	3 pc	1	129	400	3	0	0	0	100	92	0	34	3	0	0	0
SUSHI BURRITOS - Grab n Go																
PFF Salmon Tsunami Burrito	2 pc	1	298	520	22	5	0	45	850	60	0	11	20	92	2	75
PFF Big Katuna Burrito	2 pc	1	329	460	12	2	0	35	1140	64	1	16	22	75	2	360
PFF Colossal Cali Burrito	2 pc	1	324	560	23	5	0	25	1300	73	1	15	11	87	1	110
HOT FOOD - A La Carte																
PFF Tonkotsu Pork Ramen	1 bowl	1	808	1070	28	12	0	25	2440	154	1	14	45	158	7	0
PFF Tempura Shrimp Udon	1 bowl	1	780	460	7	0	0	25	3830	83	0	11	16	40	1	0
PFF Teriyaki Chicken YakiUdon	1 bowl	1	448	590	15	2	0	40	1260	87	0	18	25	84	2	260
PFF Sukiyaki Gyudon	1 bowl	1	432	560	7	2	0	25	1480	103	1	27	19	73	2	30
PFF Seasoned Edamame	1 bowl	1	117	180	7	2	0	0	780	12	0	2	14	78	4	0
PFF Osaka Takoyaki	5 pc	1	180	340	8	2	0	90	930	50	0	9	9	50	2	0
PFF A LA Fried Pork Gyoza-5pc	5 pc	1	129	220	6	1	0	10	880	33	3	9	7	2	1	190
PFF Karaage Chicken HOT - 5pc	5 pc	1	129	330	20	4	0	60	690	25	0	8	14	14	1	200
PFF Tempura Shrimp HOT - with Udon	3 pc	1	162	320	20	1	0	65	320	22	0	4	10	2	0	5
COLD SUSHI - A La Carte																
PFF Hot Dynamite Roll	8 pc	1	258	460	16	2	0	30	780	66	0	12	11	123	2	95
PFF Inari Dragon Crunch	8 pc	1	262	470	16	4	0	75	970	69	0	20	13	51	1	0
PFF Tuna Crunch Dragon Roll	8 pc	1	260	440	14	4	0	20	640	64	0	13	15	25	1	220
PFF Vegetable Green Dragon Crunch	8 pc	1	243	330	7	3	0	0	750	62	1	12	7	61	1	100
PFF Salmon Dragon Fire	8 pc	1	257	400	13	3	0	30	1070	59	1	11	14	138	2	110
PFF Salmon and Scallop Supreme	8 pc	1	277	420	14	3	0	35	1100	59	0	12	18	145	2	120
PFF Spicy Salmon Poke	1 bowl	1	393	640	20	3	0	35	3240	85	5	23	29	126	4	115
PFF Tuna Poke Bowl	1 bowl	1	417	430	3	1	0	25	1380	78	2	20	22	107	2	400

Overwritea | Save on Foods - 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)
BASIC/CORE SUSHI																
ONS California Roll	9 pc	1	216	290	5	1	0	0	810	58	0	10	8	136	1	105
ONS Ebi Shrimp Spring Roll w/chili	3 pc	1	195	240	2	0	0	25	1020	61	2	13	10	50	1	125
ONS Maki Combo	9 pc	1	220	310	7	1	0	5	910	58	0	10	8	121	1	85
ONS Spicy California Roll	9 pc	1	237	370	12	2	0	5	1100	60	0	12	8	103	1	40
ONS Spicy California Spring Roll w/chili	3 pc	1	215	330	8	1	0	5	1210	71	0	17	9	59	1	105
ONS Spicy Salmon Roll	9 pc	1	238	380	12	2	0	25	840	53	0	10	15	123	2	40
ONS Spicy Tuna Roll	9 pc	1	238	350	7	1	0	20	890	54	0	10	16	78	2	230
ONS Vegetable California Roll	9 pc	1	209	270	5	1	0	0	810	55	0	9	7	125	1	105
ONS Vegetable Spring Roll w/chili 3PC	3 pc	1	215	260	2	0	0	0	960	69	0	19	7	41	1	115
ONS Cucumber Hosomaki - 16 pcs	16 pc	1	195	230	1	0	0	0	670	54	9	7	0	77	1	55
SPECIALTY ROLLS																
ONS Dynamite Roll w/ nori inside	9 pc	1	254	410	10	1	0	25	950	66	0	12	11	123	2	105
ONS Green Dragon Roll	8 pc	1	246	350	8	1	0	0	820	61	0	10	9	137	2	240
ONS Rainbow Roll	8 pc	1	270	360	7	1	0	35	880	59	0	10	16	99	2	220
ONS Spicy BBQ Salmon Roll	8 pc	1	230	380	14	2	0	30	700	46	11	16	0	134	2	85
ONS Spicy Mango Roll	5 pc	1	210	290	7	1	0	25	1070	47	15	8	0	116	1	105
ONS Tropical Rainbow Roll	8 pc	1	290	430	14	2	0	45	1150	65	4	16	15	150	2	100
SUSHI COMBOS CHILLED MEALS SIDES																
ONS Cali Samurai Combo w/ Salmon, shrimp & tuna nigiri	8 pc	1	225	310	4	1	0	25	750	56	2	9	13	100	1	100
ONS Cali Shogun Combo	12 pc	1	347	470	5	1	0	40	1000	87	1	13	20	129	2	170
ONS Crazy Combo NEW	16 pc	2	500	420	17	2	0	40	930	59	0	10	10	73	1	130
ONS Nigiri Combo	8 pc	1	281	390	5	1	0	50	820	66	0	11	20	86	2	105
ONS Salmon Sushi Combo	18 pc	1	380	570	12	2	0	45	960	92	14	26	1	94	3	50
ONS Seaweed Salad	¾ Cup	1	98	110	4	1	0	0	1090	16	3	12	2	200	1	50
ONS Teriyaki Chicken Rice Bowl	1 Bowl	1	400	460	3	1	0	40	970	86	15	21	1	49	2	210
ONS Teriyaki Salmon Rice Bowl	1 Bowl	1	400	450	3	1	0	25	900	85	14	21	1	56	2	150
PLATTERS																
ONS Assorted Maki Roll Platter	40 pc	4	892	310	6	1	0	0	940	59	10	8	0	113	1	95
ONS Maki Roll & Nigiri Platter	31 pc	4	993	340	5	1	0	40	960	59	10	15	0	87	1	95
ONS Mega Maki Roll Platter	59 pc	6	1535	360	7	1	0	20	1120	64	12	12	1	113	2	105
ONS Mega Maki Roll & Nigiri Platter	53 pc	6	1507	360	8	1	0	40	980	58	11	15	0	65	2	85

ONS Vegetable California Roll	9 pc	1	209	270	5	1	0	0	810	55	0	9	7	125	1	105	
HOT FOOD																	
ONS Chasu Ramen with Tonkotsu	1 Bowl	1	790	730	28	12	0	25	2580	84	0	10	30	182	4	5	
ONS Beef Yaki Udon	1 Bowl	1	455	580	15	2	0	20	1300	90	1	20	20	88	2	30	
ONS Chicken Yaki Udon	1 Bowl	1	455	570	13	2	0	35	1250	88	1	18	24	88	2	230	
ONS Chicken Karaage Yaki Udon	1 Bowl	1	455	650	21	3	0	35	1270	96	1	17	19	88	3	150	
ONS Tofu Yaki Udon	1 Bowl	1	455	670	23	2	0	0	1290	100	1	30	14	152	3	30	
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 Karaage Chicken Donburi Bowl	1 Bowl	1	425	590	10	3	0	35	960	106	1	17	17	75	2	150	
ONS Tofu Donburi Bowl	1 Bowl	1	425	580	9	1	0	0	950	104	1	27	11	127	3	30	
ONS Orange Chicken Donburi Bowl	1 Bowl	1	450	720	23	4	0	55	660	111	1	16	21	49	2	310	
ONS Japanese Beef Curry	1 Bowl	1	440	480	8	4	0	20	1180	79	2	8	15	30	2	150	
ONS Japanese Chicken Curry	1 Bowl	1	440	470	6	3	0	30	1080	77	2	6	18	32	1	330	
ONS Japanese Karaage Chicken Curry	1 Bowl	1	440	540	13	4	0	30	1100	84	2	6	14	32	2	260	
ONS Japanese Vegetable Curry	1 Bowl	1	440	470	6	3	0	0	1080	87	2	6	7	34	1	170	
CHILLED POKE BOWLS																	
ONS Salmon Poke Bowl	1 Bowl	1	425	650	17	4	0	70	1350	89	2	19	32	113	3	15	
ONS Tuna Poke Bowl	1 Bowl	1	425	550	4	1	0	50	1390	89	2	18	38	114	3	580	
CHILLED FOOD & DRY GOODS																	
ONS Honey Garlic Chicken Noodle Bowl	1 Bowl	1	340	450	9	1	0	35	770	64	0	25	20	70	1	240	
ONS Shrimp Pad Thai	1 Bowl	1	370	470	8	1	0	110	1510	88	0	24	14	71	3	10	
ONS Teriyaki Chicken Rice Bowl	1 Bowl	1	400	560	3	1	0	40	1710	109	1	31	23	53	3	210	
ONS Teriyaki Salmon Rice Bowl	1 Bowl	1	400	570	3	1	0	25	1790	112	1	34	23	60	3	150	
DG - Rice	1 pk		750	160	0	0	0	0	0	36	0	0	3	2	0	40	
DG - Sesame Seeds	1 pk		100	30	3	1	0	0	0	1	0	0	1	66	1	0	
DG - Wasabi Paste	1 pk		80	15	1	0	0	0	105	3	0	0	3	0	0	0	
PLATTERS																	
ONS Assorted Maki Roll Platter	40 pc	4	892	310	6	1	0	0	940	59	0	10	8	113	1	95	
ONS Maki Roll & Nigiri Platter	31 pc	4	993	340	5	9	1	0	40	960	59	0	10	15	87	1	95
ONS Mega Maki Roll Platter	59 pc	6	1535	360	7	1	0	20	1120	64	1	12	12	113	2	105	
ONS Mega Maki Roll & Nigiri Platter	53 pc	6	1507	360	8	1	0	40	980	58	0	11	15	65	2	85	
POKE - GRAB N GO																	
ONS Salmon Supreme Poke	1 Bowl	1	410	650	22	5	0	40	1260	89	2	20	21	142	3	100	
ONS Spicy Korean Shrimp Poke	1 Bowl	1	410	550	9	3	0	110	1710	96	2	25	16	140	2	100	
ONS Tuna Tsunami Poke	1 Bowl	1	410	570	11	3	0	25	1330	93	2	22	24	142	2	390	
JAPANESE HOT DOGS																	
ONS Terimayo Japanese Hotdog	1 pc	1	159	430	29	10	1	60	1120	29	0	7	15	31	13	50	
ONS Crunch Japanese Hotdog	1 pc	1	167	490	33	13	1	60	1110	32	0	8	14	34	13	45	
ONS Avobref Japanese Hotdog	1 pc	1	196	560	39	13	1	60	1350	36	0	10	15	30	13	115	
ONS Spicy California Japanese Hotdog	1 pc	1	197	540	35	13	1	65	1340	37	0	10	16	46	13	45	
ONS Gyuniku Japanese Hotdog	1 pc	1	227	530	30	11	1	70	1290	45	0	10	19	33	14	50	
ONS Shrimp Tempura Japanese Hotdog	1 pc	1	166	340	13	1	0	25	600	49	0	8	9	32	2	45	
GOCHUJANG BOWLS																	
ONS Spicy Korean Beef Rice Bowl with Gochujang Sauce - RTH	1 Bowl	1	383	530	9	3	0	15	1510	96	1	25	13	50	2	0	
ONS Spicy Korean Shrimp Rice Bowl with Gochujang Sauce - RTH	1 Bowl	1	383	510	8	2	0	70	1560	94	1	23	13	67	1	0	
ONS Gochujang Salmon Rice Bowl - RTE	1 Bowl	1	427	620	14	3	0	20	1660	104	1	28	15	46	2	115	
ONS Gochujang Shrimp Rice Bowl - RTE	1 Bowl	1	427	580	10	3	0	70	1870	104	1	28	14	63	1	115	

Sobeys KOSHER - 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																
ONS KOSHER California Roll	12 pc	1	285	400	5	1	0	5	810	75	0	9	11	73	2	135
ONS KOSHER Spicy California Roll	12 pc	1	314	530	18	2	0	15	1260	78	0	11	12	73	2	45
ONS KOSHER Vegetable California Roll	12 pc	1	275	370	5	1	0	0	890	71	0	10	8	77	2	135
ONS KOSHER Cali Shagun Combo w/ Crab & Salmon	12 pc	1	346	490	6	1	0	20	930	89	1	12	17	43	2	80
ONS KOSHER Cucumber Avocado Roll	12 pc	1	269	390	7	1	0	0	690	71	0	9	9	73	2	200
ONS KOSHER Green Dragon Roll	12 pc	1	391	590	16	2	0	5	870	91	1	11	14	82	3	490
ONS KOSHER Mini Vegetable Roll - Avocado	16 pc	1	203	310	4	1	0	0	630	57	0	7	7	7	1	150
ONS KOSHER Mini Vegetable Roll - Cucumber	16 pc	1	203	260	0	0	0	0	630	54	0	7	7	12	1	60
ONS KOSHER Angel Combo	16 pc	1	203	270	3	1	0	10	620	56	0	7	11	9	1	65
ONS KOSHER Philly Roll	12 pc	1	295	460	11	3	2	20	1070	70	0	10	17	73	2	190
ONS KOSHER Rainbow Roll	12 pc	1	321	460	12	2	0	35	760	61	0	7	21	11	2	250
ONS KOSHER Salmon Combo	18 pc	1	390	610	13	3	0	50	920	93	1	12	26	43	3	50
ONS KOSHER Salmon Avocado Roll	12 pc	1	302	470	12	2	0	35	710	69	0	9	21	70	3	110
ONS KOSHER Tuna Avocado Roll	12 pc	1	302	450	9	1	0	5	900	71	0	9	20	75	2	125
ONS KOSHER Spicy Salmon Roll	12 pc	1	317	540	19	3	0	40	960	70	0	9	21	74	3	45
ONS KOSHER Spicy Vegetable California Roll	12 pc	1	289	450	13	2	0	0	1070	72	0	10	9	78	2	135
ONS KOSHER Vegetable Combo Roll	12 pc	1	254	330	4	1	0	0	760	67	0	10	8	75	2	65
ONS KOSHER Veggie Spring Roll	3 pc	1	215	210	3	0	0	0	680	43	0	20	3	27	0	115
ONS KOSHER Spicy California Spring Roll	3 pc	1	225	280	9	1	0	5	880	45	0	17	6	22	0	120
ONS KOSHER Vegetable Spring Roll & Sushi Combo	7 pc	1	320	400	5	1	0	0	1480	95	0	24	10	69	1	180
ONS KOSHER Spring Roll & Sushi Combo	7 pc	1	350	480	15	2	0	10	1540	75	0	22	11	49	1	150
ONS KOSHER Salmon Lava Roll - 12 pc	12 pc	1	346	560	17	3	0	40	910	75	0	14	21	13	2	135
ONS KOSHER Salmon Crunch Roll - 12 pc	12 pc	1	350	590	22	5	0	25	990	82	0	16	17	17	2	135
ONS KOSHER Spicy California Crunch Roll - 12 pc	12 pc	1	339	600	22	4	0	15	1280	90	0	17	13	33	1	45
ONS KOSHER Sriracha Salmon Roll - 12 pc	12 pc	1	364	660	28	5	0	35	1300	83	0	12	21	73	2	45
BOATS FAMILY PACKS PLATTERS																
ONS KOSHER Assorted Maki Boat	18 pc	1	440	680	18	2	0	10	1670	111	1	16	16	112	3	170
ONS KOSHER California Family Pack	27 pc	3	658	330	5	1	0	5	720	56	0	8	8	56	1	80
ONS KOSHER Supreme Family Pack	25 pc	3	593	300	7	1	0	20	570	47	0	6	11	28	1	40
ONS KOSHER Bronze Platter	34 pc	3	613	280	3	0	0	0	570	54	0	7	7	42	1	70
ONS KOSHER Gold Platter	32 pc	3	756	360	5	1	0	10	760	65	0	9	12	33	1	95
ONS KOSHER Silver Platter	52 pc	5	1108	320	5	1	0	5	570	58	0	8	9	52	1	95
ONS KOSHER Platinum Platter	40 pc	5	1120	320	5	1	0	10	600	57	0	8	11	41	1	65

STONGS Canada - 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																
ONS California Roll	9 pc	1	216	290	5	1	0	0	810	58	0	10	8	136	1	105
ONS Spicy California Roll	9 pc	1	237	370	12	2	0	5	1100	60	0	12	8	103	1	40
ONS Vegetable California Roll	9 pc	1	209	270	5	1	0	0	810	55	0	9	7	125	1	105
ONS Spicy Spring Roll & Sushi Combo 7pcs w/chili	7 pc	1	345	520	14	2	0	10	1930	101	0	24	13	145	1	140
ONS Spicy Salmon Roll	9 pc	1	238	380	12	2	0	25	840	53	0	10	15	123	2	40
ONS Vegetable Spring Roll w/chili 3PC	3 pc	1	215	260	2	0	0	0	960	69	0	19	7	41	1	115
ONS Salmon Avocado Roll	9 pc	1	229	350	9	2	0	25	680	54	0	9	16	120	2	90
ONS Teriyaki Chicken Roll	8 pc	1	266	360	5	1	0	30	1020	60	0	12	18	126	2	270
ONS Dynamite Roll w/ nori inside	9 pc	1	254	410	10	1	0	25	950	66	0	12	11	123	2	105
ONS Alaska Roll	8 pc	1	265	360	5	1	0	20	1350	63	2	15	15	153	2	40
SUSHI - SPECIALITY																
ONS Green Dragon Roll	8 pc	1	246	350	8	1	0	0	820	61	0	10	9	137	2	240
ONS Red Dragon Roll	8 pc	1	246	360	8	2	0	15	1040	59	0	10	15	137	1	220
ONS Inari Dragon Crunch Roll	8 pc	1	280	480	16	3	0	70	1370	72	0	22	14	118	2	20
ONS Salmon Crunch Roll	8 pc	1	266	450	17	4	0	20	1030	64	0	14	13	81	2	105
ONS Philadelphia Roll	9 pc	1	229	370	12	5	0	40	980	54	0	10	14	142	1	150
ONS Salmon Volcano Roll	8 pc	1	269	410	13	3	0	45	1090	61	1	13	15	147	2	115
ONS Spicy California Mango Crunch Roll	9 pc	1	267	460	17	4	0	5	1250	71	4	17	9	105	1	40
ONS Simply Shrimp Roll	8 pc	1	345	610	22	5	0	55	1480	85	0	17	16	173	2	90
ONS Vegetable Green Dragon Crunch Roll	8 pc	1	246	340	8	3	0	0	1150	64	1	14	7	128	1	120
ONS Kamikaze Roll	5 pc	1	209	310	11	2	0	20	830	39	0	8	11	92	1	125
SUSHI - COMBOS & SASHIMI																
ONS Salmon Samurai Combo	8 pc	1	259	390	9	2	0	35	730	60	0	10	18	99	2	55
ONS Tuna Samurai Combo	8 pc	1	259	340	3	0	0	25	740	60	0	10	21	91	2	340
ONS Salmon Sushi Combo	18 pc	1	380	570	12	2	0	45	960	92	1	14	26	94	3	50
ONS Cali Shogun Combo	12 pc	1	347	470	5	1	0	40	1000	87	1	13	20	129	2	170
ONS Crazy Combo NEW	16 pc	2	500	420	17	2	0	40	930	59	0	10	10	73	1	130
ONS Crunch Combo	16 pc	1	470	740	23	5	0	15	1840	119	1	27	17	136	2	140
ONS Fiji Combo	12 pc	2	395	590	15	3	0	70	1280	91	1	16	25	154	3	160
ONS Nigiri Combo	8 pc	1	281	390	5	1	0	50	820	66	0	11	20	86	2	105
ONS Salmon Sashimi	8 pc	1	160	260	15	3	0	80	420	3	0	2	29	64	2	20
SUSHI - SALADS SIDES BOATS																
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 Sashimi Salad	5 pc	1	220	150	5	1	0	20	510	10	0	3	15	32	1	470
ONS Inari Pack	3 pc	1	189	320	7	1	0	0	430	56	0	15	6	97	2	0
ONS Seaweed Salad	¼ Cup	1	98	110	4	1	0	0	1090	16	3	12	2	200	1	50
ONS Assorted Maki Boat	18 pc	1	428	590	10	2	0	5	1390	114	1	18	15	177	2	150
CHILLED FOODS SIDES DRY GOODS																
ONS Edamame	1 Bowl	1	120	150	2	0	0	0	440	19	0	5	15	117	3	0
ONS Prepacked - Pickled Ginger	¼ Cup	1	150	10	0	0	0	0	190	3	0	2	0	132	0	0
ONS Japanese Pork Dumplings	5 pc	1	101	180	4	1	0	10	760	31	3	5	6	0	1	260
ONS Seaweed Salad	¼ Cup	1	98	110	4	1	0	0	1090	16	3	12	2	200	1	50
DG - Rice	1 pk		750	160	0	0	0	0	0	36	0	0	3	2	0	40
DG - Sesame Seeds	1 pk		100	30	3	1	0	0	0	1	0	0	1	66	1	0
DG - Wasabi Paste	1 pk		80	15	1	0	0	0	105	3	0	3	0	0	0	0
ONS Honey Garlic Chicken Noodle Bowl	1 Bowl	1	340	450	9	1	0	35	770	64	0	25	20	70	1	240
ONS Butter Chicken Rice Bowl	1 Bowl	1	400	480	3	2	0	50	1010	84	2	10	22	65	2	340
ONS Shrimp Pad Thai	1 Bowl	1	370	470	8	1	0	110	1510	88	0	24	14	71	3	10
ONS Teriyaki Chicken Rice Bowl	1 Bowl	1	400	460	3	1	0	40	970	86	1	15	21	49	2	210
ONS Teriyaki Salmon Rice Bowl	1 Bowl	1	400	450	3	1	0	25	900	85	1	14	21	56	2	150
PLATTERS																
ONS Assorted Maki Roll Platter	40	4	892	310	6	1	0	0	940	59	0	10	8	113	1	95
ONS Maki Roll & Nigiri Platter	31	4	993	340	5	1	0	0	960	59	0	10	15	87	1	95
ONS Mega Maki Roll Platter	59	6	1535	360	7	1	0	20	1120	64	1	12	12	113	2	105
ONS Mega Maki Roll & Nigiri Platter	53	6	1507	360	8	1	0	40	980	58	0	11	15	65	2	85

CHILLED FOODS																	
ONS Tempura Shrimp	3 pc	1	103	310	25	2	0	45	420	12	0	1	7	0	0	0	
ONS Japanese Pork Dumplings	5 pc	1	101	180	4	1	0	10	750	31	3	5	6	0	1	260	
ONS Inari Pack	3 pc	1	188	320	7	1	0	0	430	56	0	15	6	0	97	2	
ONS Karaage Chicken	5 pc	1	100	220	13	3	0	50	340	15	0	1	12	20	1	180	
ONS Prepacked - Pickled Ginger	1/2 Cup	1	150	10	0	0	0	0	190	3	0	2	0	0	132	0	
ONS Chicken Yakitori	3 pc	1	150	170	2	0	0	45	850	21	0	14	18	51	0	350	
ONS BBQ Pork Steamed Bun	2 pc	1	170	360	13	5	0	20	410	50	0	14	8	88	2.8	0	
ONS Seaweed Salad	1/2 Cup	1	98	110	4	1	0	0	1090	16	3	12	2	200	1	50	
CHILLED FOODS SIDES DRY GOODS																	
ONS Butter Chicken Rice Bowl	1 Bowl	1	400	480	3	2	0	0	50	1010	84	2	10	22	65	2	340
ONS Honey Garlic Chicken Noodle Bowl	1 Bowl	1	340	450	9	1	0	35	770	64	0	25	20	70	1	240	
ONS Shrimp Pad Thai	1 Bowl	1	370	470	8	1	0	110	1510	88	0	24	24	71	3	10	
ONS Teriyaki Chicken Rice Bowl	1 bowl	1	400	560	3	1	0	40	1740	109	1	31	23	53	3	210	
ONS Teriyaki Salmon Rice Bowl	1 bowl	1	400	570	3	1	0	25	1790	112	3	34	23	60	3	150	
ONS & BX-CAN Pre-Packed Edamame	1 bowl	1	120	150	2	0	0	0	440	19	0	5	15	117	3	0	
DG - Rice	1 pk	1	750	160	0	0	0	0	0	36	0	0	0	3	2	0	40
DG - Sesame Seeds	1 pk	1	100	30	3	1	0	0	0	1	0	0	0	1	66	1	0
DG - Wasabi Paste	1 pk	1	80	15	1	0	0	0	105	3	0	3	0	0	0	0	0
PLATTERS																	
ONS Assorted Maki Roll Platter	40 pc	4	892	310	6	1	0	0	8	940	59	0	10	113	1	95	
ONS Maki Roll & Nigiri Platter	31 pc	4	993	340	5	1	0	40	15	960	59	0	10	87	1	95	
ONS Mega Maki Roll Platter	59 pc	6	1535	360	7	1	0	20	12	1120	64	1	12	113	2	105	
ONS Mega Maki Roll & Nigiri Platter	53 pc	6	1507	360	8	1	0	40	15	980	58	0	11	65	2	85	
GOCHUJANG BOWLS																	
ONS Spicy Korean Beef Rice Bowl with Gochujang Sauce - RTH	1 Bowl	1	383	530	9	3	0	15	1510	96	1	25	13	50	2	0	
ONS Spicy Korean Shrimp Rice Bowl with Gochujang Sauce - RTH	1 Bowl	1	383	510	8	2	0	70	1560	94	1	23	13	67	1	0	
ONS Gochujang Salmon Rice Bowl - RTE	1 Bowl	1	427	620	14	3	0	20	1660	104	1	28	15	46	2	115	
ONS Gochujang Shrimp Rice Bowl - RTE	1 Bowl	1	427	650	10	3	0	70	1870	104	1	28	14	63	1	115	
ENHANCED POKE BOWLS																	
ONS Salmon Supreme Poke	1 Bowl	1	410	550	22	5	0	40	1260	89	2	20	21	142	3	100	
ONS Tuna Tsunami Poke	1 Bowl	1	410	570	11	3	0	25	1330	93	2	22	24	142	2	390	
ONS Spicy Korean Shrimp Poke	1 Bowl	1	410	550	9	3	0	110	1710	96	2	25	16	140	2	100	
ONS Salmon Supreme Poke - QC only	1 Bowl	1	420	670	22	5	0	40	1400	94	2	23	21	142	3	100	
ONS Tuna Tsunami Poke - QC only	1 Bowl	1	420	610	16	4	0	30	1420	94	2	23	24	142	2	390	
ONS Spicy Korean Shrimp Poke - QC only	1 Bowl	1	420	610	15	4	0	115	1770	98	2	26	17	140	2	100	
HOT FOOD - Empress Program																	
ONS-MTO Beef Donburi Bowl	1 Bowl	1	365	480	5	2	0	30	600	86	1	11	20	56	2	0	
ONS-MTO Chicken Donburi Bowl	1 Bowl	1	365	470	3	1	0	45	530	84	1	8	24	56	1	260	
ONS-MTO Karaage Chicken Donburi Bowl	1 Bowl	1	365	610	18	4	0	50	570	92	1	7	19	54	2	0	
ONS-MTO Tempura Shrimp Donburi Bowl	1 Bowl	1	365	600	16	1	0	40	500	92	1	7	13	55	1	0	
ONS-MTO BR&Q Beef Donburi Bowl	1 Bowl	1	365	430	7	2	0	30	600	70	0	11	20	75	3	0	
ONS-MTO BR&Q Chicken Donburi Bowl	1 Bowl	1	365	410	4	1	0	45	540	68	0	8	24	75	3	260	
ONS-MTO BR&Q Karaage Chicken Donburi Bowl	1 Bowl	1	365	560	20	4	0	50	580	76	0	7	19	72	3	0	
ONS-MTO BR&Q Tempura Shrimp Donburi Bowl	1 Bowl	1	365	550	17	1	0	40	510	76	0	7	13	74	2	0	
ONS Bento Box Beef Option	1 pc	1	120	170	5	2	0	35	750	14	0	11	17	0	1	0	
ONS Bento Box Chicken Option	1 pc	1	120	150	1	0	0	60	670	11	0	8	8	0	0	340	
ONS Bento Box Karaage Chicken Option	1 pc	1	135	360	21	4	0	65	670	27	0	8	16	0	2	0	
ONS Bento Box Tempura Shrimp Option	1 pc	1	116	320	20	1	0	55	360	15	0	1	8	0	0	0	
ONS Bento Box White Rice w/ Sesame seeds	1 pc	1	200	300	3	1	0	0	62	1	2	6	82	1	0	0	
ONS Bento Box Quinoa Brown Rice w/ green onion	1 pc	1	200	230	2	0	0	0	5	48	0	2	5	28	2	0	
ONS Bento Box Pork Gyoza	1 pc	1	86	100	3	0	0	5	360	0	3	5	3	11	1	190	
ONS Bento Box - Pickled Jullienne Salad (option)	1 pc	1	30	15	0	0	0	0	180	3	0	3	0	5	0	20	
ONS Bento Box - Seaweed Greens Salad (option)	1 pc	1	30	15	0	0	0	0	170	3	1	2	0	27	0	35	
HOT FOOD SIDES SOUPS																	
ONS Chasu Ramen with Tonkotsu	1 Bowl	1	790	730	28	12	0	25	2580	84	0	10	30	183	4	5	
ONS Karaage Chicken Ramen with Tonkotsu	1 Bowl	1	808	780	30	12	0	35	2580	91	0	9	30	182	5	130	
ONS Tofu Ramen with Tonkotsu	1 Bowl	1	790	740	27	11	0	0	2530	93	0	21	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 Karaage Chicken Udon Noodle Bowl	1 Bowl	1	793	510	10	3	0	35	4000	86	0	11	21	51	2	125	
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	795	550	17	2	0	0	4030	85	0	21	15	102	2	0	
ONS Beef Donburi Bowl	1 Bowl	1	425	530	5	2	0	20	1080	101	1	20	19	76	2	0	
ONS Chicken Donburi Bowl	1 Bowl	1	425	520	3	1	0	35	950	100	2	18	22	76	2	230	
ONS Karaage Chicken Donburi Bowl	1 Bowl	1	425	600	11	3	0	35	970	107	1	17	17	76	2	150	
ONS Salmon Donburi Bowl	1 Bowl	1	419	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 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	40	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	
ONS & BX-CAN Pre-Packed Edamame	1 bowl	1	120	150	2	0	0	0	440	19	0	5	15	117	3	0	
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	150	16	3	0	50	320	15	0	1	12	20	1	170	
ONS Japanese Pork Dumplings	5 pc	1	101	180	3	1	0	10	650	29	3	4	7	1	1	220	
ONS RTE Miso Soup	1 cup	1	340	70	2	0	0	0	1370	70	3	6	6	65	1	50	
ONS RTE Miso Soup LG	1 bowl	1	794	160	6	1	0	0	3190	16	4	11	13	152	2	110	
ONS RTE Tan Tan Soup	1 cup	1	340	110	6	1	0	0	1600	10	0	6	5	136	1	45	
ONS RTE Tan Tan Soup LG	1 bowl	1	794	270	14	2	0	0	3730	22	1	14	12	319	3	100	
ONS RTE Shio Soup (Clear Asian Vegetable)	1 cup	1	340	70	3	0	0	0	2030	7	0	4	4	79	1	45	
ONS RTE Shio Soup (Clear Asian Vegetable) LG	1 bowl	1	794	150	6	0	0	0	4730	15	1	9	8	185	1	150	
ONS RTE Shoyu Soup (Asian Vegetable Soup)	1 cup	1	340	70	2	0	0	0	1970	6	1	3	4	78	1	45	
ONS RTE Shoyu Soup (Asian Vegetable Soup) LG	1 bowl	1	794	160	5	0	0	0	4610	15	2	7	9	182	1	100	
HOT HELD PROGRAM																	
ONS Beef Rice Bowl - Hot Holding	1 bowl	1	342	470	5	2	0	20	1000	88	1	17	17	66	2	0	
ONS Chicken Rice Bowl - Hot Holding	1 bowl	1	342	460	3	1	0	35	950	86	1	15	16	66	2	200	
ONS Butter Chicken Rice Bowl - Hot Holding	1 bowl	1	403	480	3	2	0	30	1070	85	2	10	22	67	2	0	
ONS Karaage Chicken Rice Bowl - Hot Holding	1 bowl	1	357	580	12	3	0	40	1110	100	1	17	17	65	3	140	
ONS Teriyaki Beef Bento Box - Hot Holding	1 box	1	503	630	7	2	0	25	1130	117	3	21	23	75	5	125	
ONS Teriyaki Chicken Bento Box - Hot Holding	1 box	1	503	620	5	1	0	40	1080	116	3	18	26	75	5	320	
ONS Butter Chicken Bento Box - Hot Holding	1 box	1	533	640	7	3	0	10	1270	112	4	13	26	109	6	450	
ONS Karaage Chicken Bento Box - Hot Holding	1 box	1	483	650	11	3	0	30	880	118	3	16	19	74	5	230	
ONS Japanese Pork Dumplings - Hot Holding	5 pc	1	96	180	3	1	0	50	380	29	3	6	6	0	1	200	
ONS Karaage Chicken - Hot Holding	5 pc	1	130	310	16	4	0	55	640	29	0	11	14	48	2	200	
ONS Tempura Shrimp - Hot Holding	3 pc	1	96	240	16	1	0	40	400	16	0	4	7	48	1	0	
ONS RTE Miso Soup - Hot Holding	1 cup	1	330	70	3	0	0	0	1320	7	2	5	5	63	1	45	