

Higher ED 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 - Core																	
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	100	0	24	13	145	1	140	
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-L Spicy Salmon Roll 9 pcs	9 pc	1	230	370	10	2	0	25	580	52	0	9	14	77	2	20	
ONS Dynamite Roll w/ nori inside	9 pc	1	254	410	10	1	0	25	950	66	0	12	11	123	2	105	
ONS Assorted Maki Boat	18 pc	1	428	590	10	2	0	5	1390	114	1	18	15	177	2	150	
ONS Tuna Avocado Roll	9 pc	1	229	320	9	1	0	20	690	54	0	9	18	120	2	300	
ONS Spicy Tuna Roll	9 pc	1	238	350	7	1	0	20	890	54	0	10	16	78	2	230	
ONS Alaska Roll	8 pc	1	265	360	5	1	0	20	1350	63	2	15	15	153	2	40	
ONS Teriyaki Chicken Roll	8 pc	1	266	360	5	1	0	30	1020	60	0	12	18	126	2	270	
ONS Philadelphia Roll	9 pc	1	229	370	12	5	0	40	980	54	0	10	14	142	1	150	
ONS Simply Shrimp Roll	8 pc	1	345	610	22	5	0	55	1480	85	0	17	16	173	2	90	
ONS Salmon Avocado Roll	9 pc	1	229	350	9	2	0	25	680	54	0	9	16	120	2	90	
ONS Spicy California Mango Crunch Roll	9 pc	1	267	460	17	4	0	5	1250	71	0	17	9	105	1	40	
ONS-LTO Spicy Shrimp Volcano	9 pc	1	275	400	13	2	0	135	1220	53	0	9	17	158	2	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 Angel Combo	18 pc	1	245	330	3	1	0	10	750	68	0	10	14	76	2	110	
ONS Salmon Sushi Combo	18 pc	1	380	570	12	2	0	45	960	92	1	14	26	94	3	50	
ONS Kamikaze Roll	5 pc	1	209	310	11	2	0	20	830	39	0	8	11	92	1	125	
ONS-LTO Salmon Lava Roll	9 pc	1	268	420	13	2	0	30	920	58	0	12	16	81	2	105	
ONS Cali Shogun Combo	12 pc	1	347	470	5	1	0	100	1000	87	1	40	13	20	129	2	170
ONS Inari Dragon Crunch Roll	8 pc	1	280	480	16	3	0	70	1370	72	0	22	14	118	2	20	
ONS Green Dragon Roll	8 pc	1	246	350	8	1	0	0	820	61	0	10	9	137	2	240	
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 Crunch Roll	8 pc	1	266	450	17	4	0	20	1020	64	0	14	13	81	2	105	
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 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 Deluxe Combo	14 pc	1	309	430	5	1	0	35	830	76	1	12	24	78	2	200	
ONS Tuna Lovers Combo	18 pc	1	393	530	5	1	0	35	1010	96	1	16	30	92	2	430	
ONS Fiji Combo	12 pc	2	395	590	15	3	0	70	1280	91	1	16	25	154	3	160	
ONS Salmon Volcano Roll	8 pc	1	269	410	13	3	0	45	1090	61	1	13	15	147	2	115	
ONS Crunch Combo	16 pc	1	470	740	23	5	0	15	1840	119	1	27	17	136	2	140	
ONS Vegetable Green Dragon Crunch Roll	8 pc	1	246	340	8	3	0	0	1150	64	1	14	7	128	1	120	
SUSHI SNACK PACKS																	
ONS California Roll Snack Pack - HEd	4 pc	1	116	150	3	0	0	0	600	30	0	6	4	101	1	65	
ONS Spicy California Roll Snack Pack - HEd	4 pc	1	126	190	6	1	0	5	740	32	0	7	5	85	1	30	
ONS Spicy Salmon Snack Pack - HEd	4 pc	1	127	190	5	1	0	15	620	28	0	6	8	73	1	30	
ONS Vegetable California Snack Pack - HEd	4 pc	1	113	140	3	0	0	0	610	29	0	6	4	97	1	65	
SUSHI - OPTIONS																	
ONS-LTO Salmon Sashimi	8 pc	1	205	270	15	3	0	85	440	4	0	2	31	75	2	55	
ONS Tuna & Atlantic Salmon Sashimi	8 pc	1	132	130	6	1	0	40	310	3	0	2	18	57	1	170	
ONS-LTO Shrimp Shogun Combo	12 pc	1	380	590	17	2	0	170	1550	82	1	14	23	147	2	70	
ONS-LTO Salmon Lava Roll	9 pc	1	268	420	13	2	0	30	920	58	0	12	16	81	2	105	
ONS-LTO Spicy Shrimp Volcano	9 pc	1	275	400	13	2	0	135	1220	53	0	9	17	158	2	40	
ONS-LTO Shrimp Lovers Combo	18 pc	1	400	600	15	2	0	150	1560	93	1	16	23	163	2	70	
ONS-LTO Dynamite Crunch Roll	10 pc	1	274	530	21	4	0	25	1010	71	0	13	12	123	2	105	
ONS-LTO Spicy California Crunch Roll	9 pc	1	257	450	16	4	0	5	1250	69	0	16	9	103	1	40	
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	59 pc	6	1535	360	8	1	0	40	980	58	0	11	15	65	2	85	
ONS Mega Maki Roll Platter	53 pc	6	1507	360	7	1	0	20	1120	64	1	12	12	113	2	105	
POKE BOWLS - Grab n Go																	
ONS Salmon Supreme Poke	1 Bowl	1	410	650	22	5	0	40	1260	69	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	
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	760	31	3	5	6	0	1	260	
ONS Karaage Chicken	5 pc	1	100	220	13	3	0	50	340	15	0	1	12	20	1	180	
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 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	
ONS Karaage Chicken Rice Bowl	1 Bowl	1	353	580	12	3	0	40	1110	99	1	17	17	48	2	140	
ONS Teriyaki Beef Rice Bowl	1 Bowl	1	343	470	5	2	0	20	1020	88	1	17	18	49	2	0	
ONS Seaweed Salad	¼ Cup	1	98	110	4	1	0	0	1090	16	3	12	2	200	1	500	
HOT FOODS																	
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	4	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 California Roll - Bento Box	4 pc	1	115	150	0	0	0	0	600	40	4	6	4	101	1	60	
ONS Vegetable California Roll - Bento Box	4 pc	1	112	140	0	0	0	0	600	29	0	6	4	96	1	60	
PR - Daily Salad	1 pc	1	40	30	2	0	0	0	150	2	0	1	0	10	0	15	
ONS Pork Gyoza Dumpling - Bento Box	1 pc	1	26	30	1	0	0	0	120	5	1	1	1	0	0	45	
ONS Beef Donburi Bowl	1 Bowl	1	425	530	5	2	0	20	1000	101	1	20	19	76	2	30	
ONS Chicken Donburi Bowl	1 Bowl	1	425	520	3	1	0	35	950	100	1	18	22	76	2	230	
ONS Salmon Shrimp Donburi Bowl	1 Bowl	1	431	590	10	0	0	35	900	107	1	17	14	75	2	30	
ONS Tempura Shrimp Yaki Udon	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	0	27	11	127	3	30	
ONS Chasu Ramen with Miso	1 Bowl	1	790	610	16	3	0	25	4040	82	0	17	28	124	4	5	
ONS Chasu Ramen with Tonkotsu	1 Bowl	1	790	730	28	12	0	25	2580	84	0	10	30</				