

SSP McLEANS - Feb 2019												
	Serving size (g)	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)
SUSHI - Core												
California Roll	161	210	35	4	0.5	0	0	440	41	3	7	7
Vegetable California Roll	155	200	35	4	0.5	0	0	440	38	3	7	6
Spicy California Roll	181	290	100	12	1	0	5	720	43	2	9	7
Spicy Salmon Roll	182	290	90	10	1.5	0	25	480	36	2	7	13
Philadelphia Roll	175	290	110	12	4.5	0	35	610	37	2	7	13
Dynamite Roll	183	320	100	11	0.5	0	25	570	45	2	8	9
Spicy California Spring Roll	200	320	70	8	1	0	5	1210	69	2	15	9
Vegetable Spring Roll	215	320	120	14	1	0	10	960	59	2	10	7
Salmon Avocado Roll	175	270	80	9	1.5	0	25	320	37	3	6	15
Tuna Avocado Roll	175	240	40	4.5	0.5	0	20	330	37	3	6	17
SUSHI - Options												
Salmon Volcano Roll	213	330	110	13	2.5	0	45	740	43	3	9	14
Spicy Tuna Roll	182	270	60	6	0.5	0	20	510	37	2	7	15
Salmon Samurai Combo	230	340	80	8	1.5	0	35	410	51	1	8	17
Tuna Samurai Combo	230	310	25	2.5	0	0	25	420	51	1	8	20
Cali Samurai Combo	213	290	40	4.5	0.5	0	30	510	52	1	9	12
Cali Shogun Combo	308	420	45	5	1	0	40	660	75	2	12	18
Kamikaze Roll	205	300	100	11	1.5	0	20	560	38	2	8	11
Teriyaki Chicken Roll	217	270	25	3	0	0	30	630	43	3	10	16
Crazy Combo	387	640	240	27	3	0	75	1330	85	5	15	17
Salmon Sushi Combo	355	540	110	12	2	0	50	650	83	3	12	26
NIGIRI/SALAD/SASHIMI												
Fiji Combo	348	520	140	15	3	0	70	960	75	3	13	23
Nigiri Combo	270	370	40	4.5	1	0	45	530	63	0	10	19
Rainbow Sashimi Salad	220	170	60	7	1	0	35	580	10	2	4	13
Salmon Sashimi Salad	220	190	90	10	1.5	0	25	530	10	2	4	13
Tuna Salad	205	160	60	6	1	0	15	500	10	3	3	12
Seaweed Salad	90	90	30	3	0	0	0	1150	10	4	6	1
Spicy Sauce	15	80	80	9	1	0	5	130	1	0	1	0
Pickled Ginger	15	10	0	0	0	0	0	190	3	0	2	0
HOT FOOD SIDES												
Beef Donburi Bowl	425	540	60	6	1.5	0	20	1030	100	2	21	18
Chicken Donburi Bowl	425	530	35	4	0.5	0	35	930	99	2	19	21
Salmon Donburi Bowl	425	520	40	4.5	0	0	30	890	94	2	18	25
Tofu Donburi Bowl	425	580	80	9	1	0	0	950	111	2	29	11
Chasu Ramen with Tonkotsu	790	1060	260	29	13	0	25	2400	152	10	14	45
Tofu Ramen with Tonkotsu	790	1060	250	27	11	0	0	2350	159	10	25	38
Beef Udon	795	440	40	4.5	1.5	0	25	4040	80	2	14	22
Tempura Shrimp Udon	795	470	70	8	0	0	25	3960	85	2	11	17
Tofu Udon	795	550	150	17	1.5	0	0	4030	85	2	21	15
Bento Box Beef Option	120	170	45	5	2	0	35	750	14	0	11	17
Bento Box Chicken Option	120	150	10	1	0	0	60	650	11	0	8	23
Bento Box Inari Option	120	260	100	11	1.5	0	0	680	30	0	28	6
Bento Box Karaage Chicken Option	135	360	140	16	4	0	65	760	27	0	8	16
Bento Box Salmon Option	120	140	10	1.5	0	0	40	560	9	0	7	22
Bento Box Tempura Shrimp Option	116	320	180	20	0.5	0	55	360	15	0	1	8
Bento Box Sides	140	170	25	3	0	0	5	290	32	1	4	3
California Roll - Bento Box	115	150	20	2.5	0	0	0	340	30	1	6	4
Vegetable California Roll - Bento Box	112	140	20	2.5	0	0	0	340	29	1	6	4
Salmon Nigiri - Bento Box	82	110	20	2.5	0	0	10	220	18	0	4	5
Edamame	120	150	20	2	0	0	0	440	19	7	5	15
Japanese Pork Dumplings	115	180	30	3.5	0.5	0	5	750	30	3	5	6
Tempura Shrimp	100	320	240	27	1.5	0	45	390	11	0	1	6
Karaage Chicken	100	250	150	16	3	0	50	320	15	2	1	12
Miso Soup	200	25	5	0.5	0	0	0	700	4	1	2	2
Steamed Rice	145	200	5	0	0	0	0	0	45	0	3	4
Seasoned Sushi Rice	145	220	15	1.5	0	0	0	250	47	0	6	4
SSP CENTRAL KITCHEN - Feb 2019												
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Spicy California Spring Roll	200	320	70	8	1	0	5	1210	69	2	15	9
Spicy Salmon Roll	182	290	90	10	1.5	0	25	480	36	2	7	13
Salmon Sushi Combo	355	540	110	12	2	0	50	650	83	3	12	26
Dynamite Roll	183	320	100	11	0.5	0	25	570	45	2	8	9
Cali Samurai Combo	213	290	40	4.5	0.5	0	30	510	52	1	9	12
Cali Shogun Combo	308	420	45	5	1	0	40	660	75	2	12	18
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