

CANADA RETAIL - 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												
Avocado Hosomaki	195	280	40	4.5	0	0	0	410	57	4	8	8
Avocado Roll	185	280	50	6	0.5	0	0	380	52	3	8	7
California Roll	210	280	40	4.5	0.5	0	0	530	56	3	9	8
Cucumber Hosomaki - 16 pcs	195	230	5	0.5	0	0	0	410	54	3	8	7
Spicy California Roll	230	360	110	12	1	0	5	810	58	2	11	8
Spicy Salmon Roll	230	360	90	10	1.5	0	25	560	52	2	9	14
Spicy California Spring Roll	225	400	170	19	2	0	15	1210	61	2	9	9
Spicy Tuna Roll	230	340	60	6	0.5	0	20	600	52	2	9	16
Vegetable California Roll	205	270	40	4	0.5	0	0	530	54	3	9	7
Vegetable Spring Roll	215	320	120	14	1	0	10	960	59	2	10	7
Spicy Spring Roll & Sushi Combo 7pcs	350	590	230	25	2.5	0	15	1680	93	3	16	14
Vegetable Spring Roll Combo	320	460	140	16	1.5	0	10	1290	86	4	15	11
Angel Combo	245	320	30	3	0	0	10	490	68	4	10	14
Assorted Maki Boat	207	280	45	5	0.5	0	0	530	55	2	9	7
Calli Samurai Combo w/ Salmon & shrimp nigiri	225	310	35	4	0.5	0	30	520	56	1	9	12
Calli Shogun Combo	345	470	50	5	1	0	40	730	86	2	13	19
Crazy Combo	242	390	120	14	1.5	0	35	750	58	3	9	10
Fiji Combo	395	590	140	15	3	0	70	1040	90	3	15	24
Chef's Large Combo C	368	620	230	25	2.5	0	40	1210	84	5	16	20
Nigiri Combo	270	370	40	4.5	1	0	45	530	63	0	10	19
Chef's Small Combo B	225	360	120	13	1.5	0	15	840	49	3	10	11
Rainbow Roll Combo	360	520	90	10	1.5	0	40	800	81	3	14	24
Salmon Sushi Combo	380	570	110	12	2	0	45	690	92	3	14	26
Crunch Combo	235	370	100	11	2	0	10	800	59	3	13	9
Salmon Samurai Combo	255	380	80	9	1.5	0	35	450	59	1	9	18
Supreme Family Pack	193	280	60	6	1	0	15	430	48	2	8	11
Tuna Samurai Combo	255	340	25	2.5	0	0	25	460	59	1	9	21
Salmon Sashimi Salad	220	190	90	10	1.5	0	25	530	10	2	4	13
Tuna Sashimi Salad	220	160	50	5	0.5	0	20	540	10	2	4	15
Rainbow Sashimi Salad	220	170	60	7	1	0	35	580	10	2	4	13
Alaska Roll	260	360	45	5	1	0	20	1120	60	3	13	14
Teriyaki Chicken Roll	260	350	45	4.5	0.5	0	30	710	59	2	12	17
Dynamite Roll w/ nori inside	245	390	90	10	0.5	0	25	660	63	3	11	11
Green Dragon Roll	240	340	70	8	1	0	0	540	60	4	9	9
Inari Dragon Crunch Roll	220	370	120	13	1	0	70	980	52	2	19	12
Inari Pack	150	260	60	7	1	0	0	360	43	1	14	5
Kamikaze Roll	305	300	100	11	1.5	0	30	560	38	2	8	11
Philadelphia Roll	225	360	110	12	4.5	0	35	700	53	2	9	14
Red Dragon Roll	240	350	70	8	1.5	0	15	760	57	2	10	14
Salmon Avocado Roll	225	340	80	9	1.5	0	25	410	53	3	8	16
Salmon Crunch Roll	215	340	130	14	2.5	0	20	650	45	3	11	11
Salmon Volcano Roll	260	400	110	13	2.5	0	45	820	58	3	11	15
Salmon Sashimi	160	260	130	15	3	0	80	170	3	0	2	29
Simply Shrimp Roll	340	600	200	22	5	0	50	1190	83	4	16	16
Tropical Tuna Crunch Roll	220	340	100	12	2	0	15	650	48	3	12	14
Tuna Avocado Roll	225	310	40	4.5	0.5	0	20	420	53	3	8	18
Vegetable Green Dragon Crunch Roll	235	300	45	5	1	0	0	910	59	4	12	6
Salmon & Tuna Pressed Sushi	226	370	90	10	1.5	0	20	560	56	1	10	13
Shrimp & Surimi Pressed Sushi	226	370	100	12	1.5	0	25	730	60	1	11	9
Vegetable Golden Dragon Crunch Roll	243	350	110	13	2.5	0	50	750	53	5	17	10
Shrimp Spring Roll	190	340	100	11	1	0	75	1120	62	1	14	12
Sweet & Spicy Shrimp Inari	185	360	150	17	2.5	0	85	730	39	1	14	11
Rainbow Roll	260	350	60	7	1	0	30	600	58	3	9	15
Dynamite Futomaki	195	300	100	11	1	0	15	740	44	2	9	9
Tuna & Atlantic Salmon Sashimi	125	180	70	8	1.5	0	55	160	3	0	2	24
Sides												
Seaweed Salad	28	30	10	1	0	0	0	360	3	1	2	0
Calamari Salad	80	120	40	4.5	0.5	0	70	740	12	3	9	8
Mochi	120	370	25	2.5	0	0	0	95	85	0	32	3
Spicy Sauce	15	80	80	9	1	0	5	130	1	0	1	0
Goma Dressing	15	70	60	6	0.5	0	5	150	2	0	1	0
Pickled Ginger	15	10	0	0	0	0	0	190	3	0	2	0
BBQ Pork Steamed Bun	170	360	120	13	4.5	0	20	410	50	1	14	8
Platters												
Assorted Maki Roll Platter	223	310	50	6	0.5	0	0	600	59	3	10	8
Maki Roll & Nigiri Platter	248	350	50	5	1	0	40	620	59	1	10	15
Mega Maki Roll Platter	255	360	60	7	1	0	20	750	63	3	11	12
Mega Maki Roll & Nigiri Platter	251	360	70	8	1	0	40	610	58	2	11	15
Hot Food Sides												
Ramen												
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
Udon												
Beef Udon	795	440	40	4.5	1.5	0	25	4040	80	2	14	22
Chicken Udon	795	510	110	12	1	0	35	3980	75	2	11	25
Karaage Chicken Udon	795	590	180	20	3	0	35	4000	83	2	11	20
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
Donburi												
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
Karaage Chicken Donburi Bowl	425	620	110	12	2.5	0	35	960	107	2	18	17
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
Yaki Udon												
Beef Yaki Udon	455	620	170	19	2.5	0	20	1340	90	4	20	20
Chicken Yaki Udon	455	610	150	17	1.5	0	35	1250	89	4	18	24
Chicken Karaage Yaki Udon	455	690	230	25	3.5	0	35	1280	96	4	17	19
Salmon Yaki Udon	455	600	150	17	1.5	0	25	1200	88	4	17	24
Tofu Yaki Udon	455	660	200	22	2	0	0	1270	100	4	28	14
Bento Box												
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
Hot Sides												
Japanese Pork Dumplings	115	180	30	3.5	0.5	0	5	750	30	3	5	6
Edamame	120	150	20	2	0	0	0	440	19	7	5	15
Miso Soup	200	25	5	0.5	0	0	0	700	4	1	2	2
Karaage Chicken	100	250	150	16	3	0	50	320	15	2	1	12
Tempura Shrimp	100	320	240	27	1.5	0	45	390	11	0	1	6