

METRO & FOOD BASICS - Feb 2019	Serving size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fibre	Sugars	Protein
	(g)	(kcal)	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
SUSHI CLASSICS												
California Roll	210	280	40	4.5	0.5	0	0	530	56	3	9	8
Cucumber Hosomaki - 8 pcs	100	120	5	0	0	0	0	250	27	1	5	4
Dynamite Roll	245	390	90	10	0.5	0	25	660	63	3	11	11
Maki Combo	210	300	60	6	0.5	0	0	600	55	2	10	7
Salmon Avocado Roll	225	340	80	9	1.5	0	25	410	53	3	8	16
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 Tuna Roll	230	340	60	6	0.5	0	20	600	52	2	9	16
Sushi Bento Box	360	500	90	10	1	0	15	1160	90	4	18	14
Vegetable California Roll	205	270	40	4	0.5	0	0	530	54	3	9	7
SUSHI SPRING ROLLS SPECIALITY ROLLS COMBOS												
Cali Samurai Combo	225	310	35	4	0.5	0	25	500	56	1	9	13
Cali Shogun Combo	345	470	50	5	1	0	40	730	86	2	13	19
Green Dragon Roll	240	340	70	8	1	0	0	540	60	4	9	9
Kamikaze Roll	205	300	100	11	1.5	0	20	560	38	2	8	11
Nigiri Combo	270	370	40	4.5	1	0	45	530	63	0	10	19
Rainbow Roll	260	350	60	7	1	0	30	600	58	3	9	15
Red Dragon Roll	240	350	70	8	1.5	0	15	760	57	3	10	14
Shrimp Spring Roll	190	340	100	11	1	0	75	1120	62	1	14	12
Tropical Rainbow Roll	245	370	120	13	1.5	0	50	760	51	2	13	15
Vegetable Spring Roll	215	320	120	14	1	0	10	960	59	2	10	7
BOATS FAMILY PACKS SIDES												
Assorted Maki Boat	415	570	90	10	1	0	5	1070	110	5	18	15
Salmon Boat	385	580	110	12	2	0	45	700	93	3	14	26
California Family Pack	645	310	60	7	1	0	5	600	57	3	9	7
Supreme Family Pack	580	280	60	6	1	0	15	430	48	2	8	11
Karaage Chicken	100	220	120	13	3	0	50	340	15	2	1	12
Japanese Pork Dumplings	115	180	30	3.5	0.5	0	5	750	30	3	5	6
Tempura Shrimp	100	300	220	24	1.5	0	45	410	12	0	1	6
Edamame	120	150	20	2	0	0	0	440	19	7	5	15
Pickled Ginger	90	10	0	0	0	0	0	190	3	0	2	0
Seaweed Salad	90	90	30	3	0	0	0	1150	10	4	6	1
CHILLED BOWLS												
Butter Chicken Rice Bowl	400	480	40	4.5	2	0	50	990	85	3	12	22
Honey Garlic Chicken Noodle Bowl	340	450	80	9	1	0	35	760	64	3	25	20
Teriyaki Chicken Rice Bowl	343	460	20	2.5	0	0	40	960	86	1	16	21
Teriyaki Salmon Rice Bowl	334	450	20	2.5	0	0	20	880	85	1	15	19
Shrimp Pad Thai Noodle Bowl	370	470	70	8	1	0	110	1510	88	5	24	14
PLATTERS												
Assorted Maki Roll Platter	900	310	50	6	0.5	0	0	600	59	3	10	8
Maki Roll & Nigiri Platter	1000	350	50	5	1	0	40	620	59	1	10	15
Mega Maki Roll Platter	1490	360	60	7	1	0	20	750	63	3	11	12
Mega Maki Roll & Nigiri Platter	1700	360	70	8	1	0	40	610	58	2	11	15
HOT FOOD SIDES												
Chasu Ramen with Tonkotsu	790	1060	260	29	13	0	25	2400	152	10	14	45
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
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
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
Orange Chicken Donburi Bowl	450	710	200	22	3.5	0	50	630	105	2	18	19
Japanese Beef Curry	495	550	70	8	3.5	0	20	1270	92	4	11	16
Japanese Chicken Curry	495	540	50	6	2.5	0	35	1140	91	4	9	19
Japanese Shrimp Curry	485	630	180	20	3	0	25	1100	91	4	8	11
Japanese Vegetable Curry	440	470	50	6	2.5	0	0	1080	87	4	8	7
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

LOBLAW - 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												
California Roll	210	280	40	4.5	0.5	0	0	530	56	3	9	8
Spicy California Roll	230	360	110	12	1	0	5	810	58	2	11	8
Vegetable California Roll	205	270	40	4	0.5	0	0	530	54	2	7	7
Gotta Love Spicy	225	360	110	12	1	0	5	750	58	2	10	8
Spicy California Spring Roll	225	400	170	19	2	0	15	1210	61	2	9	9
Vegetable Spring Roll	215	320	120	14	1	0	10	960	59	2	10	7
Rainbow Roll	260	350	60	7	1	0	30	600	58	3	9	15
Spicy Spring Roll & Sushi Combo 7pcs	350	590	230	25	2.5	0	15	1680	93	3	16	14
Crazy Combo	485	780	250	27	3	0	75	1500	116	5	19	19
Philadelphia Roll	225	360	110	12	4.5	0	35	700	53	2	9	14
SUSHI COMBOS												
Salmon Avocado Roll	225	340	80	9	1.5	0	25	410	53	3	8	16
Tuna Avocado Roll	225	310	40	4.5	0.5	0	20	420	53	3	8	18
Spicy Salmon Roll	230	360	90	10	1.5	0	25	560	52	2	9	14
Spicy Tuna Roll	230	340	60	6	0.5	0	20	600	52	2	9	16
Calli Samurai Combo w/ Salmon & shrimp nigiri	225	310	35	4	0.5	0	30	520	56	1	9	12
Tuna Samurai Combo	255	340	25	2.5	0	0	25	460	59	1	9	21
Calli Shogun Combo	345	470	50	5	1	0	40	730	86	2	13	19
Salmon Sushi Combo	380	570	110	12	2	0	45	690	92	3	14	26
Salmon Volcano Roll	260	400	110	13	2.5	0	45	820	58	3	11	15
Fiji Combo	395	590	140	15	3	0	70	1040	90	3	15	24
Tuna Volcano Roll	269	390	100	2	0	0	40	890	61	3	12	16
Spicy Chicken Futomaki	195	370	180	20	2	0	25	770	40	2	10	8
Dynamite Futomaki	195	300	100	11	1	0	15	740	44	2	9	9
Kamikaze Roll	205	300	100	11	1.5	0	20	560	38	2	8	11
Dragon Eye Futomaki	210	430	200	22	2	0	20	720	48	3	9	11
Tropical Tuna Futomaki	251	530	230	26	2	0	50	1000	57	3	17	17
Spicy Salmon Pizza	255	570	240	26	3	0	55	650	62	2	7	18
Spicy Crab & Mango Pizza	275	600	250	28	2.5	0	10	910	74	3	13	10
Avocado Hosomaki - 16 pcs	195	280	40	4.5	0	0	0	410	57	4	8	8
Cucumber Hosomaki - 16 pcs	195	230	5	0.5	0	0	0	410	54	3	8	7
COMBOS												
Chef's Small Combo A	287	410	80	9	1.5	0	40	810	65	2	12	18
Chef's Small Combo B	239	380	120	14	1.5	0	20	890	52	3	11	12
Chef's Large Combo A	470	780	230	26	3	0	65	1600	111	6	20	26
Chef's Large Combo B	505	740	150	16	2.5	0	35	1430	128	7	20	25
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
Assorted Maki Boat	415	570	90	10	1	0	5	1070	110	5	18	15
Assorted Family Pack	217	300	45	5	0.5	0	5	520	57	3	9	9
California Family Pack	215	310	60	7	1	0	5	600	57	3	9	7
Supreme Family Pack	193	280	60	6	1	0	15	430	48	2	8	11
CHILLED FOODS												
Tempura Shrimp	100	300	220	24	1.5	0	45	410	12	0	1	6
Japanese Pork Dumplings	115	180	30	3.5	0.5	0	5	750	30	3	5	6
Inari Pack	150	260	60	7	1	0	0	360	43	1	14	5
Karaage Chicken	100	220	120	13	3	0	50	340	15	2	1	12
Spicy Sauce	45	80	80	9	1	0	5	130	1	0	1	0
Chicken Shumai	70	90	15	2	0	0	20	460	11	0	2	6
Seaweed Salad	90	90	30	3	0	0	0	1150	10	4	6	1
Calamari Salad	80	120	40	4.5	0.5	0	70	740	12	3	9	8
Pickled Ginger	150	10	0	0	0	0	0	190	3	0	2	0
Yokohama Noodles	95	180	90	10	1	0	0	430	21	2	6	3
CHILLED FOODS SIDES DRY GOODS												
Butter Chicken Rice Bowl	400	480	50	4.5	2	0	50	990	85	3	12	22
Honey Garlic Chicken Noodle Bowl	340	450	80	9	1	0	35	760	64	3	25	20
Shrimp Pad Thai Noodle Bowl	370	470	70	8	1	0	110	1510	88	5	24	14
Teriyaki Chicken Rice Bowl	343	460	20	2.5	0	0	40	960	86	1	16	21
Teriyaki Salmon Rice Bowl	334	450	20	2.5	0	0	20	880	85	1	15	19
Edamame	120	150	20	2	0	0	0	440	19	7	5	15
Rice	750	180	0	0	0	0	0	40	0	2	0	3
Sesame Seeds	100	30	25	3	0.5	0	0	0	1	1	0	1
Wasabi Paste	80	15	10	1	0	0	0	105	3	0	3	0
PLATTERS												
Assorted Maki Roll Platter	900	310	50	6	0.5	0	0	600	59	3	10	8
Maki Roll & Nigiri Platter	1000	350	50	5	1	0	40	620	59	1	10	15
Mega Maki Roll Platter	1490	360	60	7	1	0	20	750	63	3	11	12
Mega Maki Roll & Nigiri Platter	1700	360	70	8	1	0	40	610	58	2	11	15
HOT FOOD - Empress Program												
Donburi												
Beef Donburi Bowl	365	480	50	5	1.5	0	30	590	86	1	12	20
Brown Rice & Quinoa Beef Donburi Bowl	365	430	60	7	2	0	30	600	70	4	11	20
Chicken Donburi Bowl	365	470	20	2.5	0.5	0	45	520	84	1	9	24
Brown Rice & Quinoa Chicken Donburi Bowl	365	410	35	4	1	0	45	520	68	4	8	24
Karaage Chicken Donburi Bowl	365	620	130	14	3	0	50	570	92	1	8	19
Brown Rice & Quinoa Karaage Chicken Donburi Bowl	365	560	140	16	3.5	0	50	580	76	4	7	19
Tempura Shrimp Donburi Bowl	365	600	140	16	0.5	0	40	500	92	1	9	13
Brown Rice & Quinoa Tempura Shrimp Donburi Bowl	365	550	160	17	1	0	40	510	76	4	7	13
Bento Box												
Bento Box Quinoa Brown Rice	200	230	15	2	0	0	0	5	49	3	2	5
Bento Box White Rice	200	280	5	0	0	0	0	0	62	0	4	5
Bento Box Pork Gyozza	86	100	25	2.5	0	0	5	360	16	2	4	3
Daily Salad	40	30	20	2	0	0	0	150	2	0	1	0
Bento Box Beef Option	120	170	45	5	0	0	35	750	34	0	11	17
Bento Box Chicken Option	120	150	10	1	0	0	60	650	11	0	8	23
Bento Box Karaage Chicken Option	135	360	140	16	4	0	65	760	27	0	8	16
Bento Box Tempura Shrimp Option	116	320	180	20	0.5	0	55	360	15	0	1	8

LONGOS - Feb 2019													
	Serving size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fibre	Sugars	Protein	
	(g)	(kcal)	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)
SUSHI & SPRING ROLLS													
California Roll	210	280	40	4.5	0.5	0	0	530	56	3	9	8	
Philadelphia Roll	225	360	110	12	4.5	0	0	35	700	4	7	14	
Salmon Avocado Roll	225	340	80	9	1.5	0	0	35	410	3	8	16	
Spicy California Roll	230	360	110	12	1	0	5	810	58	2	11	8	
Spicy Salmon Roll	240	340	50	6	0.5	0	25	560	52	2	9	14	
Spicy Tuna Roll	230	340	60	6	0.5	0	20	600	52	2	9	16	
Tuna Avocado Roll	225	310	40	4.5	0.5	0	20	420	53	3	8	18	
Vegetable California Roll	205	270	40	4	0.5	0	0	530	54	3	9	7	
Viet Spring Roll & Sushi Combo	125	480	150	17	2	2	0	275	140	3	13	15	
Viet Spring Roll Combo	407	580	180	20	2	0	30	1900	114	4	14	18	
SUSHI SPECIALTY & SMALL COMBOS													
Call Me! Combo	225	310	35	4	0.5	0	30	520	56	1	9	12	
Green Dragon Roll	240	340	70	8	1	0	0	540	60	4	9	9	
Avocado Hosomaki	195	280	40	4.5	0	0	0	410	57	4	8	8	
Avocado & Cucumber Hosomaki	195	250	20	2.5	0	0	0	410	55	3	8	8	
Cucumber Hosomaki - 16 pcs	195	230	5	0.5	0	0	0	410	54	3	8	7	
Rainbow Roll	260	350	60	7	1	0	30	600	58	3	9	15	
Red Dragon Roll	240	350	70	8	1.5	0	15	760	57	3	10	14	
Salmon Natural Combo	255	380	80	9	1.5	0	35	450	59	1	9	18	
Tropical Rainbow Roll	245	370	120	13	1.5	0	50	760	51	2	13	15	
Tuna Samurai Combo	255	340	25	2.5	0	0	25	460	59	1	9	21	
SUSHI SPECIALTY & COMBOS													
Crazy Combo	485	780	250	27	3	0	75	1500	116	5	19	19	
Dynamite Roll	215	340	110	12	0.5	0	25	690	49	2	8	9	
Empire Combo	310	410	50	6	1	0	35	930	75	3	13	15	
Nigiri Combo	270	370	40	4.5	0.5	0	45	530	63	0	10	19	
Salmon Sushi Combo	380	570	110	12	2	0	45	690	92	3	14	26	
Seafood Combo	340	470	150	15	2	0	40	730	85	2	13	19	
Spicy Maki Salmon Roll	230	380	130	14	1	0	70	700	46	2	14	11	
Spicy Sashimi Combo	235	350	100	11	1.5	0	45	530	38	1	7	24	
Sunrise Dragon Roll	263	390	100	12	2	0	45	740	55	3	9	20	
Vegetable Green Dragon Crunch Roll	235	300	45	5	1	0	0	910	59	4	12	6	
SASHIMI COMBOS ONDRI SNACK PACKS													
Salmon Sashimi	160	260	130	15	3	0	80	170	3	0	2	29	
Sashimi Salad	205	290	150	21	3	0	65	330	4	2	3	21	
Soyas Combo	460	550	100	11	5.5	0	5	1000	107	5	14	14	
Sensai Combo	420	560	60	6	1	0	25	860	114	4	18	17	
Tokyo Platter	415	600	120	13	1.5	0	5	1120	110	5	17	14	
ONDRI Assorted Maki Roast	485	690	130	14	1.5	0	120	128	118	6	17	17	
Inari Pack	150	260	60	7	1	0	360	260	43	1	14	5	
Vegetable Hosomaki Snack Pack	105	120	5	0.5	0	0	0	280	29	2	5	4	
Japanese Pork Dumplings - 14pcs	158	250	40	4.5	1	0	10	41	910	4	7	8	
Spicy Salmon Snack Pack	121	180	45	5	0.5	0	35	340	27	1	5	7	
PREMIUM MENU													
Premium Nigiri Combo	285	390	35	4	0.5	0	120	610	67	3	10	25	
Premium Sashimi Combo	165	260	120	13	2	0	360	70	4	0	3	31	
Supreme Chirashi Sushi Bowl	100	150	75	3	0	0	25	220	22	0	4	8	
Supreme Nigiri Combo	425	580	60	7	1	0	150	1070	99	5	17	14	
PLATTERS & BOATS													
Maki Battleship	430	630	130	15	3	0	20	1160	109	5	18	19	
Assorted Maki Roll Platter	900	310	50	6	0.5	0	600	59	3	10	8		
Fuji Platter	640	300	60	6	0.5	0	57	5	3	7	9		
Supreme Platter	725	360	80	9	1.5	0	20	550	60	2	9	13	
Maki Roll & Nigiri Platter	1425	350	50	5	1	0	40	620	59	1	10	15	
Mega Maki Roll Platter	1450	360	60	7	1	0	20	750	68	3	11	12	
Mega Maki Roll & Nigiri Platter	1700	360	8	8	1	0	40	630	58	2	11	15	
Mini Maki Roll Platter	1350	450	10	1	0	0	880	90	4	13	12		
Supreme Platter	725	360	80	9	1.5	0	20	550	60	2	9	13	
CHEILD FOODS SIDES													
Butter Chicken Rice Bowl	400	480	40	4.5	2	0	85	50	990	85	3	12	22
Honey Garlic Chicken Noodle Bowl	340	450	80	9	1	0	35	760	64	3	25	20	
Shrimp Pad Thai Noodle Bowl	370	470	80	8	1	0	35	110	88	6	14	14	
Teriyaki Chicken Rice Bowl	343	460	20	2.5	0	0	40	960	86	1	16	21	
Teriyaki Salmon Rice Bowl	334	450	20	2.5	0	0	20	880	85	1	15	19	
Poached Griller	150	0	0	0	0	0	0	190	0	0	2	0	
Japanese Pork Dumplings	115	180	10	3.5	0.5	0	5	750	30	3	5	6	
Seaweed Salad	90	90	3	0	0	0	0	1150	10	4	6	1	
Spicy Salmon & Brown Rice Salad	180	290	140	16	3	0	25	600	25	2	6	11	
Spicy Sauce	40	80	80	9	1	0	5	930	1	0	1	0	
BURRITOS & CLASSIC POKE													
Big Kahuna Burrito	370	500	100	12	1.5	0	35	1190	67	3	15	26	
Colossal Cali Burrito	385	650	230	30	4	0	45	2700	78	4	16	11	
Salmon Tsunami Burrito	365	640	270	30	5	0	50	1150	66	3	13	24	
Salmon Poke Bowl	425	650	150	17	4	0	70	1400	88	2	17	32	
Tuna Poke Bowl	425	560	35	4	0	0	50	1440	87	2	16	37	
POKE BAR Grab n Go													
Salmon Supreme Poke Bowl w/ salad	464	670	180	19	3.5	0	45	1350	95	3	19	25	
Spicy Korean Shrimp Poke Bowl with salad	459	530	30	3.5	0.5	0	140	1800	102	2	26	20	
Tuna Tsunami Poke Bowl	459	560	45	5	0.5	0	30	1590	96	3	22	27	
BENTO BOXES													
Sapporo Bento Box	353	480	70	8	1	0	25	1010	83	4	14	20	
Chick Bento Box	339	440	40	4	0.5	0	20	1160	89	5	15	14	
Avocado Bento Box	315	420	60	6	0.5	0	0	990	82	5	16	10	
Teriyaki Beef Bento Box	297	390	45	5	1.5	0	25	930	65	3	11	16	
Teriyaki Chicken Bento Box	297	380	30	3	0.5	0	40	870	64	3	9	19	
Tempura Shrimp Bento Box	285	430	100	11	0.5	0	30	760	67	3	7	10	

GROCERY GATEWAY - Feb 2019													
	Serving size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fibre	Sugars	Protein	
	(g)	(kcal)	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)
SUSHI													
California Roll	210	290	40	4	0.5	0	0	560	57	3	12	8	
Dynamite Roll	245	390	90	10	1.5	0	25	680	68	2	14	10	
Avocado Hosomaki	195	280	40	4.5	0.5	0	0	450	58	4	11	8	
Philadelphia Roll	225	360	110	12	4.5	0	0	35	730	54	2	12	14
Salmon Avocado Roll	225	350	80	9	1.5	0	35	440	54	3	11	16	
Salmon Sushi Combo	380	580	110	12	2	0	45	740	94	3	15	18	
Seafood Combo	335	470	50	6	1	0	45	780	86	2	17	17	
Spicy California Roll	230	370	110	12	1	0	5	830	59	2	14	8	
Spicy Salmon Roll	240	370	60	6	0.5	0	35	590	53	2	12	14	
Spicy Tuna Roll	230	340	60	6	0.5	0	20	620	53	2	12	16	
Tuna Avocado Roll	225	320	40	4.5	0.5	0	20	440	54	3	11	18	
Vegetable California Roll	205	270	35	4	0.5	0	0	560	55	3	12	7	
PLATTERS													
Maki Roll & Nigiri Platter	640	310	60	6	0.5	0	5	610	58	3	12	7	
1000	360	60	7	1	0	40	59	730	59	2	14	14	
BOATS													
Teriyaki Chicken Rice Bowl	420	510	20	2.5	0	0	35	1120	98	2	19	21	
Teriyaki Salmon Rice Bowl	420	510	20	2.5	0	0	20	1080	99	2	19	20	

SOBEYS KOSHER - 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												
California Roll	285	400	50	5	0.5	0	5	540	75	4	9	10
Cali Shogun Combo w/ Crab & Salmon	346	490	50	6	1	0	20	650	89	2	11	17
Cali Shogun Combo w/ Salmon Nigiri	346	500	80	8	1.5	0	35	560	83	2	11	20
Cucumber Avocado Roll	269	390	60	7	1	0	0	420	71	4	9	9
Green Dragon Roll	391	590	140	16	2	0	5	600	91	6	10	14
Mini Vegetable Roll - Avocado	203	310	35	4	0	0	0	360	57	4	7	7
Mini Vegetable Roll - Cucumber	203	260	5	0	0	0	0	360	54	3	7	6
Philly Roll	295	460	100	11	3	1.5	20	800	70	3	9	17
Rainbow Roll	321	460	110	12	2	0	35	490	61	4	7	21
Salmon Combo	390	610	120	13	2.5	0	50	650	93	3	12	26
Salmon Avocado Roll	302	470	110	12	2	0	35	440	69	4	9	21
Spicy California Roll	314	530	160	18	2	0	15	990	78	3	11	12
Spicy Salmon Roll	317	540	170	19	2.5	0	40	690	70	4	9	21
Spicy Vegetable California Roll	289	450	120	13	1.5	0	5	800	72	4	10	8
Vegetable California Roll	275	370	45	5	0.5	0	0	620	71	4	10	8
Veggie Spring Roll	215	210	25	3	0	0	0	680	43	2	20	3
Vegetable Combo Roll	254	330	30	3.5	0	0	0	490	67	4	9	8
Tuna Avocado Roll	302	450	80	9	1	0	5	630	71	4	9	19
BOATS FAMILY PACKS PLATTERS												
Assorted Maki Boat	440	680	160	18	2	0	10	1120	111	5	15	15
California Family Pack	658	330	60	7	1	0	5	540	56	3	7	8
Supreme Family Pack	593	300	60	7	1	0	20	390	47	2	6	11
Bronze Platter	590	280	25	2.5	0	0	0	390	54	3	7	7
Gold Platter	756	360	45	5	1	0	10	490	65	2	8	12
Silver Platter	1108	320	40	4.5	0.5	0	5	410	58	3	8	9
Platinum Platter	1120	320	45	5	1	0	10	430	57	2	7	11

SOBEYS ATLANTIC - Feb 2019												
	Serving size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fibre	Sugars	Protein
	(g)	(kcal)	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
SUSHI												
California Roll - 12 pcs	280	380	50	6	1	0	0	680	75	4	12	10
Coconut Tempura Shrimp Roll	240	500	160	18	4.5	0	25	800	88	2	10	13
Avocado & Cucumber Hosomaki	195	250	20	2.5	0	0	0	410	55	3	8	8
Maki Combo 12 pcs	283	400	70	8	1	0	5	760	75	3	12	10
Maple Salmon Roll	235	390	130	15	2	0	30	650	51	3	16	16
Dynamite Roll	245	390	90	10	0.5	0	25	660	63	3	11	11
Philadelphia Roll	225	360	110	12	4.5	0	35	700	53	2	9	14
Rainbow Roll	260	350	60	7	1	0	30	600	58	3	9	15
Red Dragon Roll	240	350	70	8	1.5	0	15	760	57	3	10	14
Salmon Avocado Roll	225	340	80	9	1.5	0	25	410	53	3	8	16
Spicy California Roll - 12 pcs	307	490	140	16	1.5	0	10	1050	78	3	14	11
Shrimp Spring Roll	190	340	100	11	1	0	75	1120	62	1	14	12
Spicy Spring Roll & Sushi Combo 12pcs	359	560	160	17	2	0	10	1750	104	3	24	14
Spicy Salmon Roll 12pcs	340	540	140	15	2	0	40	790	77	3	13	21
Spicy Vegetable California Roll 12 pcs	283	430	120	13	1.5	0	5	780	72	4	12	9
Spicy Tuna Roll	230	340	60	6	0.5	0	20	600	52	2	9	16
Tuna Avocado Roll	225	310	40	4.5	0.5	0	20	420	53	3	8	18
Vegetable California Roll 12 pcs	270	360	50	6	0.5	0	0	680	71	4	11	9
Vegetable Spring Roll	215	320	120	14	1	0	10	960	59	2	10	7
COMBO BOATS FAMILY PACKS												
Cali Samurai Combo w/ Salmon & shrimp nigiri	225	310	35	4	0.5	0	30	520	56	1	9	12
Cali Shogun Combo	345	470	50	5	0	0	40	730	86	2	13	19
Nigiri Combo 10pcs	340	470	40	4.5	1	0	65	900	85	1	14	22
Salmon Sushi Combo	380	570	110	12	2	0	45	690	92	3	14	26
Tuna Samurai Combo	255	340	25	2.5	0	0	25	460	59	1	9	21
Assorted Maki Boat	415	570	90	10	1	0	5	1070	110	5	18	15
California Family Pack	645	310	60	7	1	0	5	600	57	3	9	7
Supreme Family Pack	580	280	60	7	1	0	15	430	48	2	8	11
Kamikazee Combo	346	510	130	14	2	0	45	810	72	2	13	21
SNACK PACKS & SIDES												
California Roll Snack Pack	110	140	20	2	0	0	0	320	29	1	6	4
Spicy California Roll Snack Pack	110	170	50	5	0.5	0	5	420	27	1	6	4
Sushi & Nigiri Snack Pack	130	190	40	4.5	0.5	0	15	280	30	1	6	9
Vegetable California Roll Snack Pack	107	140	20	2	0	0	0	320	28	1	5	4
Goma Dressing	45	70	60	6	0.5	0	5	150	2	0	1	0
Spicy Sauce	45	80	80	9	1	0	5	130	1	0	1	0
Edamame	120	150	20	2	0	0	0	440	19	7	5	15
Pickled Ginger	90	10	0	0	0	0	0	190	3	0	2	0
Japanese Pork Dumplings	115	180	30	3.5	0.5	0	5	750	30	3	5	6
Seaweed Salad	90	90	30	3	0	0	0	1150	10	4	6	1
SUSHI - Add ons												
California Roll	210	280	40	4.5	0.5	0	0	530	56	3	9	8
Spicy California Roll	230	360	110	12	1	0	5	810	58	2	11	8
Vegetable California Roll	205	270	40	4	0.5	0	0	530	54	3	9	7
HOT FOOD												
Chasu Ramen with Tonkotsu	790	1060	260	29	13	0	25	2400	152	10	14	45
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
Tofu Yaki Udon	455	660	200	22	2	0	0	1270	100	4	28	14
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
Tofu Donburi Bowl	425	580	80	9	1	0	0	950	111	2	29	11
Orange Chicken Donburi Bowl	450	710	200	22	3.5	0	50	630	105	2	18	19
Japanese Beef Curry	495	550	70	8	3.5	0	20	1270	92	4	11	16
Japanese Chicken Curry	495	540	50	6	2.5	0	35	1140	91	4	9	19
Japanese Karaage Chicken Curry	495	610	130	14	4.5	0	35	1230	95	4	8	15
Japanese Vegetable Curry	440	470	50	6	2.5	0	0	1080	87	4	8	7
CHILLED POKE BOWLS												
Salmon Poke Bowl	425	650	150	17	4	0	70	1400	88	2	17	32
Tuna Poke Bowl	425	560	35	4	0	0	50	1440	87	2	16	37
CHILLED FOOD & DRY GOODS												
Butter Chicken Rice Bowl	400	480	40	4.5	2	0	50	990	85	3	12	22
Honey Garlic Chicken Noodle Bowl	340	450	80	9	1	0	35	760	64	3	25	20
Shrimp Pad Thai Noodle Bowl	370	470	70	8	1	0	110	1510	88	5	24	14
Teriyaki Chicken Rice Bowl	343	460	20	2.5	0	0	40	960	86	1	16	21
Teriyaki Salmon Rice Bowl	334	450	20	2.5	0	0	20	880	85	1	15	19
Rice	750	180	0	0	0	0	0	0	40	2	0	3
Sesame Seeds	100	30	25	3	0.5	0	0	0	1	1	0	1
Wasabi Paste	80	15	10	1	0	0	0	105	3	0	3	0
PLATTER												
Assorted Maki Roll Platter	900	310	50	6	0.5	0	0	600	59	3	10	8
Maki Roll & Nigiri Platter	1000	350	50	5	1	0	40	620	59	1	10	15
Mega Maki Roll Platter	1490	360	60	7	1	0	20	750	63	3	11	12
Mega Maki Roll & Nigiri Platter	1700	360	70	8	1	0	40	610	58	2	11	15

SOBEYS LOCATIONS- Feb 2019												
	Serving size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fibre	Sugars	Protein
	(g)	(kcal)	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
SUSHI												
California Roll - 12 pcs	280	380	50	6	1	0	0	680	75	4	12	10
Coconut Tempura Shrimp Roll	240	500	160	18	4.5	0	25	800	88	2	10	13
Avocado & Cucumber Hosomaki	195	250	20	2.5	0	0	0	410	55	3	8	8
Maki Combo 12 pcs	283	400	70	8	1	0	5	760	75	3	12	10
Maple Salmon Roll	235	390	130	15	2	0	30	650	51	3	16	16
Dynamite Roll	245	390	90	10	0.5	0	25	660	63	3	11	11
Philadelphia Roll	225	360	110	12	4.5	0	35	700	53	2	9	14
Rainbow Roll	260	350	60	7	1	0	30	600	58	3	9	15
Red Dragon Roll	240	350	70	8	1.5	0	15	760	57	3	10	14
Salmon Avocado Roll	225	340	80	9	1.5	0	25	410	53	3	8	16
Spicy California Roll - 12 pcs	307	490	140	16	1.5	0	10	1050	78	3	14	11
Shrimp Spring Roll	190	340	100	11	1	0	75	1120	62	1	14	12
Spicy Spring Roll & Sushi Combo 12pcs	359	560	160	17	2	0	10	1750	104	3	24	14
Spicy Salmon Roll 12pcs	340	540	140	15	2	0	40	790	77	3	13	21
Spicy Vegetable California Roll 12 pcs	283	430	120	13	1.5	0	5	780	72	4	12	9
Spicy Tuna Roll	230	340	60	6	0.5	0	20	600	52	2	9	16
Tuna Avocado Roll	225	310	40	4.5	0.5	0	20	420	53	3	8	18
Vegetable California Roll 12 pcs	270	360	50	6	0.5	0	0	680	71	4	11	9
Vegetable Spring Roll	215	320	120	14	1	0	10	960	59	2	10	7
COMBO BOATS FAMILY PACKS												
Cali Samurai Combo w/ Salmon & shrimp nigiri	225	310	35	4	0.5	0	30	520	56	1	9	12
Cali Shogun Combo	345	470	50	5	0	0	40	730	86	2	13	19
Nigiri Combo 10pcs	340	470	40	4.5	1	0	65	900	85	1	14	22
Salmon Sushi Combo	380	570	110	12	2	0	45	690	92	3	14	26
Tuna Samurai Combo	255	340	25	2.5	0	0	25	460	59	1	9	21
Assorted Maki Boat	415	570	90	10	1	0	5	1070	110	5	18	15
California Family Pack	645	310	60	7	1	0	5	600	57	3	9	7
Supreme Family Pack	580	280	60	6	1	0	15	430	48	2	8	11
Kamikazee Samurai Combo	346	510	130	14	2	0	45	810	72	2	13	21
SNACK PACKS & SIDES												
California Roll Snack Pack	110	140	20	2	0	0	0	320	29	1	6	4
Spicy California Roll Snack Pack	110	170	50	5	0.5	0	5	420	27	1	6	4
Sushi & Nigiri Snack Pack	130	190	40	4.5	0.5	0	15	280	30	1	6	9
Vegetable California Roll Snack Pack	107	140	20	2	0	0	0	320	28	1	5	4
Goma Dressing	45	70	60	6	0.5	0	5	150	2	0	1	0
Spicy Sauce	45	80	80	9	1	0	5	130	1	0	1	0
Edamame	120	150	20	2	0	0	0	440	19	7	5	15
Pickled Ginger	90	10	0	0	0	0	0	190	3	0	2	0
Japanese Pork Dumplings	115	180	30	3.5	0.5	0	5	750	30	3	5	6
Seaweed Salad	90	90	30	3	0	0	0	1150	10	4	6	1
SUSHI - Add ons												
California Roll	210	280	40	4.5	0.5	0	0	530	56	3	9	8
Spicy California Roll	230	360	110	12	1	0	5	810	58	2	11	8
Vegetable California Roll	205	270	40	4	0.5	0	0	530	54	3	9	7
HOT FOOD												
Chasu Ramen with Tonkotsu	790	1060	260	29	13	0	25	2400	152	10	14	45
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
Tofu Yaki Udon	455	660	200	22	2	0	0	1270	100	4	28	14
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
Tofu Donburi Bowl	425	580	80	9	1	0	0	950	111	2	29	11
Orange Chicken Donburi Bowl	450	710	200	22	3.5	0	50	630	105	2	18	19
Japanese Beef Curry	495	550	70	8	3.5	0	20	1270	92	4	11	16
Japanese Chicken Curry	495	540	50	6	2.5	0	35	1140	91	4	9	19
Japanese Karaage Chicken Curry	495	610	130	14	4.5	0	35	1230	95	4	8	15
Japanese Vegetable Curry	440	470	50	6	2.5	0	0	1080	87	4	8	7
CHILLED POKE BOWLS												
Salmon Poke Bowl	425	650	150	17	4	0	70	1400	88	2	17	32
Tuna Poke Bowl	425	560	35	4	0	0	50	1440	87	2	16	37
CHILLED FOOD & DRY GOODS												
Butter Chicken Rice Bowl	400	480	40	4.5	2	0	50	990	85	3	12	22
Honey Garlic Chicken Noodle Bowl	340	450	80	9	1	0	35	760	64	3	25	20
Shrimp Pad Thai Noodle Bowl	370	470	70	8	1	0	110	1510	88	5	24	14
Teriyaki Chicken Rice Bowl	343	460	20	2.5	0	0	40	960	86	1	16	21
Teriyaki Salmon Rice Bowl	334	450	20	2.5	0	0	20	880	85	1	15	19
Rice	750	180	0	0	0	0	0	0	40	2	0	3
Sesame Seeds	100	30	25	3	0.5	0	0	0	1	1	0	1
Wasabi Paste	80	15	10	1	0	0	0	105	3	0	3	0
PLATTERS												
Maki Platter	892	130	25	2.5	0	0	0	290	26	2	4	3
Maki Roll & Nigiri Platter	993	350	50	5	1	0	40	620	59	1	10	15
Mega Maki Roll Platter	1535	360	60	7	1	0	20	750	63	3	11	12
Mega Maki Roll & Nigiri Platter	1728	360	70	8	1	0	40	610	58	2	11	15
POKE BOWLS - Pre-made Grab n Go												
Salmon Supreme Poke Bowl w/ salad	464	670	180	19	3.5	0	45	1350	95	3	19	25

Spicy Korean Shrimp Poke Bowl with salad	459	530	30	3.5	0.5	0	140	1800	102	2	26	20
Tuna Tsunami Poke Bowl	459	560	45	5	0.5	0	30	1590	96	3	22	27

RAKU - 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												
California Roll	210	280	40	4.5	0.5	0	0	530	56	3	9	8
Cali Shogun Combo	308	420	40	4.5	1	0	45	640	76	1	11	18
Crunch Dragon Roll	251	440	140	16	3	0	5	960	68	2	16	9
Dynamite Roll	245	390	90	10	0.5	0	25	660	63	3	11	11
Mini Vegetable Rolls	195	250	20	2.5	0	0	0	410	55	3	8	8
Nigiri Combo	270	370	40	4.5	1	0	45	530	63	0	10	19
Salmon Avocado Roll	225	340	80	9	1.5	0	25	410	53	3	8	16
Salmon Samurai Combo	253	380	80	9	1.5	0	35	450	58	1	9	18
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 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
Value Packs												
Assorted Cali Value Pack	215	310	60	7	1	0	5	600	57	3	9	7
Salmon Value Pack	290	440	90	10	1.5	0	35	580	69	2	11	19
Spicy Value Pack	232	360	90	10	1	0	20	630	55	2	9	13
Supreme Value Pack	291	430	90	10	1.5	0	20	710	73	2	12	15
Chilled Foods												
Japanese Pork Dumplings	115	180	30	3.5	0.5	0	5	750	30	3	5	6
Seaweed Salad	90	90	30	3	0	0	0	1150	10	4	6	1
Teriyaki Chicken Rice Bowl	345	470	25	3	0.5	0	40	960	87	1	16	21
Teriyaki Salmon Rice Bowl	335	440	30	3	0	0	20	620	81	1	9	19
Value Platters												
Kyoto Platter	236	340	60	7	1.5	0	20	640	61	2	11	11
Tokyo Platter	248	370	70	8	1.5	0	20	630	63	2	11	12

	Serving size	Calories
	(g)	(kcal)
SUSHI		
Assorted Maki Boat	415	570
California Roll	210	280
Cali Samurai Combo w/ Salmon, shrimp & tuna nigiri	225	310
Cali Shogun Combo	345	470
Crazy Combo	485	780
California Family Pack	645	310
Cucumber Hosomaki - 16 pcs	195	230
Nigiri Combo	270	370
Salmon Avocado Roll	225	340
Salmon Sushi Combo	380	570
Spicy California Roll	230	360
Spicy California Spring Roll	225	400
Spicy Salmon Roll	230	360
Spicy Spring Roll & Sushi Combo 7pcs	350	590
Spicy Tuna Roll	230	340
Spicy Vegetable California Roll	215	320
Supreme Family Pack	580	280
Tuna Avocado Roll	225	310
Vegetable California Roll	205	270
Vegetable Spring Roll	215	320
SUSHI & SIDES		
Dynamite Roll	245	390
Green Dragon Roll	240	340
Inari Pack	150	260
Rainbow Roll	260	350
Spicy BBQ Salmon Roll	230	380
Teriyaki Chicken Roll	260	350
Goma Dressing	40	70
Pickled Ginger	90	10
Seaweed Salad	90	90
Spicy Sauce	40	80
CHILLED MAINS & SIDES		
Butter Chicken Rice Bowl	400	480
Honey Garlic Chicken Noodle Bowl	340	450
Teriyaki Salmon Rice Bowl	334	450
Japanese Pork Dumplings	115	180
Teriyaki Chicken Rice Bowl	343	460
Tempura Shrimp	100	300
Edamame	120	150
HOT FOOD		
Bento Box		
Bento Box Beef Option	120	170
Bento Box Chicken Option	120	150
Bento Box Inari Option	120	260

Bento Box Karaage Chicken Option	135	360
Bento Box Salmon Option	120	140
Bento Box Tempura Shrimp Option	116	320
Bento Box Sides	140	170
California Roll - Bento Box	115	150
Vegetable California Roll - Bento Box	112	140
Salmon Nigiri - Bento Box	82	110
Donburi		
Beef Donburi Bowl	425	540
Chicken Donburi Bowl	425	530
Salmon Donburi Bowl	425	520
Ramen		
Chasu Ramen with Tonkotsu	790	1060
Udon		
Beef Udon	795	440
Chicken Udon	795	510
Tempura Shrimp Udon	795	470
Tofu Udon	795	550
PLATTERS		
Assorted Maki Roll Platter	900	310
Maki Roll & Nigiri Platter	1000	350
Mega Maki Roll Platter	1490	360
Mega Maki Roll & Nigiri Platter	1700	360
SUSHI MAKI		
Brown Rice California Roll	210	270
Mini Vegetable Rolls	195	250
Brown Rice Vegetarian California Roll	205	260
SPRING ROLLS MAKI NIGIRI		
Cali Samurai Combo w/ Salmon & shrimp nigiri	225	310
Fiji Combo	395	590
Salmon Volcano Roll	260	400
SUSHI - SPECIALITY ROLLS & FAMILY PACKS		
Kamikaze Roll	205	300
Red Dragon Roll	240	350
Tropical Rainbow Roll	245	370
SUSHI CLASSICS		
Cucumber Hosomaki - 8 pcs	100	120
Dynamite Roll	255	410
Maki Combo	210	300
Sushi Bento Box	360	500
SUSHI SPRING ROLLS SPECIALITY ROLLS COMBOS		
Shrimp Spring Roll	190	340
BOATS FAMILY PACKS SIDES		
Salmon Boat	385	580
Karaage Chicken	100	220
Pickled Ginger	15	10
CHILLED BOWLS		

Shrimp Pad Thai Noodle Bowl	370	470
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Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol
(kcal)	(g)	(g)	(g)	(mg)
90	10	1	0	5
40	4.5	0.5	0	0
35	4	0.5	0	25
50	5	1	0	40
250	27	3	0	75
60	7	1	0	5
5	0.5	0	0	0
40	4.5	1	0	45
80	9	1.5	0	25
110	12	2	0	45
110	12	1	0	5
170	19	2	0	15
90	10	1.5	0	25
230	25	2.5	0	15
60	6	0.5	0	20
90	10	1	0	5
60	6	1	0	15
40	4.5	0.5	0	20
40	4	0.5	0	0
120	14	1	0	10
90	10	0.5	0	25
70	8	1	0	0
60	7	1	0	0
60	7	1	0	30
130	14	2	0	30
45	4.5	0.5	0	30
60	6	0.5	0	5
0	0	0	0	0
30	3	0	0	0
80	9	1	0	5
40	4.5	2	0	50
80	9	1	0	35
20	2.5	0	0	20
30	3.5	0.5	0	5
20	2.5	0	0	40
220	24	1.5	0	45
20	2	0	0	0
45	5	2	0	35
10	1	0	0	60
100	11	1.5	0	0

140	16	4	0	65
10	1.5	0	0	40
180	20	0.5	0	55
25	3	0	0	5
20	2.5	0	0	0
20	2.5	0	0	0
20	2.5	0	0	10
60	6	1.5	0	20
35	4	0.5	0	35
40	4.5	0	0	30
260	29	13	0	25
40	4.5	1.5	0	25
110	12	1	0	35
70	8	0	0	25
150	17	1.5	0	0
50	6	0.5	0	0
50	5	1	0	40
60	7	1	0	20
70	8	1	0	40
45	5	1	0	0
20	2.5	0	0	0
45	5	1	0	0
35	4	0.5	0	30
140	15	3	0	70
110	13	2.5	0	45
100	11	1.5	0	20
70	8	1.5	0	15
120	13	1.5	0	50
5	0	0	0	0
90	10	0.5	0	25
60	6	0.5	0	0
90	10	1	0	15
100	11	1	0	75
110	12	2	0	45
120	13	3	0	50
0	0	0	0	0

70	8	1	0	110
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Sodium	Total Carbohydrate	Dietary Fibre	Sugars
(mg)	(g)	(g)	(g)
1070	110	5	18
530	56	3	9
500	56	1	9
730	86	2	13
1500	116	5	19
600	57	3	9
410	54	3	8
530	63	0	10
410	53	3	8
690	92	3	14
810	58	2	11
1210	61	2	9
560	52	2	9
1680	93	3	16
600	52	2	9
620	54	3	9
430	48	2	8
420	53	3	8
530	54	3	9
960	59	2	10
660	63	3	11
540	60	4	9
360	43	1	14
600	58	3	9
700	46	2	11
710	59	2	12
150	2	0	1
190	3	0	2
1150	10	4	6
130	1	0	1
990	85	3	12
760	64	3	25
880	85	1	15
750	30	3	5
960	86	1	16
410	12	0	1
440	19	7	5
750	14	0	11
650	11	0	8
680	30	0	28

760	27	0	8
560	9	0	7
360	15	0	1
290	32	1	4
340	30	1	6
340	29	1	6
220	18	0	4
1030	100	2	21
930	99	2	19
890	94	2	18
2400	152	10	14
4040	80	2	14
3980	75	2	11
3960	85	2	11
4030	85	2	21
600	59	3	10
620	59	1	10
750	63	3	11
610	58	2	11
520	52	4	9
410	55	3	8
520	50	4	9
520	56	1	9
1040	90	3	15
820	58	3	11
560	38	2	8
760	57	3	10
760	51	2	13
250	27	1	5
680	67	2	12
600	55	2	10
1160	90	4	18
1120	62	1	14
700	93	3	14
340	15	2	1
190	3	0	2

1510	88	5	24
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Protein
(g)
15
8
13
19
19
7
7
19
16
26
8
9
14
14
16
7
11
18
7
7
11
9
5
15
16
17
0
0
1
0
22
20
19
6
21
6
15
17
23
6

16
22
8
3
4
4
5
18
21
25
45
22
25
17
15
8
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12
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8
8
7
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24
15
11
14
15
4
11
7
14
12
26
12
0

