



NUTRITIONAL INFORMATION

RICE MEALS	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
Nutritional information does not include teriyaki top sauce (sauce information listed on page 3).	(g)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Beef & Shrimp	485.0	695.0	20.4	7.6	<1	224.8	1,273.2	76.0	2.4	4.9	48.0
Chicken & Beef	415.0	563.5	12.1	4.3	<1	90.5	747.7	76.4	2.4	4.9	34.8
Chicken & Shrimp	492.0	564.0	7.8	2.0	<1	275.0	1,269.9	76.5	2.4	4.9	44.1
Fresh Grilled Vegetables	342.0	412.7	1.2	0.2	<1	0.0	674.2	88.8	6.3	11.3	12.4
Hawaiian Chicken	439.0	491.7	5.7	1.5	<1	115.6	744.7	75.5	2.1	4.4	32.0
Sizzling Shrimp	474.0	463.2	3.0	0.8	<1	318.9	1,452.3	76.4	2.4	4.9	30.7
Sukiyaki Beef	420.0	629.0	18.4	7.1	<1	65.3	749.4	76.4	2.4	4.9	36.7
Teriyaki Chicken	427.0	498.0	5.8	1.5	<1	115.6	746.0	76.4	2.4	4.9	32.8
Tofu Teriyaki	332.0	622.0	1.4	2.2	<1	0.0	720.0	106.4	9.0	15.4	22.1

NOODLE MEALS	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
Nutritional information does not include teriyaki top sauce (sauce information listed on page 3).	(g)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Beef Noodlefull	545.0	763.0	26.3	7.8	0.1	65.3	1,360.0	65.3	6.4	10.6	43.9
Beef Yakisoba	424.0	695.7	24.5	7.9	0.0	77.5	1,201.4	74.9	3.5	8.4	48.1
Chicken & Beef Yakisoba	484.5	632.4	18.2	5.1	0.0	102.7	1,410.9	75.1	3.5	8.3	46.6
Chicken Noodlefull	559.0	631.9	13.6	2.2	0.1	115.6	1,356.7	88.0	6.4	10.6	40.0
Chicken Yakisoba	431.0	566.9	11.8	2.3	0.0	127.8	1,409.2	75.1	3.5	8.3	44.7
Shrimp Noodlefull	503.0	597.7	12.3	1.1	0.1	318.9	1,895.6	86.8	6.4	8.8	37.7
Veggie Noodlefull	479.0	529.7	9.0	0.9	0.1	0.0	905.7	97.3	10.2	14.9	18.4

CHOP CHOP BOWLS	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
Nutritional information does not include teriyaki top sauce (sauce information listed on page 3).	(g)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Beef Chop Chop	618.0	679.6	20.9	7.3	0.0	65.3	593.8	80.2	3.1	5.6	39.2
Chicken & Beef Chop Chop	625.0	622.1	15.0	4.5	0.0	95.8	598.6	80.1	3.1	5.6	37.5
Chicken Chop Chop	632.0	564.7	9.0	1.8	0.0	126.2	603.4	80.1	3.1	5.6	35.8
Tempura Shrimp Chop Chop	556.0	599.5	17.1	2.6	0.0	56.7	276.4	91.7	3.1	15.8	19.5
Veggie Chop Chop	608.0	387.9	3.5	0.4	0.0	0.0	57.1	77.3	3.1	3.7	10.4

BENTO CHOICES	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
Nutritional information does not include sauces (sauce information listed on page 3).	(g)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
2 Gyoza (bento choice)	46.0	80.0	2.3	0.7	0.0	6.7	126.7	11.3	0.7	0.7	3.3
2 Spring Rolls (bento choice)	104.0	180.0	1.0	0.0	0.0	0.0	720.0	32.0	2.0	10.0	6.0
2 Tempura Shrimp (bento choice)	48.4	105.8	6.8	1.1	0.0	28.4	109.3	7.2	0.0	6.0	4.5
4 California Rolls (bento choice)	98.0	165.1	4.7	1.2	0.0	8.3	135.1	23.0	1.3	3.9	5.8
Sea Salt Edamame (bento choice)	62.5	75.5	3.2	0.4	0.0	0.0	1,004.3	5.6	3.2	1.4	7.4

SOUPS	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
	(g)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Beef Ramen	890.0	756.3	23.5	7.7	0.6	65.3	2,489.1	95.3	4.7	7.6	42.9
Chicken Ramen	891.0	625.3	10.8	2.1	0.1	115.6	2,485.8	95.3	4.7	7.5	39.1
Shrimp Ramen	921.0	618.5	11.2	1.3	0.6	196.3	2,230.0	96.6	4.7	7.6	35.8
Vegetable Ramen	868.0	534.7	6.2	0.8	0.1	0.0	2,202.2	107.1	8.6	13.7	17.7



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SUSHI	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
<small>Nutritional information does not include sauces (sauce information listed on page 3).</small>	(rolls)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Avocado Rolls - 6	6.0	182.6	3.5	0.5	0.0	0.2	70.6	33.0	1.8	5.3	3.0
Beef Rolls - 4	4.0	165.1	4.7	1.2	0.0	8.3	135.1	23.0	1.3	3.9	5.8
Beef Rolls - 8	8.0	321.7	9.5	2.5	0.0	16.5	206.0	45.3	2.4	7.7	11.6
California Rolls - 4	4.0	169.5	4.3	0.7	0.0	2.7	269.4	27.2	1.3	4.6	3.8
California Rolls - 8	8.0	330.6	8.7	1.3	0.1	5.4	474.6	53.8	2.4	9.1	7.6
Cucumber Rolls - 6	6.0	150.0	0.2	0.1	0.0	0.2	69.3	31.8	0.5	5.5	2.7
Dynamite Rolls - 4	4.0	181.5	6.0	0.9	0.0	14.3	122.9	26.2	1.3	6.7	4.5
Dynamite Rolls - 8	8.0	354.6	11.9	1.9	0.0	28.5	181.5	51.8	2.4	13.3	8.9
Kids Sushi Meal	10.0	327.0	4.4	2.0	0.0	2.9	276.0	68.1	2.2	9.9	6.6
Surf & Turf Rolls - 4	4.0	186.2	5.1	1.2	0.0	40.4	402.7	25.4	1.3	5.6	9.3
Surf & Turf Rolls - 8	8.0	371.0	10.1	2.4	0.0	80.9	741.2	50.5	2.4	11.2	18.5
Tiger Rolls - 4	4.0	242.0	10.0	2.0	0.0	46.0	447.0	29.0	1.0	9.0	9.0
Tiger Rolls - 8	8.0	475.0	19.0	3.0	0.0	91.0	829.0	57.0	2.0	18.0	18.0
Veggie Rolls - 4	4.0	110.3	1.1	0.2	0.0	0.1	112.3	22.7	0.8	4.0	2.1
Veggie Rolls - 8	8.0	219.0	2.1	0.3	0.0	0.2	160.4	45.0	1.4	8.0	4.1
Volcano Rolls - 4	4.0	256.0	10.0	2.0	0.0	8.0	558.0	34.0	1.0	8.0	6.0
Volcano Rolls - 8	8.0	532.0	22.0	4.0	0.0	18.0	1,125.0	69.0	2.0	16.0	12.0
Yam Rolls - 4	4.0	183.9	5.1	0.5	0.0	0.1	229.4	29.6	1.2	5.2	2.8
Yam Rolls - 8	8.0	359.3	10.2	1.0	0.0	0.2	394.7	58.6	2.3	10.4	5.4
SUSHI MEALS	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
<small>Nutritional information does not include sauces (sauces listed at bottom of this page).</small>	(rolls)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Easi Meal	18.0	698.2	20.0	5.3	0.0	37.4	476.2	103.3	4.4	19.7	19.5
Sushilicious Meal	16.0	829.5	26.1	4.4	3.3	92.9	1,313.8	115.1	4.7	27.2	23.9
Veggie Meal	20.0	629.9	10.5	0.0	0.0	0.9	455.4	120.1	4.3	20.5	12.4
KIDS MEALS (Inc. Juice & Pocky)	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
<small>Nutritional information does not include teriyaki top sauce (sauce information listed on page 3).</small>	(g)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Kids Chicken with Rice	242.5	349.1	5.4	2.8	0.0	57.8	520.1	57.2	2.1	16.4	17.5
Kids Beef with Rice	207.5	414.6	11.7	5.6	0.0	32.7	521.8	57.2	2.2	16.5	19.5
Kids Chicken with Yakisoba Noodles	200.0	383.5	8.4	3.2	0.0	63.9	851.5	56.6	2.8	18.2	23.5
Kids Beef with Yakisoba Noodles	193.5	449.1	14.7	6.0	0.0	38.8	853.1	56.6	2.8	18.2	19.8
Kids Chicken with Ramen Noodles	242.5	388.1	7.5	3.0	0.0	57.8	818.8	60.7	3.5	17.8	20.7
Kids Beef with Ramen Noodles	207.5	453.7	13.8	5.8	0.0	32.7	820.3	60.7	3.5	17.8	22.6
Kids Sushi Meal	10.0	425.4	7.1	2.8	0.0	2.9	649.1	78.1	3.3	23.7	8.1
SIDES & SNACKS	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
<small>Nutritional information does not include sauces (sauce information listed on page 3).</small>	(g)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Gyoza - 3	69.0	138.0	4.0	1.1	0.0	11.5	218.5	19.6	1.2	1.2	5.8
Gyoza - 5	115.0	230.0	6.7	1.9	0.0	19.2	354.2	32.6	1.9	1.9	9.6
Sea Salt Edamame	125.0	136.0	5.9	0.0	0.0	0.0	2,008.7	9.5	6.0	3.1	14.0
Spring Rolls - 1	52.0	90.0	0.5	0.0	0.0	0.0	360.0	16.0	1.0	5.0	3.0
Spring Rolls - 2	104.0	180.0	1.0	0.0	0.0	0.0	720.0	32.0	2.0	10.0	6.0
Tempura Shrimp - 3	72.6	158.8	10.2	1.7	0.0	42.5	164.4	10.8	0.0	9.1	6.8
Tempura Shrimp - 5	121.0	264.6	17.0	2.8	0.0	70.9	274.0	18.0	0.0	15.1	11.3
Yam Tempura	156.0	311.8	14.0	0.8	0.0	0.0	888.8	40.5	0.0	9.4	3.1



NUTRITIONAL INFORMATION

UPGRADES & EXTRAS											
Nutritional Information does not include sauces (sauces listed at bottom of this page).											
	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
	(g)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Add 6 Shrimp	65.0	200.4	15.8	1.3	0.2	88.9	756.6	3.5	0.0	1.8	13.6
Add Asian Veg	170.0	60.4	0.5	0.0	0.0	0.0	44.2	12.0	3.8	6.1	3.3
Add Mushroom	28.0	6.2	0.1	0.0	0.0	0.0	1.4	0.9	0.3	0.6	0.9
Add Tofu	106.0	306.2	22.9	3.3	0.0	0.0	18.1	10.0	4.4	3.1	21.3
Brown Rice (meal size 7oz)	198.0	261.2	2.5	0.0	0.0	0.0	3.5	55.5	4.9	0.0	3.3
Double Beef	132.0	291.7	17.5	6.9	0.0	65.3	536.7	2.9	0.0	1.9	28.8
Double Chicken	139.0	176.9	5.5	1.5	0.0	126.2	546.2	2.8	0.0	1.9	27.0
Side Brown Rice (10.5oz)	298.0	391.7	3.8	0.0	0.0	0.0	5.2	83.2	7.3	0.0	4.9
Side Cauliflower Rice	255.0	46.0	1.5	0.2	0.0	0.0	307.7	9.3	6.0	3.1	0.5
Noodles, Ramen (meal size 7oz)	198.0	416.0	5.4	0.6	0.1	25.8	254.2	80.2	2.9	1.0	12.7
Noodles, Yakisoba (meal size 7oz)	198.0	355.4	6.6	1.0	0.1	12.2	288.6	62.2	1.1	1.7	16.7
Side Noodles, Ramen (14oz)	396.0	832.0	10.8	1.2	0.1	51.6	508.4	160.4	5.8	2.1	25.4
Side Noodles, Yakisoba (14oz)	396.0	710.8	13.2	1.9	0.1	24.4	577.2	124.4	2.2	3.4	33.4
Side White Rice (10.5oz)	298.0	450.6	0.7	0.2	0.0	0.0	6.5	99.3	0.0	0.0	8.3
White Rice (meal size 7oz)	198.0	300.4	0.5	0.1	0.0	0.0	4.3	66.2	0.0	0.0	5.5
COMMON SUBSTITUTIONS											
All numbers represent substitution values.											
	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
	(g)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Sub Brown for White Rice	0.0	-39.3	1.8	-0.1	0.0	0.0	-0.8	-10.7	4.9	0.0	-2.3
Sub Cauliflower for White Rice	61.0	-254.4	1.0	0.1	0.0	0.0	303.4	-56.9	6.0	3.1	-5.0
Sub Plain Cauliflower for White Rice	57.0	-270.4	-0.5	-0.1	0.0	0.0	40.7	-57.2	6.0	3.0	-5.5
Sub Ramen Noodles for White Rice	0.0	115.2	4.9	0.5	0.1	25.8	250.0	14.0	2.9	1.0	7.2
Sub Yakisoba Noodles for White Rice	0.0	55.0	6.1	0.8	0.0	12.2	284.3	-4.0	1.1	1.7	11.1
Sub Asian Veg for Market Veg	57.0	19.1	0.3	0.0	0.0	0.0	36.7	2.8	0.5	1.5	1.5
SIDE SAUCES											
	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
		(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Chili Garlic Sauce	1 fl oz										
Gyoza Sauce	0.5 floz	12.0	0.5	0.0	0.0	0.0	561.9	1.1	0.0	0.0	1.1
Plum Sauce	111 g	20.0	0.0	0.0	0.0	0.0	90.0	5.0	0.0	5.0	0.0
Soy Sauce Packet	5.5 mL	3.3	0.0	0.0	0.0	0.0	344.8	0.3	0.1	0.0	0.5
Spicy Mayo	1 fl oz	165.0	16.6	3.1	0.0	10.4	207.0	2.1	0.0	2.1	0.2
Tempura Sauce	1 fl oz	11.6	0.0	0.0	0.0	0.0	383.4	2.1	0.0	1.9	0.2
Teriyaki Top Sauce (per 1 Scoop)	2 fl oz	46.8	0.0	0.0	0.0	0.0	669.0	10.2	0.0	7.1	1.1
BUBBLE TEA											
	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugar	Protein
	(mL)	(kCal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Brown Sugar Boba	700.0	606.0	7.0	4.0	0.0	29.0	302.0	127.0	1.0	70.0	13.0
Mango Bubble Tea	700.0	226.0	0.0	0.0	0.0	0.0	47.0	57.0	1.0	53.0	0.0
Milk Tea	700.0	640.0	13.0	0.0	0.0	0.0	144.0	130.0	1.0	53.0	1.0
Passion Fruit Green Tea	700.0	208.0	0.0	0.0	0.0	0.0	21.0	56.0	1.0	55.0	0.0