



Nutritional Information

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	
Teppanyaki	chicken*	531	530	8	1	0	80	82	3	9	42	10	60	10	15	
	beef	527	590	16	4	0	75	650	82	3	9	38	10	60	10	25
	shrimp	472	460	7	0.4	0	115	690	82	3	9	26	15	60	10	25
	pork	527	660	26	7	0	85	650	82	3	9	36	10	60	10	20
	tofu	467	570	20	2	0	0	590	89	4	9	23	10	60	70	35
	vegetable	538	410	12	0.3	0	0	420	86	6	11	15	20	150	15	20
	pineapple chicken*	591	570	8	1	0	80	650	91	5	17	42	10	70	10	15
Teppanyaki Duo	chicken* & beef	561	600	14	3	0	95	670	82	9	47	10	60	10	25	
	chicken* & shrimp	533	530	8	0.5	0	130	700	82	9	41	15	60	10	25	
	beef & shrimp	529	560	13	2.5	0	125	700	82	9	38	15	60	10	30	
	shrimp & scallop	534	510	8	0.4	0	105	790	84	9	36	15	70	15	25	
Udon	chicken*	1127	430	13	2	0	100	1170	52	4	7	36	35	40	8	15
	beef	1127	450	16	3	0	100	1160	52	4	7	35	35	40	8	15
	gyoza	1177	530	16	2	0	85	1700	78	5	10	32	35	45	8	20
	vegetable	1077	370	13	1.5	0	70	1140	52	4	7	25	35	40	6	10
	seafood	1152	440	14	2	0	130	1360	55	4	7	38	35	45	10	20
Salmon	miso style	486	570	17	1	0	55	760	82	3	8	33	10	60	10	20
	teriyaki style	486	540	17	1	0	55	440	77	3	5	32	15	60	10	20
Sushi	platter A - kamikase	319	410	9	1	0.1	35	210	64	3	1	17	2	15	4	10
	platter B - kamikase & californian	367	420	5	1	0	60	320	76	3	2	16	2	15	6	10
	platter C - spicy tuna & salmon	436	510	8	1	0	35	360	86	3	1	23	2	15	6	10
	platter D - spicy tuna & cucumber	520	560	5	1	0	25	280	103	4	1	23	4	20	8	15
	platter E - sushi club	467	540	4.5	1	0	110	390	95	2	3	26	4	10	8	15
	platter F - assorted sushi	566	660	5	1	0	90	340	108	0	0	41	4	4	8	15
	ginger	15	10	0	0	0	0	190	2	0	2	0	0	0	2	0
	wasabi	15	30	0.3	0	0	0	4	5	1	1	1	0	35	2	2
	soy sauce	15	10	0	0	0	0	850	1	0	0	1	0	0	0	2
A La Carte	miso soup	253	70	3	0.5	0	0	800	8	1	1	6	0	0	20	25
	spring roll (1 piece)	50	100	4	1	0	0	200	13	0	4	3	0	0	0	2
	gyoza (5 pcs)	100	160	3.5	0.5	0	15	560	26	1	3	7	0	4	2	10
	rice	200	310	0.3	0.1	0	0	5	68	0	0	6	0	0	4	4
	yakisoba noodles	250	250	1	0	0	0	115	51	0	0	6	0	0	2	4
	vegetable mix	290	70	11	0.2	0	0	35	10	6	5	9	15	120	10	15
Bao	Folded Pork Belly Bao	137	440	31	10	0	40	1500	30	1	9	11	0	0	4	15
	Pork Belly Rice Bowl	487	980	47	15	0	70	1690	120	4	11	20	4	6	6	20
Ramen	chicken*	684	450	10	1.5	0	140	1260	71	4	1	35	8	15	15	70
	beef	684	480	14	3	0	140	1260	71	4	1	34	8	15	15	80
	seafood	701	460	10	1	0	145	1690	76	4	3	32	8	15	15	70
	vegetable	659	410	9	1	0	105	1230	75	5	2	22	10	15	15	70
Curry	chicken*	548	610	7	3	0	40	640	109	3	6	27	70	50	8	15
	beef	548	640	11	4.5	0	40	640	109	3	6	25	70	50	8	20
	vegetable	478	530	6	2.5	0	0	610	109	3	6	11	70	50	8	10
	tofu	548	720	20	4.5	0	0	620	117	4	6	23	70	50	70	35
Tempura	shrimp tempura & chicken* teriyaki	415	500	14	0.4	0	90	1100	65	2	16	33	15	35	4	8
	shrimp tempura plate	222	340	12	0.1	0	45	160	48	2	1	13	4	35	4	6
	shrimp tempura rice bowl	138	210	8	0.1	0	30	105	30	1	1	9	2	20	2	4
	tempura dipping sauce	2oz	25	0	0	0	0	580	5	0	5	1	0	0	0	2
Katsu	chicken (only)	120	250	10	1.5	0	80	700	23	1	1	18	2	2	2	15
	chicken plate	516	630	16	1.5	0	80	1270	105	4	10	29	15	60	10	25
	pork (only)	130	320	18	4.5	0	85	700	24	1	1	16	2	8	4	15
	pork plate	526	700	24	4.5	0	85	1270	106	4	10	27	15	70	10	25

Allergens

	Peanuts	Tree Nuts	Milk	Eggs	Fish/Shellfish	Soy	Wheat	Sulphites	Mustard	Gluten Free
Teppanyaki						✓	✓	✓		
						✓	✓	✓		
				✓		✓	✓	✓		
						✓	✓	✓		
						✓	✓	✓		
						✓	✓	✓		
						✓	✓	✓		
Teppanyaki Duo						✓	✓	✓		
				✓		✓	✓	✓		
				✓		✓	✓	✓		
				✓		✓	✓	✓		
Udon				✓		✓	✓			
				✓		✓	✓			
	✓			✓		✓	✓			
				✓		✓	✓			
				✓		✓	✓			
Salmon				✓		✓	✓			
				✓		✓	✓	✓		
Sushi				✓		✓	✓			
				✓		✓	✓			
				✓		✓	✓			
				✓		✓	✓			
				✓		✓	✓			
				✓		✓	✓			
				✓		✓	✓			✓
				✓		✓	✓			✓
				✓		✓	✓			✓
A La Carte				✓		✓				✓
				✓		✓	✓			
	✓			✓		✓	✓			✓
				✓		✓	✓			✓
				✓		✓	✓			✓
				✓		✓	✓			✓
Bao				✓		✓	✓		✓	
				✓		✓	✓		✓	
Ramen				✓		✓	✓			
				✓		✓	✓			
				✓		✓	✓			
				✓		✓	✓			
Curry				✓		✓	✓			
				✓		✓	✓			
				✓		✓	✓			
				✓		✓	✓			
Tempura	✓			✓		✓	✓			
	✓			✓		✓	✓			
	✓			✓		✓	✓			
				✓		✓	✓			
Katsu		✓	✓			✓	✓			
		✓	✓			✓	✓			
		✓	✓			✓	✓			
		✓	✓			✓	✓			