



NUTRITION INFORMATION: CANADA

Products	Grams (g)	Servings (#)	Calories per serving (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)
SPRING ROLLS & SUSHI:															
Vegetable Spring Roll	195	1	200	2.5	0	0	0	360	40	3	22	2	40	0.8	350
Spicy California Spring Roll	215	1	290	9	1.5	0	15	690	44	3	21	4	40	0.8	300
Shrimp Spring Roll	184	1	200	2.5	0	0	20	430	36	3	19	5	50	0.8	300
Avocado Hosomaki	202	1	360	5	1	0	0	920	67	3	12	7	30	1.5	300
Cucumber Hosomaki	202	1	310	0.5	0	0	0	920	68	2	12	7	30	1.5	175
Vegetable California Roll	208	1	340	4	0.5	0	0	880	64	3	12	7	75	1.5	250
California Roll	215	1	350	4.5	0.5	0	5	990	5	2	13	8	75	1.3	225
Spicy California Roll	236	1	460	14	2	0	20	1330	71	1	15	9	40	1.3	175
Spicy California Crunch Roll	256	1	530	19	4	0	20	1540	78	2	18	10	40	1.5	225
Dynamite Roll	243	1	420	7	2	0	25	1200	74	3	15	11	125	2	250
Dynamite Crunch Roll	263	1	540	18	5	0	35	1370	78	3	16	12	150	2.3	300
Teriyaki Chicken Roll	255	1	410	5	1	0	45	1200	68	3	15	19	75	2	450
Salmon Avocado Roll	228	1	430	11	2	0	30	890	63	2	11	16	75	1.5	400
Tuna Avocado Roll	228	1	380	4.5	1	0	20	900	63	2	11	18	50	1.8	400
Spicy Salmon Roll	237	1	450	14	2.5	0	35	1120	64	2	12	15	50	1.8	350
Spicy Tuna Roll	237	1	400	7	1	0	25	1170	64	2	12	17	30	2	350
Green Dragon Roll	244	1	400	8	1.5	0	5	1000	68	4	4	8	50	1.5	350
Red Dragon Roll	244	1	410	8	1.5	0	20	1010	68	2	13	14	75	1.5	350
Vegetable Dragon Crunch Roll	245	1	400	8	2.5	0	0	1270	72	4	17	7	75	1.5	300
Rainbow Roll	269	1	420	8	1.5	0	35	1060	68	3	13	16	50	1.5	400
Salmon Volcano Roll	278	1	510	17	3.5	0	55	1400	68	3	15	17	125	1.8	450
Tuna Volcano Roll	278	1	460	10	2.5	0	45	1440	68	3	15	19	100	2	450
Spicy BBQ Salmon Roll - Longo's Only	266	1	490	15	2.5	0	30	1290	72	2	16	14	75	1.5	350
Maple Salmon Roll - Sobeys' Only	276	1	510	15	2.5	0	30	1290	78	2	22	14	75	1.5	350
Red California Roll	235	1	380	5	1	0	50	1270	68	2	13	10	75	1.3	225
Wasabi Tuna Roll	251	1	470	14	2	0	40	1280	64	2	13	17	30	2	400
Salmon Cali Dragon Roll	269	1	490	15	2.5	0	40	1350	72	2	16	15	75	1.5	350
Green Dynamite Dragon Roll	288	1	540	18	3.5	0	45	1400	75	5	15	13	150	2.3	400
Wasabi Tuna Dragon Roll	281	1	550	21	3	0	45	1560	72	2	15	16	40	1.8	300
Red Dynamite Dragon Roll	283	1	510	14	3	0	45	1440	75	3	16	18	125	2.5	350
Toki Combo	276	1	520	12	3	0	35	1220	35	2	15	18	100	2	350
Assorted Cali Combo	424	2	370	7	1	0	5	880	67	2	12	8	50	1.3	200
California Nigiri Combo	383	1	650	8	1.5	0	30	1470	119	3	21	21	100	2.3	450
Salmon Sushi Combo	337	1	710	16	3	0	55	1390	113	2	19	26	75	2.3	550
Tuna Sushi Combo	337	1	620	4.5	1	0	35	1410	113	2	19	29	50	2.5	600
Nigiri Combo	281	2	480	7	1	0	50	1110	84	1	14	21	50	1.3	350
Premium Nigiri Combo	312	1	570	13	2.5	0	80	1530	88	1	18	22	50	1.5	400
California Family Pack	654	3	390	8	1	0	10	970	68	2	13	8	50	1.3	200
Crunch Family Pack	601	3	380	11	2.5	0	15	1020	62	2	13	8	50	1.3	200
Supreme Family Pack	594	4	370	9	1.5	0	20	870	60	1	11	10	40	1.3	225
Super Sushi Family Pack	622	3	370	7	1	0	20	840	62	2	11	11	50	1.3	250
READY TO HEAT RICE BOWLS & POKE BOWLS:															
Chicken Teriyaki Rice Bowl	368	1	590	2.5	0.5	0	55	1130	116	2	22	24	50	1.8	500
Beef Teriyaki Rice Bowl	368	1	620	6	2.5	0	20	1360	120	2	25	19	50	3	300
Salmon Poke Bowl	437	1	770	24	5	0	50	1940	110	5	29	23	175	2.5	650
Tuna Poke Bowl	437	1	690	15	3.5	0	35	1940	110	5	29	26	125	2.5	700
Spicy California Poke Bowl	437	1	780	25	5	0	30	2170	120	5	31	15	125	2	400
Tofu Poke Bowl	437	1	730	20	4	0	10	1930	111	6	29	22	550	3.5	550
SIDES:															
Pork Gyoza	106	1	170	5	1	0	10	690	23	1	3	8	20	1.8	175
Vegetable Gyoza	106	1	180	3.5	0.5	0	0	530	26	2	3	9	50	2.5	250
BBQ Pork Bao	162	1	340	6	2.5	0	25	410	57	3	16	13	75	3	150
Tempura Shrimp	81	1	270	22	4.5	0	60	560	11	0	2	6	100	0.5	20
Seaweed Salad	96	1	100	3	0.5	0	0	1090	13	3	12	1	175	0.5	50
Miso Soup	249	1	25	0.5	0	0	0	670	3	1	1	2	10	0.2	40
PLATTERS:															
Kazoku Platter	1216	6	360	7	1	0	10	930	64	2	12	7	50	1.3	175
Atsumari Platter	1181	6	360	7	1.5	0	15	970	63	2	12	8	40	1.3	175
Matsuri Platter	1210	6	370	9	2	0	30	940	57	2	11	11	50	1.3	225
Utage Platter	1317	6	420	10	2.5	0	15	1020	70	2	13	9	75	1.5	225
Enkai Platter	1328	7	340	7	1	0	25	730	55	1	10	13	40	1.3	300
DONBURI:															
Donburi - Chicken	392	1	570	2.5	0.5	0	55	690	108	3	15	25	50	1.8	550
Donburi - Sukiyaki Beef	392	1	600	6	2.5	0	20	950	113	2	19	20	75	2.5	350
Donburi - Tempura Shrimp	394	1	650	12	3.5	0	45	850	118	2	15	15	150	2	350
Donburi - Chashu	368	1	660	14	5	0	35	870	109	2	15	22	75	2	450
Donburi - Inari	401	1	630	7	1.5	0	0	810	125	3	29	15	175	2.3	400
YAKI UDON:															
Yaki Udon - Chicken	445	1	440	3	1	0	55	960	76	4	11	24	75	1.3	500
Yaki Udon - Sukiyaki Beef	445	1	480	8	3	0	20	1210	80	4	15	19	100	2.5	300
Yaki Udon - Tempura Shrimp	447	1	530	12	3.5	0	45	1110	95	4	12	14	175	1.5	250
Yaki Udon - Chashu	421	1	480	10	4	0	25	1030	78	4	12	17	75	1.5	350
Yaki Udon - Inari	454	1	500	7	1.5	0	0	1070	92	4	26	13	175	1.8	300
BENTO BOX:															
Bento Box - Chicken [w. pork gyoza]	409	1	620	6	1.5	0	60	1350	110	3	16	28	75	2.5	550
Bento Box - Chicken [w. vegetable gyoza]	409	1	620	6	1	0	60	1290	111	4	17	28	100	2.5	600
Bento Box - Sukiyaki Beef [w. pork gyoza]	409	1	650	10	3	0	25	1600	114	3	20	23	75	3.5	350
Bento Box - Sukiyaki Beef [w. vegetable gyoza]	409	1	650	9	3	0	25	1540	115	3	20	23	100	3.5	400
Bento Box - Tempura Shrimp [w. pork gyoza]	412	1	710	16	4	0	50	1510	119	3	17	19	175	2.5	350
Bento Box - Tempura Shrimp [w. vegetable gyoza]	412	1	710	15	3.5	0	50	1450	120	4	17	19	200	3	400
Bento Box - Chashu [w. pork gyoza]	385	1	710	17	6	0	40	1530	110	3	17	25	75	2.5	450
Bento Box - Chashu [w. vegetable gyoza]	385	1	710	17	6	0	35	1460	111	3	17	25	100	3	500
Bento Box - Inari [w. pork gyoza]	418	1	680	10	2	0	5	1470	126	3	31	18	175	3	400
Bento Box - Inari [w. vegetable gyoza]	418	1	680	10	1.5	0	0	1400	127	4	31	18	200	3	450
RAMEN:															
Ramen - Chicken	797	1	630	8	2	0	60	3920	94	7	14	37	250	7	1500
Ramen - Sukiyaki Beef	797	1	660	12	3.5	0	25	4180	98	7	17	32	250	9	1300
Ramen - Tempura Shrimp	789	1	650	11	3.5	0	40	3960	103	7	14	28	350	7	1300
Ramen - Chashu	772	1	720	20	6	0	35	4100	94	9	13	34	250	7	1400
Ramen - Inari	806	1	690	12	2.5	0	0	4040	110	7	28	27	350	7.5	1350
UDON:															
Udon - Chicken	797	1	440	2.5	0.5	0	60	2890	75	4	11	25	75	1.3	350
Udon - Sukiyaki Beef	797	1	470	6	2.5	0	25	3150	79	3	15	19	75	2.3	150
Udon - Tempura Shrimp	789	1	470	5	2.5	0	40	2930	84	4	11	15	175	1.5	125
Udon - Chashu	772	1	540	14	5	0	35	3060	75	4	11	22	75	1.5	225
Udon - Inari	806	1	500	6	1	0	0	3010	92	4	25	14	175	1.8	175