

NUTRITION FACTS

April 2025

DV: Recommended Daily Value
g: gram mg: milligram

Menu	Portion	Calories	Fat (g)	% DV Fat	Trans Fat (g)	Gras trans (g)	% DV Saturated & Trans Fat	Carbohydrates (g)	Fiber (g)	% DV Fiber	Sugars (g)	% DV Sugars	Proteins (g)	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Potassium (mg)	% DV Potassium	Calcium (mg)	% DV Calcium	Iron (mg)	% DV Iron
STARTERS																						
Bang bang shrimp	95g	240	16	21	1	0.2	6	20	1	4	9	9	5	15	620	27	50	1	200	15	0.2	1
Shrimp tempura / 3	90g	290	20	27	1.5	0	8	21	3	11	4	4	8	25	650	28	40	1	40	3	0.75	4
Coconut shrimp poghomaki / 3	103g	190	7	9	2.5	0.1	13	24	1	4	4	4	7	45	390	17	75	2	50	4	1.25	7
Vegetarian imperial roll / 2	98g	160	8	11	0.5	0.2	4	19	2	7	3	3	3	0	220	10	175	4	40	3	1	6
Vegetarian imperial roll / 6	294g	480	25	33	1.5	0.5	10	57	6	21	9	9	9	0	660	29	550	12	125	10	3	17
Sesame seaweed salad	120g	100	2.5	3	0.4	0	2	18	4	14	9	9	3	0	1320	57	40	1	75	6	1.25	7
Calamari salad	100g	130	3.5	5	0.5	0	3	15	2	7	13	13	10	115	980	43	100	2	40	3	0.4	2
Miso soup	276g	70	3	4	0.3	0	2	7	0	0	3	3	5	0	800	35	30	1	40	3	0.75	4
General tao chicken	151g	240	13	17	1.5	0.1	8	35	1	4	15	15	10	10	850	37	175	4	30	2	1.25	7
General tao tofu	163g	320	12	16	1.5	0	8	39	1	4	23	23	14	0	800	35	175	4	125	10	3.5	19
SPRING ROLLS / 2 PIECES																						
Shrimp	143g	280	16	21	1.5	0	8	28	3	11	2	2	7	45	400	17	250	5	50	4	1.25	7
Bang bang shrimp	199g	320	7	9	1.5	0	8	60	3	11	30	30	6	0	410	18	300	6	40	3	2	11
Fish and chips	253g	580	40	53	3.5	0.2	19	45	4	14	9	9	8	60	660	29	400	9	50	4	2	11
Smoked kanikama	152g	260	13	17	1.5	0	8	26	3	11	2	2	9	20	470	20	400	9	30	2	1	6
Satay chicken	245g	420	18	24	2.5	0.1	13	65	3	11	24	24	15	10	750	33	450	10	75	6	2.5	14
Salmon	148g	320	20	27	2.5	0	13	28	3	11	2	2	9	20	250	11	350	7	20	2	1.25	7
Tuna	148g	300	18	24	1.5	0	8	28	3	11	2	2	9	15	260	11	350	7	20	2	1.5	8
Vegetarian	171g	260	10	13	1	0	5	38	4	14	14	14	5	5	230	10	350	7	75	6	1.75	10
Winnie	206g	380	18	24	2	0.1	11	42	1	4	14	14	12	35	730	32	300	6	40	3	1.75	10
TARTARE																						
Salmon / starter	171g	590	38	51	4.5	0.1	23	47	3	11	5	5	18	40	540	23	450	10	150	12	1.75	10
Salmon / main course	311g	1120	71	95	8	0.2	41	94	7	25	10	10	29	60	1000	43	800	17	300	23	3.5	19
Tuna / starter	171g	550	33	44	3	0.1	16	48	3	11	5	5	19	30	560	24	500	11	150	12	2	11
Tuna / main course	311g	1060	64	85	6	0.2	31	95	7	25	11	11	31	45	1030	45	850	18	300	23	4	22
POKE BOWLS																						
Shrimp	416g	700	30	40	2.5	0.1	13	86	5	18	21	21	19	105	1340	58	450	10	175	13	5	28
Duo	416g	800	40	53	4	0.1	21	87	5	18	22	22	23	50	1550	67	650	14	100	8	5	28
Bang bang shrimp	Unavailable																					
Fish and chips	367g	620	32	43	3	0.1	16	71	5	18	22	22	13	30	1010	44	600	13	100	8	3.5	19
Kanikama	416g	740	32	43	2.5	0.1	13	94	5	18	22	22	16	30	1280	56	500	11	125	10	5.5	31
Salmon	416g	800	41	55	4.5	0.1	23	85	5	18	21	21	21	45	1060	46	650	14	100	8	5	28
Salmon, shrimp and strawberry	532g	980	46	61	4	0.2	21	117	8	29	43	43	23	75	1270	55	750	16	175	13	6	33
Salmon and Tuna	344g	600	29	39	3	0.1	16	65	4	14	19	19	21	40	960	42	600	18	100	8	4.5	25
Tao	512g	630	19	25	2	0.2	11	109	6	21	38	38	22	10	1680	73	750	16	150	12	5	28
Tuna	456g	780	36	48	3	0.1	16	89	6	21	24	24	23	35	1110	48	800	17	100	8	5.5	31
Vegetarian	468g	690	26	35	3	0.1	16	95	8	29	32	32	19	10	1840	80	650	14	225	17	7	39
Peach pearl vegetarian	505g	860	39	52	3.5	0.1	18	109	7	25	44	44	22	10	1580	69	700	21	250	19	8	44
Pop corn scallop	418g	720	35	47	3	0.3	17	90	6	21	26	26	15	55	2020	88	600	18	150	12	5	28

NUTRITION FACTS

April 2025

Menu	Portion	Calories	Fat (g)	% DV Fat	Trans Fat (g)	Gras trans (g)	% DV Saturated & Trans Fat	Carbohydrates (g)	Fiber (g)	% DV Fiber	Sugars (g)	% DV Sugars	Proteins (g)	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Potassium (mg)	% DV Potassium	Calcium (mg)	% DV Calcium	Iron (mg)	% DV Iron
DISHES																						
General tao chicken	544g	740	29	39	3	0.3	17	117	6	21	39	39	29	20	1960	85	850	18	150	12	6	33
General tao tofu	568g	900	27	36	3.5	0	18	126	6	21	54	54	37	0	1890	82	800	17	400	31	10.5	58
General TNT chicken	Unavailable																					
General TNT tofu	Unavailable																					
NIGIRI / 2 PIECES																						
Shrimp	41g	50	0.2	1	0	0	0	8	0	0	1	1	3	15	80	3	20	1	20	2	0.5	3
Salmon	54g	90	3.5	5	2	0	5	8	0	0	1	1	6	15	60	3	100	2	10	1	0.5	3
Salmon smoked	46g	90	3	4	0.4	0	2	8	0	0	1	1	6	10	180	8	150	3	10	1	0.5	3
Seared teriyaki salmon	59g	100	3.5	5	1	0	5	9	0	0	2	2	6	15	95	4	100	2	10	1	0.75	4
Tuna	54g	60	0.2	1	0	0	0	8	0	0	1	1	7	10	55	2	125	3	10	1	0.75	4
Seared chipotle and lime rub tuna	59g	80	2.5	3	0.2	0	1	9	0	0	1	1	7	15	130	6	125	3	10	1	0.75	4
SASHIMI / 3 PIECES																						
Salmon	Unavailable																					
Smoked salmon	75g	130	7	9	1	0	5	5	1	4	0	0	12	20	1330	58	350	10	30	2	0.5	3
Seared teriyaki salmon	50g	100	6	8	1.5	0	8	1	0	0	1	1	10	25	65	3	175	5	10	1	0.2	1
Seared chipotle and lime rub tuna	50g	70	2.5	3	0.2	0	1	1	0	0	0	0	11	20	95	4	200	6	0	0	0.5	3
Tuna	Unavailable																					
HOSOMAKI / 6 PIECES																						
Avocado	105g	150	6	8	1	0	5	23	3	11	3	3	3	0	115	5	225	5	30	2	1.5	8
Cucumber	101g	100	0.3	1	0.1	0	1	21	1	4	3	3	3	0	115	5	100	2	20	2	1.25	7
Shrimp	113g	170	5	7	0.4	0	2	24	1	4	3	3	7	50	380	17	75	2	50	4	1.75	10
Duo	110g	210	8	11	1	0	5	24	1	4	4	4	10	20	460	20	175	4	30	2	1.75	10
Kanikama	110g	190	6	8	0.5	0	3	27	1	4	3	3	5	5	320	14	100	2	30	2	1.75	10
Japanese omelette	101g	140	2.5	3	0.4	0	2	22	1	4	5	5	5	90	230	10	75	2	30	2	1.5	8
Honey chicken	107g	170	6	8	0.5	0.1	3	29	1	4	7	7	7	5	300	13	125	3	30	2	1.75	10
Japanese radish	107g	110	0.3	1	0	0	0	25	3	11	3	3	2	0	1670	73	75	2	50	4	1.75	10
Salmon	109g	170	5	7	1	0	5	20	1	4	3	3	10	20	135	6	200	4	20	2	1.25	7
Smoked salmon and cream cheese	144g	280	15	20	5	0.2	26	23	3	11	3	3	12	30	350	15	450	10	40	3	1.5	8
Salmon tartare	110g	210	9	12	1.5	0	8	23	1	4	3	3	9	15	210	9	175	4	30	2	1.75	10
Tuna tartare	110g	190	7	9	0.5	0	3	24	1	4	3	3	9	10	220	10	200	4	30	2	2	11
Tuna	109g	130	0.5	1	0.1	0	1	20	1	4	3	3	11	15	130	6	225	5	20	2	1.5	8
MAKI / 5 PIECES																						
Calamari	156g	320	18	24	1.5	0.1	8	32	2	7	8	8	8	85	550	24	125	3	40	3	2	11
California	140g	170	5	7	0.5	0	3	26	2	7	4	4	6	10	330	14	225	5	30	2	1.5	8
Spicy California	185g	330	20	27	1.5	0.1	8	34	3	11	11	11	6	20	920	40	300	9	40	3	2	11
Shrimp	152g	240	12	16	1	0	5	26	3	11	4	4	7	50	400	17	250	5	50	4	1.75	10
Shrimp tempura	152g	300	18	24	1.5	0.1	8	29	3	11	5	5	7	60	430	19	225	5	40	3	1.75	10
Duo	159g	300	14	19	3.5	0.1	18	31	2	7	4	4	11	30	1290	56	225	5	50	4	2	11
Kamikaze salmon	161g	360	23	31	2.5	0.1	13	29	2	7	4	4	10	20	280	12	300	6	30	2	2	11
Kamikaze tuna	161g	340	21	28	2	0.1	11	29	2	7	4	4	10	15	290	13	300	6	20	2	2.25	13
Kani yu	159g	250	8	11	0.5	0.1	3	35	1	4	9	9	8	40	520	23	150	3	50	4	1.75	10

NUTRITION FACTS

April 2025

Menu	Portion	Calories	Fat (g)	% DV Fat	Trans Fat (g)	Gras trans (g)	% DV Saturated & Trans Fat	Carbohydrates (g)	Fiber (g)	% DV Fiber	Sugars (g)	% DV Sugars	Proteins (g)	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Potassium (mg)	% DV Potassium	Calcium (mg)	% DV Calcium	Iron (mg)	% DV Iron
Kuranberi	163g	310	12	16	1.5	0	8	41	2	7	15	15	10	20	610	27	225	5	30	2	2	11
Cod	198g	340	20	27	2	0.1	11	34	3	11	7	7	8	20	480	21	300	9	40	3	1.5	8
Chicken	180g	230	10	13	1	0.1	6	36	2	7	10	10	8	5	510	22	200	4	40	3	1.75	10
Spicy salmon	161g	350	21	28	2	0.1	11	30	1	4	5	5	11	25	480	21	225	5	30	2	2	11
Smoothie	169g	310	15	20	1.5	0	8	34	1	4	10	10	9	35	370	16	175	4	40	3	2	11
Spicy tuna	161g	330	18	24	1.5	0.1	8	30	1	4	5	5	11	20	490	21	250	5	20	2	2.25	13
Tropik	176g	280	14	19	1	0.1	6	31	2	7	8	8	8	25	460	20	250	5	40	3	1.75	10
Vegetarian	173g	270	14	19	1.5	0.1	8	29	3	11	7	7	8	5	270	12	350	7	75	6	2.5	14
Philanthropic	133g	240	11	15	1	0	5	26	2	7	4	4	8	15	390	17	125	3	30	2	1.75	10
SUSHI SANDWHICH / 2 PIECES																						
Duo	Unavailable																					
Kanikama	Unavailable																					
ONIGIRI / 2 PIECES																						
California	116g	190	7	9	0.5	0	3	28	1	4	4	4	4	10	270	12	75	2	20	2	1.75	10
Shrimp	97g	120	2	3	0.2	0	1	22	1	4	3	3	4	25	250	11	50	1	30	2	1.25	7
Salmon	123g	240	11	15	1	0	5	29	1	4	5	5	6	10	280	12	100	3	20	2	1.75	10
TNT Tuna	134g	190	6	8	0.5	0	3	30	2	7	5	5	6	10	1110	48	125	4	30	2	2	11
FRIED SUSHI / 5 PIECES																						
Fusion	165g	300	11	15	1	0.2	6	41	2	7	5	5	9	45	680	30	150	3	75	6	2.5	14
Kani panko	175g	310	13	17	1.5	0.2	9	40	3	11	4	4	7	5	400	17	250	5	50	4	2.25	13
Kunsei	156g	400	26	35	4.5	0.4	25	30	2	7	4	4	12	30	500	22	225	5	125	10	3	17
Dragon's eye	184g	300	13	17	2	0.1	11	30	2	7	4	4	15	25	220	10	350	7	50	4	2	11
Niji	221g	340	14	19	1.5	0.2	9	44	4	14	8	8	9	0	800	35	350	7	100	8	3	17
YUZUMAKI / 5 PIECES																						
Coco bongo	181g	300	15	20	5	0.1	26	27	3	11	7	7	13	115	580	25	300	6	75	6	2	11
Crazy mango	174g	290	15	20	2.5	0.1	13	34	3	11	10	10	6	15	370	16	175	4	40	3	1.75	10
Fish and chips	154g	340	20	27	2	0.1	11	30	1	4	5	5	10	35	460	20	250	5	50	4	2	11
Sake sriracha	177g	250	11	15	3.5	0.1	18	26	1	4	5	5	12	30	530	23	300	6	30	2	1.75	10
TNT	199g	410	24	32	2	0.1	11	35	3	11	8	8	12	25	590	26	350	7	40	3	2.25	13
Tori teriyaki	193g	300	17	23	3.5	0.2	19	37	4	14	10	10	9	15	660	29	450	10	50	4	2	11
YUZUMAKI / 6 PIECES																						
Bobba bop	194g	250	11	15	1	0.1	6	35	4	14	11	11	3	10	950	41	250	5	75	6	2.25	13
Smoked	187g	390	23	31	4.5	0.2	24	26	2	7	7	7	19	50	640	28	600	13	40	3	1.75	10
Shrimp roll	191g	310	20	27	1.5	0.1	8	24	1	4	5	5	9	95	720	31	175	4	75	6	1.5	8
Kaboom	218g	290	11	15	1	0	5	40	4	14	15	15	10	0	920	40	350	7	100	8	3	17
Pop corn	204g	410	21	28	2	0.2	11	47	4	14	8	8	10	25	440	19	300	6	75	6	2.5	14
SUSHI PIZZA / 2 PIZZAS																						
Shrimp (thin crust)	218g	550	25	33	2	0.1	11	64	3	11	6	6	17	95	780	34	150	3	100	8	3	17
Shrimp (thin traditionnelle)	193g	490	26	35	3.5	0.2	19	49	1	4	4	4	14	115	820	36	150	3	100	8	3	17
Duo (thin crust)	223g	670	35	47	3.5	0.1	18	66	2	7	7	7	22	45	1020	44	350	7	40	3	3	17

NUTRITION FACTS

April 2025

Menu	Portion	Calories	Fat (g)	% DV Fat	Trans Fat (g)	Gras trans (g)	% DV Saturated & Trans Fat	Carbohydrates (g)	Fiber (g)	% DV Fiber	Sugars (g)	% DV Sugars	Proteins (g)	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Potassium (mg)	% DV Potassium	Calcium (mg)	% DV Calcium	Iron (mg)	% DV Iron
Duo (thin traditionnelle)	193g	570	32	43	5	0.2	26	50	1	4	5	5	19	60	1030	45	350	7	40	3	3.5	19
Kanikama (thin crust)	223g	630	31	41	2.5	0.1	13	73	3	11	6	6	14	20	740	32	200	4	40	3	3	17
Kanikama (thin traditionnelle)	193g	530	28	37	4	0.2	21	57	1	4	5	5	11	40	760	33	200	4	40	3	3.5	19
Tuna tartare (thin crust)	234g	590	26	35	2	0.1	11	68	3	11	9	9	22	30	640	28	400	9	40	3	3.5	19
Tuna tartare (thin traditionnelle)	203g	490	23	31	3.5	0.1	18	52	2	7	8	8	19	40	650	28	400	9	30	2	3.5	19
GUNKAN / 2 PIECES																						
Shrimp	65g	140	8	11	0.5	0	3	12	0	0	2	2	4	35	250	11	40	1	30	2	0.75	4
Duo	60g	140	7	9	1	0	5	13	0	0	2	2	6	10	280	12	100	2	10	1	1	6
Salmon	65g	170	11	15	1	0	5	12	0	0	2	2	6	15	150	7	100	2	10	1	0.75	4
Tuna	65g	160	9	12	0.5	0	3	12	0	0	2	2	6	10	160	7	125	3	10	1	1	6
KID'S MENU																						
Kid's treats	254g	380	12	16	3	0.1	16	57	2	7	10	10	16	60	670	29	250	5	75	6	3.5	19

Nutrition facts are based on laboratory analysis, supplier's information and databases.
 % Daily Value (DV): 5 % or less is a little, 15 % or more is a lot