

CALIFORNIA MAKI		VEGGIE-CALI MAKI		SPICY SHRIMP MAKI	
Nutrition Facts* Valeur nutritive*		Nutrition Facts* Valeur nutritive*		Nutrition Facts* Valeur nutritive*	
Per / Par 200 g		Per / Par 200 g		Per / Par 200 g	
Amount	% Daily Value	Amount	% Daily Value	Amount	% Daily Value
Calories/Calories 350		Calories/Calories 300		Calories/Calories 400	
Fat/Lipides 3.5 g	5%	Fat/Lipides 3.5 g	5%	Fat/Lipides 1.0 g	1%
Saturated / satures 0.3 g		Saturated / satures 0.3 g		Saturated / satures 0 g	
+ Trans / trans 0 g	2%	+ Trans / trans 0 g	2%	+ Trans / trans 0 g	0%
Cholesterol / Cholesterol 0 mg		Cholesterol / Cholesterol 0 mg		Cholesterol / Cholesterol 70 mg	
Sodium / Sodium 800 mg	33%	Sodium / Sodium 800 mg	33%	Sodium / Sodium 980 mg	41%
g	21%	63 g	21%	Gluddes 62 g	21%
Fibre / Fibres 2 g	8%	Fibre / Fibres 2 g	8%	Fibre / Fibres 0 g	0%
Sugars / Sucres 12 g		Sugars / Sucres 12 g		Sugars / Sucres 15 g	
Protein / Proteines 5 g		Protein / Proteines 5 g		Protein / Proteines 12 g	
Vitamin A / Vitamine A	70%	Vitamin A / Vitamine A	70%	Vitamin A / Vitamine A	10%
Vitamin C / Vitamine C	45%	Vitamin C / Vitamine C	45%	Vitamin C / Vitamine C	6%
Calcium/ Calcium	2%	Calcium/ Calcium	2%	Calcium/ Calcium	2%
Iron / Fer	2%	Iron / Fer	2%	Iron / Fer	8%
SPICY TUNA MAKI		SPICY SALMON MAKI		SMOKED SALMON MAKI	
Nutrition Facts* Valeur nutritive*		Nutrition Facts* Valeur nutritive*		Nutrition Facts* Valeur nutritive*	
Per / Par 200 g		Per / Par 200 g		Per / Par 200 g	
Amount	% Daily Value	Amount	% Daily Value	Amount	% Daily Value
Calories/Calories 330		Calories/Calories 340		Calories/Calories 380	
Fat/Lipides 2.5 g	4%	Fat/Lipides 4.5 g	7%	Fat/Lipides 11 g	17%
Saturated / satures 0.5 g		Saturated / satures 1.0 g		Saturated / satures 5.0 g	
+ Trans / trans 0 g	3%	+ Trans / trans 0 g	5%	+ Trans / trans 0 g	25%
Cholesterol / Cholesterol 15 mg		Cholesterol / Cholesterol 20 mg		Cholesterol / Cholesterol 35 mg	
Sodium / Sodium 920 mg	38%	Sodium / Sodium 920 mg	39%	Sodium / Sodium 1080 mg	45%
Carbohydrate / Gluddes 62 g	21%	Carbohydrate / Gluddes 62 g	21%	Carbohydrate / Gluddes 59 g	20%
Fibre / Fibres 0 g	0%	Fibre / Fibres 0 g	0%	Fibre / Fibres 0 g	0%
Sugars / Sucres 15 g		Sugars / Sucres 15 g		Sugars / Sucres 11 g	
Protein / Proteines 13 g		Protein / Proteines 12 g		Protein / Proteines 12 g	
Vitamin A / Vitamine A	25%	Vitamin A / Vitamine A	10%	Vitamin A / Vitamine A	20%
Vitamin C / Vitamine C	4%	Vitamin C / Vitamine C	6%	Vitamin C / Vitamine C	4%
Calcium/ Calcium	2%	Calcium/ Calcium	2%	Calcium/ Calcium	2%
		Iron / Fer	2%	Iron / Fer	4%

DYNAMITE MAKI		RAINBOW MAKI		AHSO COMBO/NIGIRI COMBO	
Nutrition Facts* Valeur nutritive*		Nutrition Facts* Valeur nutritive*		Nutrition Facts* Valeur nutritive*	
Per / Par 200 g		Per / Par 200 g		Per / Par 200 g	
Amount	% Daily Value	Amount	% Daily Value	Amount	% Daily Value
Calories/Calories 640		Calories/Calories 480		Calories/Calories 320-590	
Fat/Lipides 9 g	12%	Fat/Lipides 7 g	11%	Fat/Lipides 3.0 g	5%
Saturated / satures 1.5 g + Trans / trans 0 g	8%	Saturated / satures 1.0 g + Trans / trans 0 g	5%	Saturated / satures 0.5 g + Trans / trans 0 g	3%
Cholesterol / Cholesterol 90 mg		Cholesterol / Cholesterol 25 mg		Cholesterol / Cholesterol 50 mg	
Sodium / Sodium 880 mg	37%	Sodium / Sodium 890 mg	37%	Sodium / Sodium 1130 mg	47%
Carbohydrate / Gluddes 60 g	20%	Carbohydrate / Gluddes 59 g	20%	Carbohydrate / Gluddes 77 g	26%
Fibre / Fibres 1 g	4%	Fibre / Fibres 2 g	8%	Fibre / Fibres 0 g	0%
Sugars / Sucres 10 g		Sugars / Sucres 10 g		Sugars / Sucres 14 g	
Protein / Proteines 15 g		Protein / Proteines 13 g		Protein / Proteines 15 g	
Vitamin A / Vitamine A	15%	Vitamin A / Vitamine A	15%	Vitamin A / Vitamine A	10%
Vitamin C / Vitamine C	8%	Vitamin C / Vitamine C	8%	Vitamin C / Vitamine C	2%
Calcium/ Calcium	4%	Calcium/ Calcium	2%	Calcium/ Calcium	2%
Iron / Fer	6%	Iron / Fer	4%	Iron / Fer	4%
CALI-SAMURAI		MAKI COMBO		SPICY CRAB MAKI	
Nutrition Facts* Valeur nutritive*		Nutrition Facts* Valeur nutritive*		Nutrition Facts* Valeur nutritive*	
Per / Par 200 g		Per / Par 200 g		Per / Par 200 g	
Amount	% Daily Value	Amount	% Daily Value	Amount	% Daily Value
Calories/Calories 500		Calories/Calories 340		Calories/Calories 340	
Fat/Lipides 1.5 g	3%	Fat/Lipides 2.0 g	3%	Fat/Lipides 7.0 g	10%
Saturated / satures 0.4 g + Trans / trans 0 g	2%	Saturated / satures 0 g + Trans / trans 0 g	0%	Saturated / satures 1 g + Trans / trans 0 g	3%
Cholesterol / Cholesterol 20 mg		Cholesterol / Cholesterol 20 mg		Cholesterol / Cholesterol 18 mg	
Sodium / Sodium 430 mg	36%	Sodium / Sodium 980 mg	41%	Sodium / Sodium 1190 mg	50%
Carbohydrate / Gluddes 56 g	21%	Carbohydrate / Gluddes 65 g	22%	Carbohydrate / Gluddes 64 g	21%
Fibre / Fibres 1 g	0%	Fibre / Fibres 1 g	4%	Fibre / Fibres 0 g	1%
Sugars / Sucres 9 g		Sugars / Sucres 14 g		Sugars / Sucres 16 g	
Protein / Proteines 9 g		Protein / Proteines 8 g		Protein / Proteines 7 g	
Vitamin A / Vitamine A	0%	Vitamin A / Vitamine A	25%	Vitamin A / Vitamine A	10%
Vitamin C / Vitamine C	2%	Vitamin C / Vitamine C	15%	Vitamin C / Vitamine C	6%
Calcium/ Calcium	0%	Calcium/ Calcium	8%	Calcium/ Calcium	20%
Iron / Fer	2%	Iron / Fer	4%	Iron / Fer	4%

SALMON POKE BOWL		TUNA POKE BOWL		SALMON COMBO	
Nutrition Facts* Valeur nutritive*		Nutrition Facts* Valeur nutritive*		Nutrition Facts* Valeur nutritive*	
Per / Par 340g		Per / Par 340g		Per / Par 350g	
Amount	% Daily Value	Amount	% Daily Value	Amount	% Daily Value
Calories/Calories 430		Calories/Calories 430		Calories/Calories 400	
Fat/Lipides 8.0 g	10%	Fat/Lipides 8.0 g	10%	Fat/Lipides 12.0 g	18%
Saturated / satures 0 g		Saturated / satures 0 g		Saturated / satures 2 g	
+ Trans / trans 0 g	3%	+ Trans / trans 0 g	3%	+ Trans / trans 0 g	10%
Cholesterol / Cholesterol 18 mg		Cholesterol / Cholesterol 18 mg		Cholesterol / Cholesterol 45 mg	
Sodium / Sodium 999 mg	50%	Sodium / Sodium 999 mg	50%	Sodium / Sodium 690 mg	29%
Carbohydrate / Gluddes 86 g	21%	Carbohydrate / Gluddes 86 g	21%	Carbohydrate / Gluddes 92 g	31%
Fibre / Fibres 6 g	1%	Fibre / Fibres 6 g	1%	Fibre / Fibres 3 g	12%
Sugars / Sucres 7 g		Sugars / Sucres 7 g		Sugars / Sucres 14 g	
Protein / Proteines 29 g		Protein / Proteines 29 g		Protein / Proteines 26 g	
Vitamin A / Vitamine A	7%	Vitamin A / Vitamine A	7%	Vitamin A / Vitamine A	4%
Vitamin C / Vitamine C	16%	Vitamin C / Vitamine C	16%	Vitamin C / Vitamine C	15%
Calcium/ Calcium	5%	Calcium/ Calcium	5%	Calcium/ Calcium	8%
Iron / Fer	7%	Iron / Fer	7%	Iron / Fer	20%
VEGGIE SPRING ROLL		SHRIMP SPRING ROLL		VEGGIE DUMPLINGS	
Nutrition Facts* Valeur nutritive*		Nutrition Facts* Valeur nutritive*		Nutrition Facts* Valeur nutritive*	
Per / Par 180g		Per / Par 180g		Per / Par 100g	
Amount	% Daily Value	Amount	% Daily Value	Amount	% Daily Value
Calories/Calories 220		Calories/Calories 220		Calories/Calories 180	
Fat/Lipides 6.0 g	9%	Fat/Lipides 6.0 g	9%	Fat/Lipides 7 g	11%
Saturated / satures 1 g		Saturated / satures 1 g		Saturated / satures 2 g	10%
+ Trans / trans 0 g	5%	+ Trans / trans 0 g	5%	+ Trans / trans 0.1 g	
Cholesterol / Cholesterol 0 mg		Cholesterol / Cholesterol 0 mg		Cholesterol / Cholesterol 10 mg	3%
Sodium / Sodium 350 mg	15%	Sodium / Sodium 350 mg	15%	Sodium / Sodium 200 mg	8%
Carbohydrate / Gluddes 90 g	30%	Carbohydrate / Gluddes 90 g	30%	Carbohydrate / Gluddes 20 g	7%
Fibre / Fibres 4 g	16%	Fibre / Fibres 4 g	16%	Fibre / Fibres 2 g	8%
Sugars / Sucres 2 g		Sugars / Sucres 2 g		Sugars / Sucres 2 g	
Protein / Proteines 5 g		Protein / Proteines 5 g		Protein / Proteines 9 g	
Vitamin A / Vitamine A	60%	Vitamin A / Vitamine A	60%	Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	8%	Vitamin C / Vitamine C	8%	Vitamin C / Vitamine C	0%
Calcium/ Calcium	8%	Calcium/ Calcium	8%	Calcium/ Calcium	6%
Iron / Fer	20%	Iron / Fer	20%	Iron / Fer	10%

CHICKEN DUMPLINGS		MULTIGRAIN SEAFOOD		MULTIGRAIN VEGGIE	
Nutrition Facts* Valeur nutritive*		Nutrition Facts* Valeur nutritive*		Nutrition Facts* Valeur nutritive*	
Per / Par 100g (5 dumplings)		Per / Par 180g		Per / Par 180 g	
Amount	% Daily Value	Amount	% Daily Value	Amount	% Daily Value
Calories/Calories 220		Calories/Calories 220		Calories/Calories 180	
Fat/Lipides 6.0 g	9%	Fat/Lipides 6.0 g	9%	Fat/Lipides 3.5 g	5%
Saturated / satures 1 g		Saturated / satures 1 g		Saturated / satures 0.3 g	2%
+ Trans / trans 0 g	5%	+ Trans / trans 0 g	5%	+ Trans / trans 0 g	
Cholesterol / Cholesterol 0 mg		Cholesterol / Cholesterol 0 mg		Cholesterol / Cholesterol 0 mg	
Sodium / Sodium 350 mg	15%	Sodium / Sodium 350 mg	15%	Sodium / Sodium 400 mg	21%
Carbohydrate / Gluddes 90 g	30%	Carbohydrate / Gluddes 90 g	30%	Carbohydrate / Gluddes 63 g	21%
Fibre / Fibres 4 g	16%	Fibre / Fibres 4 g	16%	Fibre / Fibres 2 g	8%
Sugars / Sucres 2 g		Sugars / Sucres 2 g		Sugars / Sucres 12 g	
Protein / Proteines 5 g		Protein / Proteines 5 g		Protein / Proteines 5 g	
Vitamin A / Vitamine A	60%	Vitamin A / Vitamine A	60%	Vitamin A / Vitamine A	70%
Vitamin C / Vitamine C	8%	Vitamin C / Vitamine C	8%	Vitamin C / Vitamine C	45%
Calcium/ Calcium	8%	Calcium/ Calcium	8%	Calcium/ Calcium	2%
Iron / Fer	20%	Iron / Fer	20%	Iron / Fer	2%
ORANGE - RED DRAGON		SALMON AVO-Q		COMBO BOXES	
Nutrition Facts* Valeur nutritive*		Nutrition Facts* Valeur nutritive*		Nutrition Facts* Valeur nutritive*	
Per / Par 180g		Per / Par 180g		Per / Par 180g	
Amount	% Daily Value	Amount	% Daily Value	Amount	% Daily Value
Calories/Calories 220		Calories/Calories 220		Calories/Calories 220	
Fat/Lipides 6.0 g	9%	Fat/Lipides 6.0 g	9%	Fat/Lipides 6.0 g	9%
Saturated / satures 1 g		Saturated / satures 1 g		Saturated / satures 1 g	
+ Trans / trans 0 g	5%	+ Trans / trans 0 g	5%	+ Trans / trans 0 g	5%
Cholesterol / Cholesterol 0 mg		Cholesterol / Cholesterol 0 mg		Cholesterol / Cholesterol 0 mg	
Sodium / Sodium 350 mg	15%	Sodium / Sodium 350 mg	15%	Sodium / Sodium 350 mg	15%
Carbohydrate / Gluddes 90 g	30%	Carbohydrate / Gluddes 90 g	30%	Carbohydrate / Gluddes 90 g	30%
Fibre / Fibres 4 g	16%	Fibre / Fibres 4 g	16%	Fibre / Fibres 4 g	16%
Sugars / Sucres 2 g		Sugars / Sucres 2 g		Sugars / Sucres 2 g	
Protein / Proteines 5 g		Protein / Proteines 5 g		Protein / Proteines 5 g	
Vitamin A / Vitamine A	60%	Vitamin A / Vitamine A	60%	Vitamin A / Vitamine A	60%
Vitamin C / Vitamine C	8%	Vitamin C / Vitamine C	8%	Vitamin C / Vitamine C	8%
Calcium/ Calcium	8%	Calcium/ Calcium	8%	Calcium/ Calcium	8%
Iron / Fer	20%	Iron / Fer	20%	Iron / Fer	20%