



NUTRITION SURVIVAL GUIDE TO
WASABI

CALORIES AND MACRONUTRIENTS

2020/21

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1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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HOSOMAKI

Avocado Hosomaki	168	3.3	31.4	-	-	3.2	0.83
Cucumber Hosomaki	153	3.3	33.2	-	-	0.8	0.69
Salmon Hosomaki	216	4.8	33.7	-	-	6.9	0.7
Tuna Hosomaki	152	6.5	30.2	-	-	0.6	0.77
Inari & Red Pepper Hosomaki	146	3.7	23.3	-	-	4.2	1.12

FUTOMAKI

California Roll	177	6.3	28.4	-	-	4.2	0.49
Fried Prawn Roll	215	4.7	28.9	-	-	8.9	0.68
Salmon & Masago Roll	159	6.9	24.4	-	-	3.8	0.57
Surimi Crabmeat & Cucumber Roll	172	3.5	31.2	-	-	3.7	0.69
Tofu Roll	138	3	26	-	-	2.4	0.57
Salmon Teriyaki Roll	150	5.9	18.5	-	-	5.8	1.09

NIGIRI

Japanese Omelette Nigiri	166	6.2	30.2	-	-	2.3	0.58
Salmon Nigiri	180	11	24.6	-	-	4.2	0.57
Shrimp Nigiri	151	5.1	31.6	-	-	0.5	0.6
Tofu Nigiri	187	6.1	33.5	-	-	3.2	0.75
Tuna Nigiri	149	12.4	22.9	-	-	0.9	0.61

GUNKAN

Salmon Sesame Gunkan	106	9.8	24.8	-	-	5.1	0.51
Surimi Crabmeat Gunkan	189	4.9	30.7	-	-	5.2	1

ONIGIRI

Chicken Teriyaki Onigiri	164	7.9	28.1	-	-	2.2	0.88
Salmon Teriyaki Onigiri	163	9.1	26.8	-	-	2.2	0.68
Seaweed Onigiri	132	3.1	28	-	-	0.8	0.85
Edamame & Butternut Squash Onigiri	131	3.4	22	-	-	3.3	1.7
Chicken Katsu & Kimchi Onigiri	134	4.6	19.4	-	-	4.3	1.19
Tuna & Mustard Onigiri	175	5.9	20.3	-	-	7.8	1.71

SUSHI SET BOXES

Chumaki Set	187	6.3	25.3	-	-	6.8	0.55
Harmony Set	199	6.6	28.2	-	-	6.6	0.67
Mini Hosomaki Set	180	6.6	27.7	-	-	4.7	0.77
Mixed Maki Set	182	6	27.4	-	-	5.4	0.79



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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Rainbow Set	179	8.3	24.3	-	-	5.4	0.24
Salmon Nigiri Set	149	6.8	22	-	-	3.7	0.53
Sashimi Set	98	14.4	2.4	-	-	3.4	0.25
Tokyo Salmon Set	163	8.3	16.6	-	-	7.1	2.17
Mini Tokyo Salmon Set	167	7.3	16.7	-	-	7.8	0.9
Osaka Set	152	7.7	16.3	-	-	6.3	0.9
Wasabi Special Bento	168	7.2	18.2	-	-	7.4	0.87
Yasai Roll Set	134	2.3	24.9	-	-	2.8	0.48
Salmon Teriyaki Roll Set	152	4.7	24.2	-	-	3.4	0.73
Crispy Ebi Roll	227	6.7	30	-	-	8.9	1.14
Chicken Katsu Roll Set	145	6.2	18.1	-	-	5.3	1.19
Veggie Roll Set	109	2.7	17.6	-	-	3.1	0.73
Tofu Pocket Roll Set	139	3.4	21	-	-	4.6	0.99
Salmon Hosomaki Set	159	6.2	21.1	-	-	5.5	1.02
Avocado Hosomaki Set	159	3.2	21.6	-	-	6.7	0.99
Cucumber Hosomaki Set	124	3	21.5	-	-	2.8	0.99
Spicy Salmon Roll	147	6.9	16.4	-	-	6	0.96
Spicy Yasai Roll	110	3.3	17.5	-	-	3	0.89
Kyoto Set	162	6.2	19.3	-	-	6.7	0.94

SUSHI SET BOXES - BROWN RICE

Chumaki Set	179	6.6	22	-	-	7.2	0.48
Salmon Nigiri Set	142	8.4	16	-	-	4.9	0.83
Rainbow Set	181	8.7	22.1	-	-	6.4	0.97
Yasai Roll Set	124	3.2	20.3	-	-	3.4	0.43
Harmony Set	186	6.7	26.3	-	-	6	1.31

SALAD SET BOXES

Chicken Katsu Salad	176	9	18.2	-	-	7.5	0.8
Chirashi Bowl	128	7.3	13.2	-	-	5.1	0.99
Salmon Teriyaki Salad	135	5.5	14.4	-	-	6.1	0.46
Tofu Teriyaki Salad 1	159	6	14.7	-	-	8.4	0.46

OPTIONAL SAUCE & DRESSING

Chilli Mayo Sauce	222	0.4	33.4	-	-	9.7	2.38
Chinese Chilli Sauce	105	1	5.2	-	-	0	5
Sweet Chilli Sauce	162	0.4	37.8	-	-	0.2	2.58
Japanese Bbq Sauce	122	0.4	28.7	-	-	0.1	6.25
Japanese Dressing	268	2.5	22	-	-	19	4.4
Teriyaki Sauce	230	4	56	-	-	0	1.72
Balsamic Vinegar Olive Oil	694	0	4	-	-	74.9	0
Goma Dressing	303	4.2	22	-	-	2.2	2.7

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Korean Chilli Sauce	215	3.3	49.1	-	-	0	4.73
Ginger Sachet	11	0.19	0.83	-	-	0.24	2.1
Soy Sauce Sachet	77	10	3.2	-	-	0	16.9
Sweet Soy Sauce Sachet	137	8.3	20	-	-	0	15.7
Gluten Free Soy Sauce Sachet	57	10	2	-	-	0	16.4
Reduced Salt Soy Sauce Sachet	107	9.7	6.9	-	-	0	9.1
Wasabi Sachet	256	3.8	38	-	-	9.2	5.8

NOODLE SOUP - TANMEN

Chicken Gyoza Tanmen	103	3.4	16.9	-	-	2.4	1.64
Spicy Chicken Tanmen	101	4.7	13.5	-	-	3	1.33
Salmon Teriyaki Tanmen	121	4.8	14.8	-	-	4.6	2.01
Veg Tanmen	76	3	13.1	-	-	1.2	1.79

NOODLE SOUP - SOUMEN

Chicken Gyoza Soumen	102	3.6	14.9	-	-	3.1	1.97
Spicy Chicken Soumen	99	6.7	11.3	-	-	3	1.97
Veg Soumen	75	4.6	10.6	-	-	1.6	2.12

NOODLE SOUP - TOM YUM

Tofu Tom Yum	109	3.8	10.8	-	-	5.4	1.15
Prawn Tom Yum	103	3.4	11.2	-	-	4.8	1.53
Chicken Tom Yum	119	5.4	11.2	-	-	5.8	1.44

NOODLE SOUP - MISO

Miso Soup	16	0.5	1.2	-	-	1	0.76
Miso Sachet	19	1.1	1.6	-	-	0.5	1.17

HOT FOOD - BAIN MARIE / HOT CABINET

Chicken Curry Bento	149	6.4	23.9	-	-	3.1	0.4
Chicken Curry Yakisoba	159	8.9	16.4	-	-	6.4	0.63
Chicken Katsu Curry Bento	158	6.1	20.8	-	-	5.6	0.67
Chicken Katsu Curry Yakisoba	180	8.1	14.7	-	-	8.3	0.8
Chicken Katsu Yakisoba Bento	158	9.6	16.7	-	-	5.8	1.14
Spicy Chicken Bento	140	6.4	21.7	-	-	3.1	0.48
Spicy Chicken Yakisoba	149	8.7	14.7	-	-	6.1	0.69
Sweet Chilli Chicken Bento	150	5.4	24.4	-	-	3.4	1.1
Sweet Chilli Chicken Yakisoba	181	7	29.4	-	-	4	1.38
Tofu Curry Bento	166	2.7	22.7	-	-	7.1	0.56
Tofu Curry Yakisoba	175	5.2	15.2	-	-	10.4	0.79



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Pork Bulgogi Yakisoba	164	9.1	21.3	-	-	4.7	1.3
Pumpkin Katsu Curry Bento	143	2.2	18.5	-	-	6.7	1.3
Pumpkin Katsu Curry Yakisoba	172	3.7	23.2	-	-	7.2	1.56
Chicken Teriyaki Bento	117	5.7	14.8	-	-	3.9	1
Chicken Teriyaki Yakisoba	164	7.2	18.6	-	-	6.7	1.08
Salmon Teriyaki Bento	138	6.1	16.1	-	-	5.5	1.05
Salmon Teriyaki Yakisoba	190	7.7	20.3	-	-	8.7	1.13
Thai Green Chicken Curry Bento	154	6	14.4	-	-	8	0.97
Thai Green Chicken Curry Yakisoba	189	7.8	20.1	-	-	8.6	1.22
Kale Salad	235	1.4	7.7	-	-	22	0.47
Soy & Garlic K-wings (5 Pieces)	245	21.4	9.2	-	-	13.5	0.9
Sweet & Spicy K-wings (5 Pieces)	236	18.5	14	-	-	11.7	1.4

HOT FOOD - AIR BENTO

Sweet Chilli Chicken Air Bento	152	5.5	25.3	-	-	3.3	1
Tofu Curry Air Bento	128	3.1	16.5	-	-	5.5	1.29
Pumpkin Katsu Curry Air Bento	138	2.1	17.7	-	-	6.5	1.27
Chicken Katsu Curry Air Bento	144	4.7	16.6	-	-	6.6	1.21
Chicken Curry Air Bento	130	7.5	14.9	-	-	4.5	1.11
Chicken Teriyaki Yakisoba Air Bento	139	6.5	21.5	-	-	3	1.72

HOT FOOD - FRIED ITEMS

Chicken Katsu	236	18.7	13.3	-	-	12	0.78
Pumpkin Katsu	242	3.5	26.3	-	-	13	0.59
Tempura Prawn	142	8.9	23.2	-	-	1.5	0.44
Fried Chicken Gyoza	296	8.3	29.3	-	-	12.9	0.95
Fried Vegetable Gyoza	260	5	32.7	-	-	11.5	1.2

HOT FOOD - STEAMED ITEMS

Steamed Chicken Gyoza	173	6.8	25	-	-	4.6	0.77
Steamed Vegetable Gyoza	167	5.4	30	-	-	2.3	0.98

HOT FOOD - BAO BUNS

Chicken Katsu Bao Bun	229	8	26.2	-	-	10.2	0.93
Pumpkin Katsu Bao Bun	228	4.5	28.7	-	-	10.6	0.97

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GREEN SALADS

Chicken Gyoza Salad	162	5.3	24.7	-	-	4.7	1
Chicken Katsu	233	16.3	15.2	-	-	11.9	0.42
Chicken Yakisoba Salad	118	10.6	8.9	-	-	4.4	0.81
Chilli Noodle Salad	97	1.2	21.1	-	-	0.9	0.6
Chukka Wakame Salad	127	2.4	12.6	-	-	7.4	2.19
Surimi Crabmeat Salad	151	4.4	10.5	-	-	10.1	1.25
Wasabi House Salad	166	4.3	4.6	-	-	14.5	0.41
Wasabi Superfood Salad	167	4.1	5.9	-	-	14.1	0.13

ORANGE SALADS

King Prawn And Broccoli Salad	90	5.1	7	-	-	4.6	0.25
Sweet Chilli Chicken	177	14.9	14.3	-	-	6.7	0.63

MIXED SALAD LEAVES - BASE

Mixed Salad Leaves	13	1.3	1.9	-	-	0.1	0.5
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POTTO SALAD POTS

Salmon Poké Potto	155	13.9	4.3	-	-	9.2	4.38
Sweet Chilli Chicken Potto	143	12.7	10.6	-	-	5.6	3.86
Chirashi Potto	161	4.1	24	-	-	5.3	1.29
Spicy Chirashi Potto	137	4.7	18.3	-	-	5	1.08
Salmon Teriyaki Potto	148	5.5	20.9	-	-	4.8	1.17
Edamame Potto	101	7.8	9.9	-	-	3.4	2.1

SUMMER SALADS

Ebi & Chicken Summer Roll Salad (Incl. Dressings)	144	5.4	25.5	-	-	2.3	1.56
Raw Naked Tofu Salad (Incl. Dressings)	104	5.3	9.7	-	-	4.9	1.69
Raw Naked Tofu Salad (Excl. Dressings)	76	5.5	7.8	-	-	2.5	1.4
Yasai Summer Roll Set (Incl. Dressings)	151	3.8	27	-	-	3.1	1.55

BUBBLE TEA – 300ML

Original Bubble Tea	114	0.4	17.3	-	4.5	4.8	0.1
Green Apple Bubble Tea	62	0	15.4	-	5.4	0	0.01
Lychee & Rose Bubble Tea	72	0	17.9	-	12.2	0	0.01
Matcha Bubble Tea	137	0.4	21	-	7.9	5.7	0.1
Thai Milk Bubble Tea	105	0.3	19.1	-	9.7	3.1	0.07
Taro Bubble Tea	33	0.1	7.8	-	4.2	0.2	0