



NUTRITION SURVIVAL GUIDE TO
YO SUSHI

CALORIES AND MACRONUTRIENTS

2021

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- 1-200 CAL
- 201-300 CAL
- 301-400 CAL
- 401-500 CAL
- 501+ CAL

DINE IN MENU

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Avocado Maki	203.5	1.4	32.6	1.8	4.4	6.5	0.4
Beef Teriyaki	332.2	13.5	18.6	1.3	8.3	22.2	0.4
Beef Teriyaki Rice Bowl	562.8	13.9	71.3	1.3	7.6	22.4	0.4
Beef Teriyaki Rice Bowl Large	885.8	26.9	88.9	2.1	14.9	44.4	0.8
Chicken Gyoza 5 Piece	205.9	9.9	18.9	0.0	0.1	9.4	1.0
Chicken Gyoza	140	5.9	11.2	0.0	0.0	7.7	0.5
Chicken Katsu Coconut Curry	498.8	13.8	75.7	1.0	2.6	13.9	0.7
Chicken Katsu Coconut Curry Large	815.2	27.3	98.3	1.1	5.4	33.4	1.6
Chicken Katsu Curry Gyoza 5 Piece	224.7	8.1	21.4	2.0	3.3	11.4	0.4
Chicken Katsu Curry Gyoza	150.9	4.9	12.7	1.2	1.9	8.7	0.3
Chicken Katsu Curry Hot & Spicy	495.3	13.8	75.9	1.1	2.6	13.3	0.8
Chicken Katsu Curry Hot & Spicy Large	717.2	26.2	91.6	1.2	3.3	25.6	1.1
Chicken Katsu Curry	521.9	13.8	72.9	0.5	2.0	18.1	0.7
Chicken Katsu Curry Large	750.4	26.1	87.8	0.5	2.5	31.6	1.0
Chicken Katsu	225.2	12.4	16.9	0.5	3.0	12.2	0.4
Chocolate Brownie	362.9	4.0	34.7	0.2	33.6	23.0	0.1
Chocolate Mochi	206.9	2.3	33.5	0.1	8.6	6.2	0.2
Coconut Curry Dipping Sauce	51.9	1.0	8.4	0.5	2.3	1.5	0.5
Crunchy California Roll 6pc	570.7	5.7	55.5	1.5	13.1	34.3	1.0
Crunchy California Roll	285.4	2.9	27.8	0.8	6.5	17.1	0.5
Crunchy Prawn Roll 8pc	314.9	6.0	51.9	2.0	5.4	7.8	0.7
Crunchy Prawn Roll	157.5	3.0	26.0	1.0	2.7	3.9	0.3
Cucumber Maki	149.6	1.2	32.5	0.9	4.6	0.5	0.4
Curry Dipping Sauce	74.9	0.9	5.7	0.0	1.7	5.6	0.4
Dorayaki Pancake	130	2.1	26.0	0.0	15.2	1.7	0.0
Dragon Roll 6pc	411.5	11.8	44.8	1.7	6.1	19.1	0.6
Dragon Roll	205.7	5.9	22.4	0.8	3.1	9.6	0.3
Dynamite Roll 8pc	408.1	8.5	44.4	1.7	7.7	20.7	0.8
Dynamite Roll	204	4.2	22.2	0.8	3.8	10.4	0.4
Edamame	134.5	11.5	9.0	0.0	0.1	6.1	0.4
Fresh Fruit Plate	61.1	0.9	14.4	1.4	14.4	0.3	0.0
Hot & Spicy Curry Dipping Sauce	48.4	1.0	8.7	0.6	2.3	0.9	0.5
Inari Taco	169.7	3.4	23.0	0.4	10.5	6.7	0.3
Japanese Fried Chicken	381.9	16.0	22.2	0.5	1.7	26.3	0.7
Kaiso Seaweed	182.9	4.3	22.2	1.4	14.8	5.6	1.1
Katsu Curry Arancini	277.9	5.6	44.8	1.2	3.3	8.3	0.3
Korean Fried Chicken	385.6	15.8	47.8	0.5	23.6	15.2	0.8
Miso Soup	53.2	2.3	7.4	0.1	3.2	1.3	1.1
Mixed Maki Plate	199	3.6	32.4	1.3	4.3	5.1	0.4
Popcorn Shrimp	354.6	14.1	24.9	0.4	12.5	20.3	1.0
Prawn Gyoza 5 Piece	219.9	7.0	23.0	1.5	3.0	9.9	0.9
Prawn Gyoza	148.4	4.1	13.7	0.9	1.8	8.0	0.5
Prawn Katsu Coconut Curry	409.2	6.3	73.6	1.4	2.6	7.8	0.7

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Prawn Katsu Coconut Curry Large	542.3	11.1	87.0	1.8	3.1	14.3	1.0
Prawn Katsu Curry	432.3	6.3	70.8	0.8	1.9	12.0	0.7
Prawn Katsu Curry Large	571.1	11.1	83.5	1.2	2.3	19.5	1.0
Prawn Katsu Hot & Spicy Curry	405.7	6.3	73.8	1.4	2.6	7.3	0.8
Prawn Katsu Hot & Spicy Curry Large	537.9	11.2	87.3	1.9	3.1	13.6	1.1
Prawn Katsu	173.2	7.2	20.5	1.0	3.0	6.7	0.5
Pumpkin Katsu Coconut Curry	425.2	4.8	77.8	1.0	2.6	8.6	0.7
Pumpkin Katsu Coconut Curry Large	574.3	8.2	95.4	1.1	3.1	15.7	1.0
Pumpkin Katsu Curry	434.4	4.7	72.7	0.4	1.8	12.3	0.7
Pumpkin Katsu Curry Large	452.4	6.1	69.0	0.3	1.7	15.7	0.7
Pumpkin Katsu Hot & Spicy Curry	421.7	4.9	78.0	1.1	2.6	8.0	0.8
Pumpkin Katsu Hot & Spicy Curry Large	570	8.2	95.8	1.2	3.1	15.0	1.1
Pumpkin Katsu	151.6	3.4	19.0	0.5	3.0	6.9	0.4
Salmon Maki	194.5	5.7	32.1	0.8	4.2	3.7	0.4
Salmon Nigiri	103.1	4.0	14.3	0.2	1.9	2.8	0.2
Salmon Ponzu Salsa Sashimi	115.2	10.4	2.3	0.4	1.0	6.9	0.4
Salmon Sashimi	125.7	12.0	1.0	0.3	0.7	8.2	0.1
Salmon Selection Platter	601.5	30.8	70.1	1.7	14.5	20.7	1.0
Spicy Chicken Katsu Roll 6pc	294.5	7.3	53.1	0.9	10.2	4.7	1.1
Spicy Chicken Katsu Roll	147.2	3.7	26.6	0.5	5.1	2.3	0.5
Spicy Pepper Squid	166.3	13.2	11.8	0.1	1.6	7.2	0.9
Spicy Tuna Roll 8pc	263	9.7	41.7	1.7	6.3	5.2	0.6
Spicy Tuna Roll	131.5	4.8	20.9	0.8	3.1	2.6	0.3
Steamed Rice	303.4	0.9	68.9	0.5	0.2	0.3	0.0
Strawberry Cheesecake Mochi	187.7	0.1	33.0	0.1	21.7	5.4	0.1
Takoyaki	275	5.0	21.9	2.0	2.4	18.7	0.8
Tofu Katsu Coconut Curry	427.5	10.8	67.0	2.1	2.6	7.6	0.5
Tofu Katsu Coconut Curry Large	534	20.2	73.9	3.4	3.1	8.7	0.7
Tofu Katsu Curry	450.6	10.8	64.3	1.6	1.9	11.7	0.5
Tofu Katsu Hot & Spicy Curry	424.1	10.9	67.3	2.2	2.6	7.0	0.6
Tofu Katsu Hot & Spicy Curry Large	529.7	20.3	74.2	3.4	3.1	8.0	0.8
Tuna & Avocado Tartare	140.8	11.9	3.5	1.5	0.9	8.6	0.3
Tuna Nigiri	84.7	5.3	14.2	0.2	1.9	0.3	0.2
Tuna Sashimi	70.5	15.9	0.8	0.3	0.8	0.5	0.0
Vegetable Gyoza 5 Piece	192.9	5.7	27.0	1.2	4.0	6.0	1.0
Vegetable Gyoza	132.2	3.3	16.1	0.7	2.4	5.6	0.6
XXXX Spicy Chicken Katsu Curry	494.9	13.8	76.1	1.1	2.5	13.2	0.8
Yasai Roll 6pc	339.4	3.7	54.8	1.9	14.4	10.5	0.9
Yasai Roll	169.7	1.8	27.4	0.9	7.2	5.2	0.4
YO! Fries	402.8	5.0	45.4	0.9	4.5	21.6	1.2
YO! Fries Vegan	401.4	4.9	44.8	0.9	4.5	21.7	1.3
YO! Roll 6pc	336.5	12.3	42.5	1.5	7.5	11.6	0.8
YO! Roll	168.2	6.1	21.2	0.8	3.7	5.8	0.4

TO GO MENU

Chicken Gyoza 5 Piece TOGO	205.9	9.90	18.90	0.00	0.10	9.40	0.99
Chicken Gyoza TOGO	198.4	9.50	18.40	0.00	0.00	9.40	0.67
Chicken Katsu Curry Large TOGO	1282.3	28.50	194.40	1.20	4.80	39.10	1.51
Chicken Katsu Curry TOGO	681.8	14.40	112.60	0.70	2.40	16.60	0.79

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken Katsu TOGO	225.2	12.40	16.90	0.50	3.00	12.20	0.44
Chilli Cracker Retail Pack 50gr TOGO	278.5	1.80	30.10	0.40	5.00	16.70	0.39
Chilli Peanuts Retail Pack 50gr TOGO	253	5.90	29.00	3.00	8.00	9.70	0.41
Chocolate And Coconut Rice Cakes TOGO	196.6	2.80	22.60	1.80	10.50	10.10	0.02
Chocolate And Salted Caramel Rice Cakes TOGO	187.6	2.60	25.40	1.00	12.90	8.20	0.06
Chocolate Brownie TOGO	362.9	4.00	34.70	0.20	33.60	23.00	0.14
Chocolate Mochi TOGO	206.9	2.30	33.50	0.10	8.60	6.20	0.24
Classic Catch TOGO	513.1	28.40	66.60	1.70	10.60	12.70	1.19
Crunchy California Roll TOGO	285.4	2.90	27.80	0.80	6.50	17.10	0.50
Crunchy Prawn Roll 8pc TOGO	314.9	6.00	51.90	2.00	5.40	7.80	0.68
Dorayaki Pancake TOGO	162	2.90	32.10	0.00	20.30	2.30	0.00
Dragon Roll TOGO	411.5	11.80	44.80	1.70	6.10	19.10	0.56
Dynamite Roll 8pc TOGO	408.1	8.50	44.40	1.70	7.70	20.70	0.83
Edamame TOGO	201.5	17.30	13.40	0.00	0.10	9.20	0.40
Fresh Fruit Plate TOGO	61.1	0.90	14.40	1.40	14.40	0.30	0.00
Japanese Fried Chicken TOGO	381.9	16.00	22.20	0.50	1.70	26.30	0.68
Kaiso Seaweed TOGO	202.2	5.00	21.60	1.70	12.20	7.10	1.03
Korean Fried Chicken TOGO	385.6	15.80	47.80	0.50	23.60	15.20	0.76
Maki Mix TOGO	539.3	9.90	88.00	3.60	12.20	13.70	1.31
Miso Soup TOGO	118.5	5.00	16.80	0.00	7.50	2.60	2.62
Plant Power TOGO	457.2	6.40	71.90	2.30	19.90	14.30	1.19
Prawn Gyoza 5 Piece TOGO	219.9	7.00	23.00	1.50	3.00	9.90	0.93
Prawn Gyoza TOGO	212.4	6.60	22.50	1.50	2.90	9.90	0.61
Prawn Katsu Curry Large TOGO	1022.1	13.50	190.20	1.90	4.60	18.10	1.50
Prawn Katsu Curry TOGO	620.7	9.20	116.10	1.20	2.40	10.20	0.87
Prawn Katsu TOGO	173.2	7.20	20.50	1.00	3.00	6.70	0.52
Pumpkin Katsu Curry Large TOGO	1090.2	10.60	198.60	1.20	4.60	23.50	1.52
Pumpkin Katsu Curry TOGO	599.2	5.50	114.70	0.70	2.40	10.30	0.79
Pumpkin Katsu TOGO	151.6	3.40	19.00	0.50	3.00	6.90	0.44
Salmon Sashimi TOGO	134.3	12.40	2.70	0.30	1.40	8.30	0.32
Simply Salmon TOGO	428.6	15.30	64.20	1.20	9.00	10.20	1.05
Spicy Chicken Katsu Roll TOGO	147.2	3.70	26.60	0.50	5.10	2.30	0.53
Spicy Pepper Squid TOGO	166.3	13.20	11.80	0.10	1.60	7.20	0.94
Spicy Tuna Roll 8pc TOGO	263	9.70	41.70	1.70	6.30	5.20	0.59
Steamed Rice TOGO	303.4	0.90	68.90	0.50	0.20	0.30	0.00
Strawberry Cheesecake Mochi TOGO	189	0.10	33.30	0.20	22.00	5.40	0.07
Super Salmon TOGO	552.1	25.50	66.80	1.70	10.60	18.30	1.21
Sushi Sharer TOGO	1194.3	38.40	173.10	4.10	25.30	33.00	2.98
Takoyaki TOGO	275	5.00	21.90	2.00	2.40	18.70	0.78
Vegetable Gyoza 5 Piece TOGO	192.9	5.70	27.00	1.20	4.00	6.00	1.04
Vegetable Gyoza TOGO	185.4	5.30	26.50	1.20	3.90	6.00	0.72
Wasabi Peas Retail Pack 50Gg TOGO	209	7.10	25.50	7.00	3.60	7.20	0.37
Yasai Roll TOGO	169.7	1.80	27.40	0.90	7.20	5.20	0.43
YO! Fries TOGO	402.8	5.00	45.40	0.90	4.50	21.60	1.25
YO! Roll TOGO	336.5	12.30	42.50	1.50	7.50	11.60	0.82

KIDS MENU

Kids Avocado Maki	203.5	1.40	32.60	1.80	4.40	6.50	0.39
Kids California Hand Roll	232.8	4.00	20.30	1.50	3.00	14.50	0.25

1-200 CAL

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401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Kids Chicken Katsu Curry	466	13.50	71.30	0.40	1.50	12.60	0.51
Kids Cucumber Maki	149.6	1.20	32.50	0.90	4.60	0.50	0.37
Kids Dorayaki Pancake	130	2.10	26.00	0.00	15.20	1.70	0.00
Kids Fresh Fruit	61.1	0.90	14.40	1.40	14.40	0.30	0.00
Kids Japanese Fried Chicken	381.9	16.00	22.20	0.50	1.70	26.30	0.68
Kids Mixed Maki	199	3.60	32.40	1.30	4.30	5.10	0.39
Kids Ninja Fries	444.4	3.90	39.40	0.00	1.20	29.80	0.68
Kids Pumpkin Katsu Curry	392.4	4.50	73.40	0.40	1.40	7.30	0.51
Kids Salmon & Avocado Hand Roll	168.8	5.00	15.20	1.10	2.00	9.10	0.21
Kids Salmon Maki	194.5	5.70	32.10	0.80	4.20	3.70	0.39
Kids Veggie Hand Roll	145.4	2.00	17.40	1.30	4.20	6.80	0.22

DELIVEROO MENU

Chicken Gyoza Deliveroo	198.4	9.50	18.40	0.00	0.00	9.40	0.67
Chicken Katsu Curry Deliveroo	682.4	15.30	113.90	1.60	3.00	15.80	0.79
Chicken Katsu Curry Large Deliveroo	1282.3	28.50	194.40	1.20	4.80	39.10	1.51
Chicken Katsu Deliveroo	225.2	12.40	16.90	0.50	3.00	12.20	0.44
Chilli Cracker Retail Pack 50gr Deliveroo	278.5	1.80	30.10	0.40	5.00	16.70	0.39
Chilli Peanuts Retail Pack 50gr Deliveroo	253	5.90	29.00	3.00	8.00	9.70	0.41
Chocolate And Coconut Rice Cakes DE	196.6	2.80	22.60	1.80	10.50	10.10	0.02
Chocolate And Salted Caramel Rice Cakes DE	187.6	2.60	25.40	1.00	12.90	8.20	0.06
Chocolate Brownie Deliveroo	362.9	4.00	34.70	0.20	33.60	23.00	0.14
Chocolate Mochi Deliveroo	206.9	2.30	33.50	0.10	8.60	6.20	0.24
Classic Catch Deliveroo	513.1	28.40	66.60	1.70	10.60	12.70	1.19
Crunchy California Roll Platter Deliveroo	470	5.20	50.70	1.50	9.80	25.50	0.78
Crunchy Prawn Roll 8pc Deliveroo	314.9	6.00	51.90	2.00	5.40	7.80	0.68
Dorayaki Pancake Deliveroo	162	2.90	32.10	0.00	20.30	2.30	0.00
Dragon Roll Deliveroo	411.5	11.80	44.80	1.70	6.10	19.10	0.56
Dynamite Roll 8pc Deliveroo	408.1	8.50	44.40	1.70	7.70	20.70	0.83
Edamame Deliveroo	201.5	17.30	13.40	0.00	0.10	9.20	0.40
Fresh Fruit Plate Deliveroo	61.1	0.90	14.40	1.40	14.40	0.30	0.00
Japanese Fried Chicken Deliveroo	381.9	16.00	22.20	0.50	1.70	26.30	0.68
Kaiso Seaweed Deliveroo	202.2	5.00	21.60	1.70	12.20	7.10	1.03
Korean Fried Chicken Deliveroo	385.6	15.80	47.80	0.50	23.60	15.20	0.76
Maki Mix Deliveroo	539.3	9.90	88.00	3.60	12.20	13.70	1.31
Miso Soup Deliveroo	118.5	5.00	16.80	0.00	7.50	2.60	2.62
Plant Power Deliveroo	489.9	5.50	78.60	3.20	18.00	15.00	1.28
Prawn Gyoza Deliveroo	212.4	6.60	22.50	1.50	2.90	9.90	0.61
Prawn Katsu Curry Deliveroo	611.7	9.20	116.10	1.20	2.40	9.20	0.87
Prawn Katsu Curry Large Deliveroo	1103	13.50	190.20	1.90	4.60	27.10	1.50
Prawn Katsu Deliveroo	173.2	7.20	20.50	1.00	3.00	6.70	0.52
Pumpkin Katsu Curry Deliveroo	599.2	5.50	114.70	0.70	2.40	10.30	0.79
Pumpkin Katsu Curry Large Deliveroo	1100	10.30	192.50	1.20	4.50	27.60	1.47
Pumpkin Katsu Deliveroo	151.6	3.40	19.00	0.50	3.00	6.90	0.44
Salmon Sashimi Deliveroo	134.3	12.40	2.70	0.30	1.40	8.30	0.32
Simply Salmon Deliveroo	428.6	15.30	64.20	1.20	9.00	10.20	1.05
Spicy Chicken Katsu Roll Platter Deliveroo	288.7	7.30	51.70	0.90	9.00	4.70	0.94
Spicy Pepper Squid Deliveroo	166.3	13.20	11.80	0.10	1.60	7.20	0.94
Spicy Tuna Roll 8pc Deliveroo	263	9.70	41.70	1.70	6.30	5.20	0.59

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501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Steamed Rice Deliveroo	303.4	0.90	68.90	0.50	0.20	0.30	0.00
Strawberry Cheesecake Mochi Deliveroo	189	0.10	33.30	0.20	22.00	5.40	0.07
Super Salmon Deliveroo	552.1	25.50	66.80	1.70	10.60	18.30	1.21
Sushi Sharer Deliveroo	1194.3	38.40	173.10	4.10	25.30	33.00	2.98
Vegetable Gyoza Deliveroo	185.4	5.30	26.50	1.20	3.90	6.00	0.72
Wasabi Peas Retail Pack 50Gg Deliveroo	209	7.10	25.50	7.00	3.60	7.20	0.37
Yasai Roll Platter Deliveroo	340	3.80	54.90	1.90	14.40	10.50	0.86
YO! Fries Deliveroo	400.6	5.00	45.10	0.90	4.50	21.40	1.24
YO! Roll Platter Deliveroo	345.1	12.70	44.20	1.60	8.20	11.60	1.09