

Wasabi
わさび

Sushi Bento Bar

14 RESTAURANTS À GENÈVE

NUTRITION BINDER

SUSHI ET GASTRONOMIE JAPONAISE

À manger sur place, à emporter ou en livraison gratuite.
La livraison se fait du lundi au samedi de 18h00 à 21h30 !
Téléphone : 0840 004 004

CALIFORNIA

CALIFORNIA CREVETTE PANÉ

Nutrition facts

Serving size	Total quantity (156g)
Energy	208kcal / 765kJ
Amount	% Daily value *
Fat 3.87g	6%
Saturated Fat 0.58g	2.9%
Trans Fat ~	~
Cholesterol 32.4mg	10.8%
Salt 1.01g	16.7%
Carbohydrates 26.8g	8.9%
Dietary Fiber 1.05g	4.2%
Sugars 0.41g	~
Protein 15.1g	30.2%
Vitamin A, RAE 0.33mcg ~ Vitamin A, IU ~ ~ Vitamin C 0mg 0% Vitamin D ~ ~ Vitamin E 0.12mg 0.6% Calcium 68.3mg 6.8% Iron 1.05mg 5.8% Magnesium 41mg 10.3% Phosphorus 197.5mg 19.8% Potassium 147.5mg 4.2%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Crevette pané:** 60% de panade « tempura » (**farine de blé**, eau, amidon modifié : E1420/E1412 : sucre sel de mer, huiles végétales : huile de palme, huile de shiso ; levure, épaissant : E412 ; amidon de maïs, poudre à lever : E170 ; affermissant : E516 : antioxydant : E300 ; alpha-amylase, sel) ; peut contenir **sulfites**, 40% **crevettes** (crevette 80%, eau, stabilisants : E451 + E452). Origine : Vietnam. **Sésame.** Algue nori. **Oeufs de poisson volant** (orange): Cypselurus Heterurus 88%, sucre, sel, sauce **soja** (eau, graines de **soja**, **blé**, sel), saké doux (sirop de glucose, riz gluant, eau, alcool, amylase, levure), vinaigre, colorants : E102-E129).

CALIFORNIA SURIMI AVOCAT

Nutrition facts

Serving size	Total quantity (186g)
Energy	279kcal / 1062kJ
Amount	% Daily value *
Fat 11.6g	17.9%
Saturated Fat 1.93g	9.7%
Trans Fat ~	~
Cholesterol 19.7mg	6.6%
Salt 0.76g	12.7%
Carbohydrates 29.2g	9.7%
Dietary Fiber 1.95g	7.8%
Sugars 0.67g	~
Protein 13g	25.9%
Vitamin A, RAE 13.2mcg ~ Vitamin A, IU ~ ~ Vitamin C 3.3mg 5.5% Vitamin D ~ ~ Vitamin E 1.83mg 9.2% Calcium 21.6mg 2.2% Iron 1.08mg 6% Magnesium 40.7mg 10.2% Phosphorus 104.5mg 10.5% Potassium 236.8mg 6.8%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Surimi:** préparation à base de chair de **poisson** 50% (chair de poisson Nemipterus spp 46.9%, sucre, stabilisant : E451), eau, amidon modifié, huile de **soja**, sucre, sel, extrait de **crabe**, exhausteur de goût : E621, colorants : E120-E160c, arôme, poudre de blanc **d'oeuf**. Avocat. Algue nori. **Sésame.** **Oeufs de poisson volant** (orange): Cypselurus Heterurus 88%, sucre, sel, sauce **soja** (eau, graines de **soja**, **blé**, sel), saké doux (sirop de glucose, riz gluant, eau, alcool, amylase, levure), vinaigre, colorants : E102-E129. Mayonnaise: huile végétale (huile de colza, l'huile de **soja**), le jeune **d'oeuf** le vinaigre a base **d'orge**, le sel, exhausteur de goût (E621), épices (contenant la **moutarde**) extrait d'épice contenant la **moutarde**.

CALIFORNIA

CALIFORNIA THON CUIT AVOCAT

Nutrition facts

Serving size	Total quantity (186g)
Energy	313kcal / 1203kJ
Amount	% Daily value *
Fat 14.2g	21.8%
Saturated Fat 2.68g	13.4%
Trans Fat ~	~
Cholesterol 24.3mg	8.1%
Salt 0.19g	3.2%
Carbohydrates 27.1g	9%
Dietary Fiber 1.95g	7.8%
Sugars 0.67g	~
Protein 18.1g	36.2%
Vitamin A, RAE 25.1mcg ~ Vitamin A, IU ~ ~ Vitamin C 3.3mg 5.5% Vitamin D ~ ~ Vitamin E 1.88mg 9.4% Calcium 29.3mg 2.9% Iron 1.4mg 7.8% Magnesium 42.8mg 10.7% Phosphorus 153.5mg 15.4% Potassium 322.9mg 9.2%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Thon cuit:** sri lankais sauvage FAO 51 FOS (thunnusalbacares). Avocat. Algue nori. **Sésame. Oeufs de poisson volant:** Cypselurus Heterurus 88%, sucre, sel, sauce soja (eau, graines de soja, blé, sel), arôme wasabi (contient **moutarde**), mirin (sirop de glucose, extrait de riz saccharose, vinaigre, régulateur d'acidité : E338, mélasse de canne), vinaigre, colorants : E102-E133-E110. Mayonnaise: huile végétale (huile de colza, l'huile de soja), le jeune d'oeuf, le vinaigre a base d'orge, le sel, exhausteur de goût (E621), épices (contenant la **moutarde**) extrait d'épice contenant la **moutarde**. Jus de citron. Oignons.

CALIFORNIA THON AVOCAT MANGUE

Nutrition facts

Serving size	Total quantity (179g)
Energy	236kcal / 884kJ
Amount	% Daily value *
Fat 6.35g	9.8%
Saturated Fat 1.16g	5.8%
Trans Fat ~	~
Cholesterol 8.4mg	2.8%
Salt 0.13g	2.2%
Carbohydrates 29.3g	9.8%
Dietary Fiber 1.91g	7.7%
Sugars 2.88g	~
Protein 14.2g	28.4%
Vitamin A, RAE 106.7mcg ~ Vitamin A, IU ~ ~ Vitamin C 9.57mg 16% Vitamin D ~ ~ Vitamin E 1.02mg 5.1% Calcium 22.3mg 2.2% Iron 1.41mg 7.8% Magnesium 42mg 10.5% Phosphorus 147.6mg 14.8% Potassium 281.8mg 8.1%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Thon:** sri lankais sauvage FAO 51 FOS (thunnusalbacares). Avocat. Mangue. **Sésame. Algue nori. Oeufs de poisson volant (vert):** Cypselurus Heterurus 88%, sucre, sel, sauce soja (eau, graines de soja, blé, sel), arôme wasabi (contient **moutarde**), mirin (sirop de glucose, extrait de riz saccharose, vinaigre, régulateur d'acidité : E338, mélasse de canne), vinaigre, colorants : E102-E133-E110.



CALIFORNIA

CALIFORNIA CREVETTE CUITE AVOCAT

Nutrition facts

Serving size	Total quantity (186g)
Energy	249kcal / 938kJ
Amount	% Daily value *
Fat 8.13g	12.5%
Saturated Fat 1.45g	7.3%
Trans Fat ~	~
Cholesterol 32.4mg	10.8%
Salt 1.01g	16.8%
Carbohydrates 27g	9%
Dietary Fiber 1.95g	7.8%
Sugars 0.65g	~
Protein 15.7g	31.3%
Vitamin A, RAE 9.58mcg ~ Vitamin A, IU ~ ~ Vitamin C 3.3mg 5.5% Vitamin D ~ ~ Vitamin E 0.68mg 3.4% Calcium 73.1mg 7.3% Iron 1.35mg 7.5% Magnesium 50.9mg 12.7% Phosphorus 210.7mg 21.1% Potassium 304.1mg 8.7%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Crevette cuite:** crevettes tropicales. Penaeus vannamei (élevés au Vietnam) 99.5%, sel, produit au Vietnam: DL 760. Avocat. Algue nori. **Sésame. Oeufs de poisson volant** (orange): Cypselurus Heterurus 88%, sucre, sel, sauce soja (eau, graines de soja, blé, sel), saké doux (sirop de glucose, riz gluant, eau, alcool, amylase, levure), vinaigre, colorants : E102-E129.

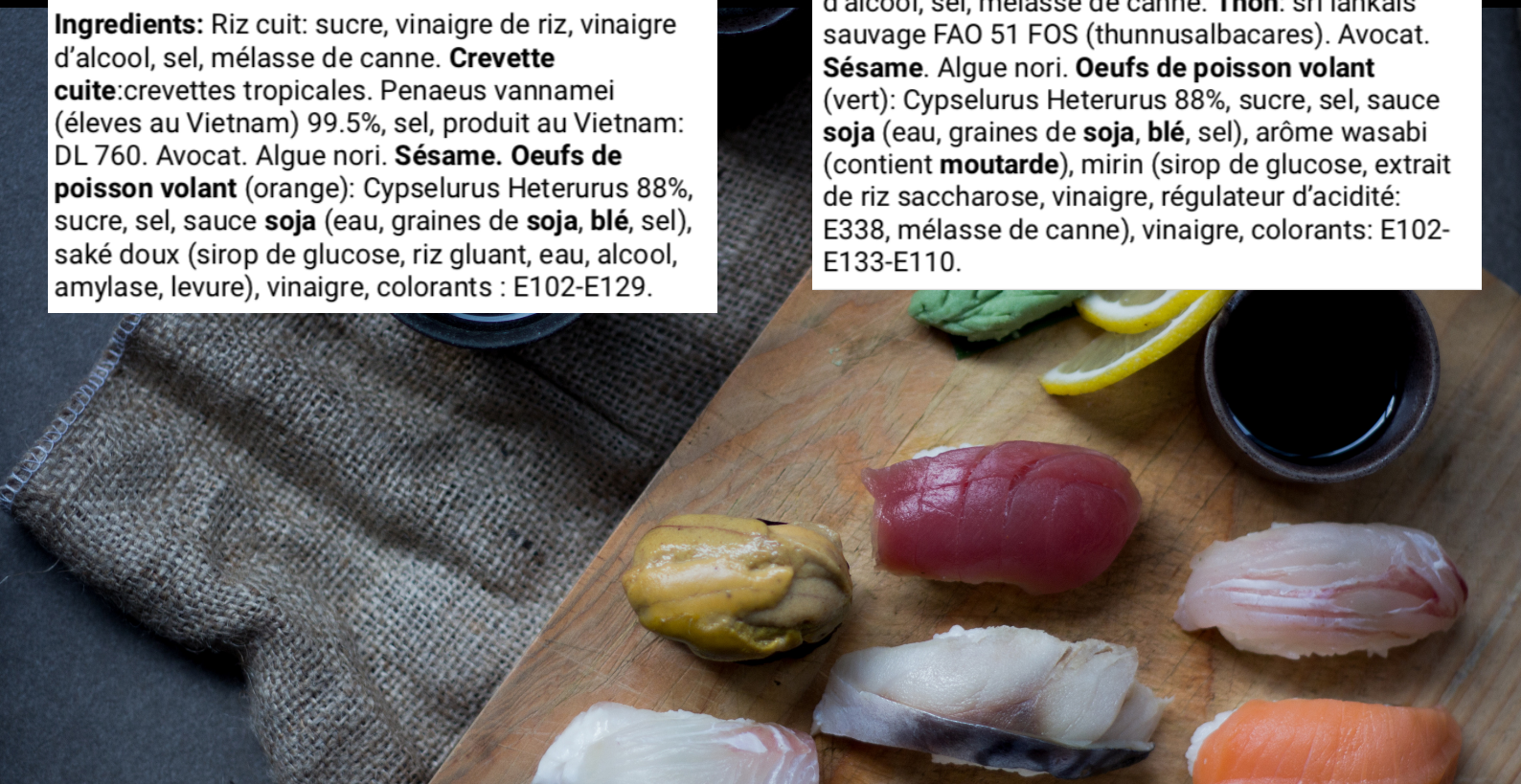
CALIFORNIA THON AVOCAT

Nutrition facts

Serving size	Total quantity (186g)
Energy	259kcal / 976kJ
Amount	% Daily value *
Fat 8.79g	13.5%
Saturated Fat 1.68g	8.4%
Trans Fat ~	~
Cholesterol 11.2mg	3.7%
Salt 0.14g	2.4%
Carbohydrates 27g	9%
Dietary Fiber 1.95g	7.8%
Sugars 0.65g	~
Protein 16.5g	33.1%
Vitamin A, RAE 20mcg ~ Vitamin A, IU ~ ~ Vitamin C 3.3mg 5.5% Vitamin D ~ ~ Vitamin E 1.08mg 5.4% Calcium 22.7mg 2.3% Iron 1.47mg 8.2% Magnesium 48.6mg 12.2% Phosphorus 173.2mg 17.3% Potassium 373.1mg 10.7%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Thon:** sri lankais sauvage FAO 51 FOS (thunnusalbacares). Avocat. **Sésame.** Algue nori. **Oeufs de poisson volant** (vert): Cypselurus Heterurus 88%, sucre, sel, sauce soja (eau, graines de soja, blé, sel), arôme wasabi (contient moutarde), mirin (sirop de glucose, extrait de riz saccharose, vinaigre, régulateur d'acidité: E338, mélasse de canne), vinaigre, colorants: E102-E133-E110.



CALIFORNIA

CALIFORNIA SAUMON PHILADELPHIA

Nutrition facts

Serving size	Total quantity (171g)
Energy	315kcal / 1242kJ
Amount	% Daily value *
Fat 13.7g	21.1%
Saturated Fat 4.05g	20.2%
Trans Fat 0g	~
Cholesterol 38.8mg	12.9%
Salt 0.33g	5.5%
Carbohydrates 31.7g	10.6%
Dietary Fiber 0.5g	2%
Sugars 0.57g	~
Protein 14.2g	28.5%

Vitamin A, RAE 5.2mcg ~ Vitamin A, IU 160.6IU 3.2% Vitamin C 0mg 0% Vitamin D 0IU 0% Vitamin E 0.76mg 3.8% Calcium 25.6mg 2.6% Iron 0.42mg 2.3% Magnesium 18.6mg 4.7% Phosphorus 133mg 13.3% Potassium 192.2mg 5.5%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Saumon:** élevage FAO 027 (salmosalar). **Fromage à la crème Philadelphia:** (lait entier, crème, produits à base de lactosérum (de lait), sel de cuisine, stabilisant (farine de graines de caroube), acidifiant (acide citrique). Oignons croustillants: oignons: 75%, huile végétal (de palme), farine de **blé (gluten)**, sel. Algue nori.

CALIFORNIA SAUMON AVOCAT MANGUE

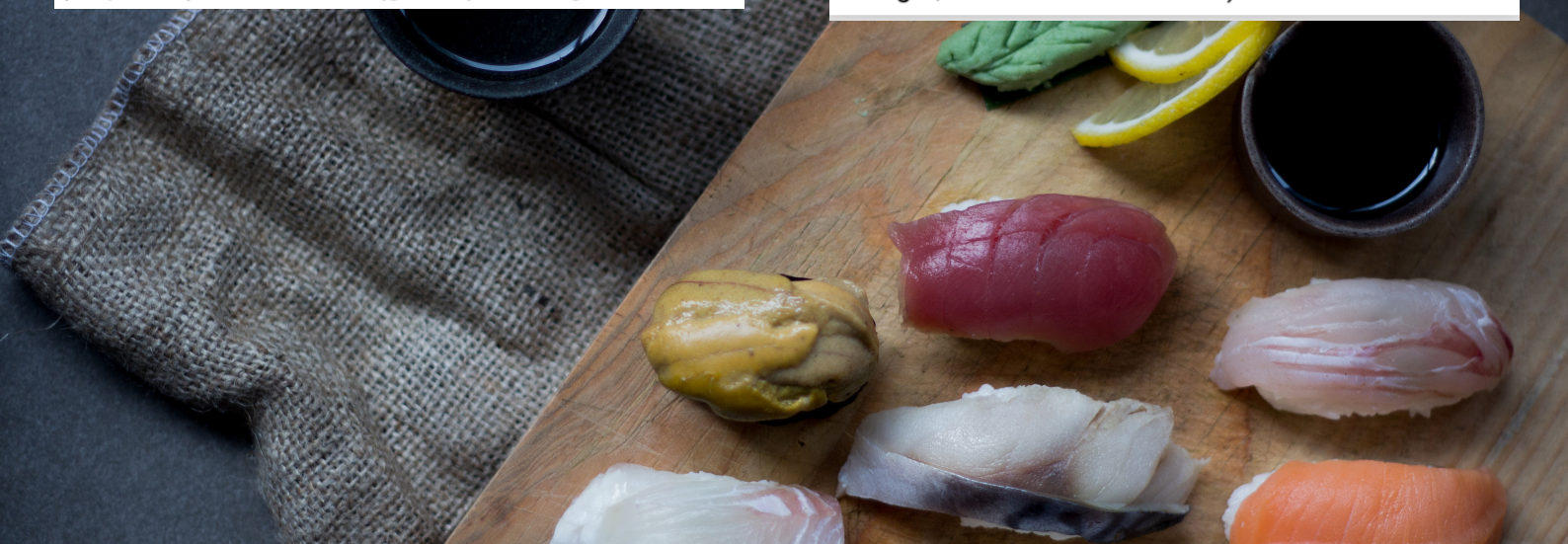
Nutrition facts

Serving size	Total quantity (179g)
Energy	253kcal / 955kJ
Amount	% Daily value *
Fat 8.52g	13.1%
Saturated Fat 1.44g	7.2%
Trans Fat ~	~
Cholesterol 15mg	5%
Salt 0.13g	2.2%
Carbohydrates 29.3g	9.8%
Dietary Fiber 1.91g	7.7%
Sugars 2.88g	~
Protein 13.6g	27.1%

Vitamin A, RAE 102.8mcg ~ Vitamin A, IU ~ ~ Vitamin C 9.57mg 16% Vitamin D ~ ~ Vitamin E 1.3mg 6.5% Calcium 23.5mg 2.4% Iron 1.18mg 6.6% Magnesium 40mg 10% Phosphorus 150.6mg 15.1% Potassium 274mg 7.8%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Saumon:** élevage FAO 027 (salmosalar). Avocat. Mangue. **Sésame.** Algue nori. **Oeufs de poisson volant (orange):** Cypselurus Heterurus 88%, sucre, sel, sauce **soja** (eau, graines de **soja, blé**, sel), saké doux (sirop de glucose, riz gluant, eau, alcool, amylase, levure), vinaigre, colorants : E102-E129).



CALIFORNIA

CALIFORNIA SAUMON ANETH

Nutrition facts

Serving size	Total quantity (167g)
Energy	275kcal / 1003kJ
Amount	% Daily value *
Fat 9.6g	14.8%
Saturated Fat 4.12g	20.6%
Trans Fat 0g	~
Cholesterol 38.8mg	12.9%
Salt 0.29g	4.8%
Carbohydrates 27.4g	9.1%
Dietary Fiber 0.5g	2%
Sugars 0.61g	~
Protein 17.1g	34.3%

Vitamin A, RAE 5.2mcg ~ Vitamin A, IU 160.7IU 3.2% Vitamin C 0mg 0% Vitamin D ~ ~ Vitamin E 0.76mg 3.8% Calcium 22.7mg 2.3% Iron 0.42mg 2.3% Magnesium 18.6mg 4.7% Phosphorus 133mg 13.3% Potassium 183.6mg 5.3%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Saumon:** élevage FAO 027 (salmosalar). **Fromage à la crème Philadelphia:** lait entier, crème, produits à base de lactosérum (de lait), sel de cuisine, stabilisant (farine de graines de caroube), acidifiant (acide citrique). Aneth. Algue nori.

CALIFORNIA SAUMON AVOCAT

Nutrition facts

Serving size	Total quantity (186g)
Energy	281kcal / 1071kJ
Amount	% Daily value *
Fat 11.7g	18%
Saturated Fat 2.05g	10.3%
Trans Fat ~	~
Cholesterol 20mg	6.7%
Salt 0.14g	2.4%
Carbohydrates 27g	9%
Dietary Fiber 1.95g	7.8%
Sugars 0.65g	~
Protein 15.7g	31.5%

Vitamin A, RAE 14.8mcg ~ Vitamin A, IU ~ ~ Vitamin C 3.3mg 5.5% Vitamin D ~ ~ Vitamin E 1.45mg 7.2% Calcium 24.3mg 2.4% Iron 1.17mg 6.5% Magnesium 46mg 11.5% Phosphorus 177.2mg 17.7% Potassium 362.7mg 10.4%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne). **Saumon:** élevage FAO 027 (salmosalar). Avocat. **Sésame.** Algue nori. **Oeufs de poisson volant** (orange): Cypselurus Heterurus 88%, sucre, sel, sauce soja (eau, graines de soja, blé, sel), saké doux (sirop de glucose, riz gluant, eau, alcool, amylase, levure), vinaigre, colorants: E102-E129).



CALIFORNIA

CALIFORNIA AVOCAT CONCOMBRE

Nutrition facts

Serving size	Total quantity (166g)
Energy	207kcal / 791kJ
Amount	% Daily value *
Fat 7.17g	11%
Saturated Fat 1.29g	6.5%
Trans Fat ~	~
Cholesterol 0mg	0%
Salt 0.06g	1.1%
Carbohydrates 27.5g	9.2%
Dietary Fiber 2.15g	8.6%
Sugars 1g	~
Protein 6.86g	13.7%

Vitamin A, RAE 10mcg ~ Vitamin A, IU ~ ~ Vitamin C 4.55mg 7.6%
Vitamin D ~ ~ Vitamin E 0.71mg 3.5% Calcium 21.1mg 2.1% Iron
1.02mg 5.7% Magnesium 38.4mg 9.6% Phosphorus 87mg 8.7%
Potassium 250.6mg 7.2%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. Avocat. Concombre. **Sésame.** Algue nori.

CALIFORNIA FOIE GRAS MANGUE

Nutrition facts

Serving size	Total quantity (169g)
Energy	365kcal / 648kJ
Amount	% Daily value *
Fat 22.5g	34.6%
Saturated Fat 8.83g	44.2%
Trans Fat ~	~
Cholesterol 0mg	0%
Salt 0.66g	11%
Carbohydrates 30g	10%
Dietary Fiber 1.46g	5.9%
Sugars 3.13g	~
Protein 8.9g	17.8%

Vitamin A, RAE 94.2mcg ~ Vitamin A, IU ~ ~ Vitamin C 7.92mg
13.2% Vitamin D ~ ~ Vitamin E 0.44mg 2.2% Calcium 15.1mg 1.5%
Iron 0.87mg 4.8% Magnesium 27.1mg 6.8% Phosphorus 72mg 7.2%
Potassium 83.5mg 2.4%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. Foie gras: foie gras de canard du Sud-Oest, morceaux de foie gras de canard du Sud-Oest (30%), eau, sel Porto, Armagnac, poivre, sucre. Conservateur nitrite de sodium, antioxydant : ascorbate de sodium. Mangue. **Sésame.** Algue nori.



SUSHI ROLLS

SUSHI ROLLS MOZAIC SAUMON

Nutrition facts

Serving size	Total quantity (176g)
Energy	245kcal / 953kJ
Amount	% Daily value *
Fat 8.86g	13.6%
Saturated Fat 1.7g	8.5%
Trans Fat ~	~
Cholesterol 20mg	6.7%
Salt 0.1g	1.7%
Carbohydrates 26.5g	8.9%
Dietary Fiber 1.4g	5.6%
Sugars 0.28g	~
Protein 13.7g	27.4%
Vitamin A, RAE 14.5mcg ~ Vitamin A, IU ~ ~ Vitamin C 3.3mg 5.5% Vitamin D ~ ~ Vitamin E 1.33mg 6.7% Calcium 16.8mg 1.7% Iron 0.72mg 4% Magnesium 28.5mg 7.1% Phosphorus 146.2mg 14.6% Potassium 340.2mg 9.7%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Saumon:** élevage FAO 027 (salmosalar). Avocat. Algue nori.

SUSHI ROLLS MOZAIC THON

Nutrition facts

Serving size	Total quantity (186g)
Energy	228kcal / 882kJ
Amount	% Daily value *
Fat 6g	9.2%
Saturated Fat 1.33g	6.7%
Trans Fat ~	~
Cholesterol 11.2mg	3.7%
Salt 0.1g	1.7%
Carbohydrates 27.9g	9.3%
Dietary Fiber 1.63g	6.5%
Sugars 1.59g	~
Protein 14.6g	29.2%
Vitamin A, RAE 71.8mcg ~ Vitamin A, IU ~ ~ Vitamin C 7.7mg 12.8% Vitamin D ~ ~ Vitamin E 1.15mg 5.8% Calcium 17.2mg 1.7% Iron 1.14mg 6.3% Magnesium 32mg 8% Phosphorus 144.4mg 14.4% Potassium 365.6mg 10.5%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Thon:** sri lankais sauvage FAO 51 FOS (thunnusalbacares). Avocat. Mangue. Algue nori.



SUSHI ROLLS

SUSHI ROLLS SAUMON AVOCAT

Nutrition facts

Serving size	Total quantity (206g)
Energy	250kcal / 973kJ
Amount	% Daily value *
Fat 9g	13.8%
Saturated Fat 1.73g	8.6%
Trans Fat ~	~
Cholesterol 20mg	6.7%
Salt 0.12g	2%
Carbohydrates 27.1g	9%
Dietary Fiber 1.85g	7.4%
Sugars 0.8g	~
Protein 14.1g	28.3%

Vitamin A, RAE 46.2mcg ~ Vitamin A, IU ~ ~ Vitamin C 5.23mg 8.7%
Vitamin D ~ ~ Vitamin E 1.48mg 7.4% Calcium 28.8mg 2.9% Iron
0.92mg 5.1% Magnesium 31.5mg 7.9% Phosphorus 153.4mg 15.3%
Potassium 410.4mg 11.7%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Saumon:** élevage FAO 027 (salmosalar). Salade roquette. Avocat. Algue nori.

SUSHI ROLLS THON AVOCAT

Nutrition facts

Serving size	Total quantity (206g)
Energy	228kcal / 879kJ
Amount	% Daily value *
Fat 6.11g	9.4%
Saturated Fat 1.35g	6.8%
Trans Fat ~	~
Cholesterol 11.2mg	3.7%
Salt 0.12g	2%
Carbohydrates 27.1g	9%
Dietary Fiber 1.85g	7.4%
Sugars 0.8g	~
Protein 14.9g	29.9%

Vitamin A, RAE 51.4mcg ~ Vitamin A, IU ~ ~ Vitamin C 5.23mg 8.7%
Vitamin D ~ ~ Vitamin E 1.12mg 5.6% Calcium 27.2mg 2.7% Iron
1.22mg 6.8% Magnesium 34.1mg 8.5% Phosphorus 149.4mg 14.9%
Potassium 420.8mg 12%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne). **Thon:** sri lankais sauvage FAO 51 FOS (thunnusalbacares). Salade roquette. Avocat. Algue nori.



SUSHI ROLLS

SUSHI ROLLS FOIE GRAS CONFITURE DE FIGUE

Nutrition facts

Serving size	Total quantity (171g)
Energy	325kcal / 1136kJ
Amount	% Daily value *
Fat 13.5g	20.7%
Saturated Fat 4.13g	20.6%
Trans Fat ~	~
Cholesterol 46.9mg	15.6%
Salt 0.63g	10.4%
Carbohydrates 42.1g	14%
Dietary Fiber 1.14g	4.6%
Sugars 13.3g	~
Protein 8.59g	17.2%

Vitamin A, RAE 1470mcg ~ Vitamin A, IU ~ ~ Vitamin C 2.1mg 3.5%
Vitamin D ~ ~ Vitamin E 1.55mg 7.7% Calcium 24.7mg 2.5% Iron
2.46mg 13.7% Magnesium 30.3mg 7.6% Phosphorus 150.3mg 15%
Potassium 162.6mg 4.7%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. Foie gras: Foie gras de canard du Sud-Oest, morceaux de foie gras de canard du Sud-Oest (30%), eau, sel Porto, Armagnac, poivre, sucre. Conservateur nitrite de sodium, antioxydant : ascorbate de sodium. Confiture de figue: figues, sucre, gélifiant : pectine, acidifiant : acide citrique. Farine a la base de tapioca et de riz: Farine de tapioca 80%, farine de riz 5%, eau, sel.

Amandes: Peut contenir traces de **noisettes**.

SUSHI ROLLS THON CUIT AVOCAT

Nutrition facts

Serving size	Total quantity (206g)
Energy	282kcal / 1105kJ
Amount	% Daily value *
Fat 11.5g	17.7%
Saturated Fat 2.35g	11.8%
Trans Fat ~	~
Cholesterol 24.3mg	8.1%
Salt 0.17g	2.8%
Carbohydrates 27.1g	9%
Dietary Fiber 1.85g	7.4%
Sugars 0.82g	~
Protein 16.5g	33%

Vitamin A, RAE 56.5mcg ~ Vitamin A, IU ~ ~ Vitamin C 5.23mg 8.7%
Vitamin D ~ ~ Vitamin E 1.92mg 9.6% Calcium 33.8mg 3.4% Iron
1.15mg 6.4% Magnesium 28.2mg 7.1% Phosphorus 129.7mg 13%
Potassium 370.6mg 10.6%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne). **Thon:** sri lankais sauvage FAO 51 FOS (thunnusalbacares). Salade roquette. Avocat. Algue nori. Mayonnaise: huile végétale (huile de colza, l'huile de **soja**), le jaune d'œuf, le vinaigre a base d'**orge**, le sel, exhausteur de goût (E621), épices (contenant la **moutarde**) extrait d'épice contenant la **moutarde**.



SUSHI ROLLS

SUSHI ROLLS SURIMI AVOCAT

Nutrition facts

Serving size	Total quantity (206g)
Energy	247kcal / 961kJ
Amount	% Daily value *
Fat 8.97g	13.8%
Saturated Fat 1.61g	8%
Trans Fat ~	~
Cholesterol 19.7mg	6.6%
Salt 0.74g	12.3%
Carbohydrates 29.2g	9.7%
Dietary Fiber 1.85g	7.4%
Sugars 0.82g	~
Protein 11.4g	22.7%
Vitamin A, RAE 44.6mcg ~ Vitamin A, IU ~ ~ Vitamin C 5.23mg 8.7% Vitamin D ~ ~ Vitamin E 1.87mg 9.3% Calcium 26.1mg 2.6% Iron 0.83mg 4.6% Magnesium 26.1mg 6.5% Phosphorus 80.7mg 8.1% Potassium 284.5mg 8.1%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne). **Surimi:** préparation à base de chair de **poisson** 50% (chair de **poisson** Nemipterus spp 46.9%, sucre, stabilisant : E451), eau, amidon modifié, huile de **soja**, sucre, sel, extrait de **crabe**, exhausteur de goût : E621, colorants : E120-E160c, arôme, poudre de blanc d'**oeuf**. Salade roquette. Avocat. Algue nori. Mayonnaise: huile végétale (huile de colza, l'huile de **soja**), le jeune d'**oeuf**, le vinaigre a base d'**orge**, le sel, exhausteur de goût (E621), épices (contenant la **moutarde**) extrait d'épice contenant la **moutarde**.

SUSHI ROLLS CREVETTE PANÉ

Nutrition facts

Serving size	Total quantity (241g)
Energy	277kcal / 1054kJ
Amount	% Daily value *
Fat 8.44g	13%
Saturated Fat 1.52g	7.6%
Trans Fat ~	~
Cholesterol 41.2mg	13.7%
Salt 1.47g	24.4%
Carbohydrates 29.1g	9.7%
Dietary Fiber 2.4g	9.6%
Sugars 1.16g	~
Protein 19.8g	39.5%
Vitamin A, RAE 41.3mcg ~ Vitamin A, IU ~ ~ Vitamin C 5.23mg 8.7% Vitamin D ~ ~ Vitamin E 1.05mg 5.2% Calcium 88.3mg 8.8% Iron 1.62mg 9% Magnesium 57.4mg 14.4% Phosphorus 232.9mg 23.3% Potassium 390.3mg 11.2%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Crevette pané:** 60% de panade « tempura » (**farine de blé**, eau, amidon modifié: E1420/E1412: sucre sel de mer, huiles végétales: huile de palme, huile de shiso; levure, épaissant: E412; amidon de maïs, poudre à lever : E170; affermissant : E516 : antioxydant : E300 ; alpha-amylase, sel) ; peut contenir **sulfites**, 40% crevettes (crevette 80%, eau, stabilisants : E451 + E452). Origine : Vietnam. **Surimi:** préparation à base de chair de **poisson** 50% (chair de poisson Nemipterus spp 46.9%, sucre, stabilisant : E451), eau, amidon modifié, huile de **soja**, sucre, sel, extrait de **crabe**, exhausteur de goût : E621, colorants : E120-E160c, arôme, poudre de blanc d'**oeuf**. Salade roquette. Avocat. Algue nori. **Sésame. Oeufs de poisson volant** (orange): Cypselurus Heterurus 88%, sucre, sel, sauce **soja** (eau, graines de **soja**, **blé**, sel), saké doux (sirop de glucose, riz gluant, eau, alcool, amylase, levure), vinaigre, colorants : E102-E129.

MAKI

MAKI THON CUIT

Nutrition facts

Serving size	Total quantity (146g)
Energy	235kcal / 911kJ
Amount	% Daily value *
Fat 7.09g	10.9%
Saturated Fat 1.46g	7.3%
Trans Fat ~	~
Cholesterol 24.3mg	8.1%
Salt 0.14g	2.4%
Carbohydrates 26.3g	8.8%
Dietary Fiber 0.5g	2%
Sugars 0.06g	~
Protein 15.6g	31.1%

Vitamin A, RAE 15.5mcg ~ Vitamin A, IU ~ ~ Vitamin C 0mg 0%
Vitamin D ~ ~ Vitamin E 1.2mg 6% Calcium 17mg 1.7% Iron 0.65mg 3.6%
Magnesium 15.4mg 3.8% Phosphorus 109.3mg 10.9%
Potassium 143.8mg 4.1%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Thon:** sri lankais sauvage FAO 51 FOS (thunnus albacares). Algue nori. Mayonnaise: huile végétale (huile de colza, l'huile de soja), le jeune d'œuf, le vinaigre a base d'orge, le sel, exhausteur de goût (E621), épices (contenant la moutarde) extrait d'épice contenant la moutarde.

MAKI SURIMI

Nutrition facts

Serving size	Total quantity (146g)
Energy	201kcal / 767kJ
Amount	% Daily value *
Fat 4.58g	7%
Saturated Fat 0.72g	3.6%
Trans Fat ~	~
Cholesterol 19.7mg	6.6%
Salt 0.72g	11.9%
Carbohydrates 28.5g	9.5%
Dietary Fiber 0.5g	2%
Sugars 0.06g	~
Protein 10.4g	20.8%

Vitamin A, RAE 3.62mcg ~ Vitamin A, IU ~ ~ Vitamin C 0mg 0%
Vitamin D ~ ~ Vitamin E 1.15mg 5.7% Calcium 9.3mg 0.9% Iron 0.33mg 1.9%
Magnesium 13.2mg 3.3% Phosphorus 60.3mg 6%
Potassium 57.7mg 1.7%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Surimi:** préparation à base de chair de poisson 50% (chair de poisson Nemipterus spp 46.9%, sucre, stabilisant : E451), eau, amidon modifié, huile de soja, sucre, sel, extrait de crabe, exhausteur de goût : E621, colorants : E120-E160c, arôme, poudre de blanc d'œuf. Algue nori. Mayonnaise: huile végétale (huile de colza, l'huile de soja), le jeune d'œuf, le vinaigre a base d'orge, le sel, exhausteur de goût (E621), épices (contenant la moutarde) extrait d'épice contenant la moutarde.



MAKI

MAKI PHILADELPHIA CIBOULETTE

Nutrition facts

Serving size	Total quantity (129g)
Energy	190kcal / 719kJ
Amount	% Daily value *
Fat 5.24g	8.1%
Saturated Fat 3.3g	16.5%
Trans Fat 0g	~
Cholesterol 18.8mg	6.3%
Salt 0.19g	3.2%
Carbohydrates 27.5g	9.2%
Dietary Fiber 0.68g	2.7%
Sugars 0.72g	~
Protein 6.51g	13%
Vitamin A, RAE 40mcg ~ Vitamin A, IU 160.7IU 3.2% Vitamin C 4.8mg 8% Vitamin D ~ ~ Vitamin E 0.07mg 0.4% Calcium 21.5mg 2.2% Iron 0.32mg 1.8% Magnesium 11.2mg 2.8% Phosphorus 41.3mg 4.1% Potassium 56mg 1.6%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. Fromage à la crème Philadelphia: **lait** entier, **crème**, produits à base de lactosérum (de lait), sel de cuisine, stabilisant (farine de graines de caroube), acidifiant (acide citrique). Ciboulette. Algue nori.

MAKI CONCOMBRE PHILADELPHIA

Nutrition facts

Serving size	Total quantity (151g)
Energy	191kcal / 725kJ
Amount	% Daily value *
Fat 5.23g	8.1%
Saturated Fat 3.29g	16.4%
Trans Fat 0g	~
Cholesterol 18.8mg	6.3%
Salt 0.2g	3.3%
Carbohydrates 28g	9.3%
Dietary Fiber 0.74g	3%
Sugars 1.14g	~
Protein 6.48g	13%
Vitamin A, RAE 0.55mcg ~ Vitamin A, IU 160.7IU 3.2% Vitamin C 1.5mg 2.5% Vitamin D ~ ~ Vitamin E 0.03mg 0.1% Calcium 20.4mg 2% Iron 0.29mg 1.6% Magnesium 11.6mg 2.9% Phosphorus 43.9mg 4.4% Potassium 79mg 2.3%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne). Concombre. Fromage à la crème Philadelphia: **lait** entier, **crème**, produits à base de lactosérum (de lait), sel de cuisine, stabilisant (farine de graines de caroube), acidifiant (acide citrique). Algue nori.



MAKI

MAKI THON

Nutrition facts

Serving size	Total quantity (146g)
Energy	181kcal / 684kJ
Amount	% Daily value *
Fat 1.72g	2.7%
Saturated Fat 0.46g	2.3%
Trans Fat ~	~
Cholesterol 11.2mg	3.7%
Salt 0.1g	1.6%
Carbohydrates 26.3g	8.8%
Dietary Fiber 0.5g	2%
Sugars 0.04g	~
Protein 14g	28%

Vitamin A, RAE 10.4mcg ~ Vitamin A, IU ~ ~ Vitamin C 0mg 0%
Vitamin D ~ ~ Vitamin E 0.4mg 2% Calcium 10.4mg 1% Iron 0.72mg 4%
Magnesium 21.2mg 5.3% Phosphorus 129mg 12.9% Potassium 194mg 5.5%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Thon:** sri lankais sauvage FAO 51 FOS (thunnusalbacares). Algue nori.

SUSHI ROLLS CREVETTE PANÉ

Nutrition facts

Serving size	Total quantity (241g)
Energy	277kcal / 1054kJ
Amount	% Daily value *
Fat 8.44g	13%
Saturated Fat 1.52g	7.6%
Trans Fat ~	~
Cholesterol 41.2mg	13.7%
Salt 1.47g	24.4%
Carbohydrates 29.1g	9.7%
Dietary Fiber 2.4g	9.6%
Sugars 1.16g	~
Protein 19.8g	39.5%

Vitamin A, RAE 41.3mcg ~ Vitamin A, IU ~ ~ Vitamin C 5.23mg 8.7%
Vitamin D ~ ~ Vitamin E 1.05mg 5.2% Calcium 88.3mg 8.8% Iron 1.62mg 9%
Magnesium 57.4mg 14.4% Phosphorus 232.9mg 23.3% Potassium 390.3mg 11.2%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Crevette pané:** 60% de panade « tempura » (**farine de blé**, eau, amidon modifié: E1420/E1412: sucre sel de mer, huiles végétales: huile de palme, huile de shiso; levure, épaissant: E412; amidon de maïs, poudre à lever: E170; affermissant: E516: antioxydant: E300; alpha-amylase, sel); peut contenir **sulfites**, 40% crevettes (crevette 80%, eau, stabilisants: E451 + E452). Origine: Vietnam. **Surimi:** préparation à base de chair de **poisson** 50% (chair de poisson Nemipterus spp 46.9%, sucre, stabilisant: E451), eau, amidon modifié, huile de **soja**, sucre, sel, extrait de **crabe**, exhausteur de goût: E621, colorants: E120-E160c, arôme, poudre de blanc d'**oeuf**. Salade roquette. Avocat. Algue nori. **Sésame.** **Oeufs de poisson volant** (orange): Cypselurus Heterurus 88%, sucre, sel, sauce **soja** (eau, graines de **soja**, **blé**, sel), saké doux (sirop de glucose, riz gluant, eau, alcool, amylase, levure), vinaigre, colorants: E102-E129.

MAKI

MAKI RADIS JEUNE

Nutrition facts

Serving size	Total quantity (146g)
Energy	140kcal / 512kJ
Amount	% Daily value *
Fat 0.5g	0.8%
Saturated Fat 0.07g	0.4%
Trans Fat ~	~
Cholesterol 0mg	0%
Salt 0.06g	1.1%
Carbohydrates 27.3g	9.1%
Dietary Fiber 0.98g	3.9%
Sugars 1.08g	~
Protein 5.44g	10.9%

Vitamin A, RAE 0.8mcg ~ Vitamin A, IU ~ ~ Vitamin C 9.2mg 15.3%
Vitamin D ~ ~ Vitamin E 0mg 0% Calcium 12mg 1.2% Iron 0.52mg 2.9% Magnesium 10.8mg 2.7% Phosphorus 44.2mg 4.4% Potassium 131.2mg 3.8%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. Radis jeune. Algue nori.

MAKI SAUMON

Nutrition facts

Serving size	Total quantity (146g)
Energy	204kcal / 779kJ
Amount	% Daily value *
Fat 4.6g	7.1%
Saturated Fat 0.83g	4.2%
Trans Fat ~	~
Cholesterol 20mg	6.7%
Salt 0.1g	1.6%
Carbohydrates 26.3g	8.8%
Dietary Fiber 0.5g	2%
Sugars 0.04g	~
Protein 13.2g	26.4%

Vitamin A, RAE 5.2mcg ~ Vitamin A, IU ~ ~ Vitamin C 0mg 0%
Vitamin D ~ ~ Vitamin E 0.76mg 3.8% Calcium 12mg 1.2% Iron 0.42mg 2.3% Magnesium 18.6mg 4.7% Phosphorus 133mg 13.3%
Potassium 183.6mg 5.3%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Saumon:** élevage
FAO 027 (salmosalar). Algue nori.



MAKI

MAKI CONCOMBRE

Nutrition facts

Serving size	Total quantity (146g)
Energy	139kcal / 506kJ
Amount	% Daily value *
Fat 0.42g	0.7%
Saturated Fat 0.07g	0.4%
Trans Fat ~	~
Cholesterol 0mg	0%
Salt 0.05g	0.9%
Carbohydrates 27.1g	9%
Dietary Fiber 0.82g	3.3%
Sugars 0.8g	~
Protein 5.48g	11%
Vitamin A, RAE 0.73mcg ~ Vitamin A, IU ~ ~ Vitamin C 2mg 3.3% Vitamin D ~ ~ Vitamin E 0.04mg 0.2% Calcium 11.6mg 1.2% Iron 0.32mg 1.8% Magnesium 12.8mg 3.2% Phosphorus 46.2mg 4.6% Potassium 94mg 2.7%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. Concombre. Algue nori.

MAKI AVOCAT

Nutrition facts

Serving size	Total quantity (136g)
Energy	175kcal / 660kJ
Amount	% Daily value *
Fat 4.64g	7.1%
Saturated Fat 0.94g	4.7%
Trans Fat ~	~
Cholesterol 0mg	0%
Salt 0.06g	0.9%
Carbohydrates 26.5g	8.9%
Dietary Fiber 1.4g	5.6%
Sugars 0.28g	~
Protein 5.74g	11.5%
Vitamin A, RAE 9.25mcg ~ Vitamin A, IU ~ ~ Vitamin C 3.3mg 5.5% Vitamin D ~ ~ Vitamin E 0.57mg 2.9% Calcium 8.8mg 0.9% Iron 0.5mg 2.8% Magnesium 17.9mg 4.5% Phosphorus 50.2mg 5% Potassium 190.6mg 5.5%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. Avocat. Algue nori.



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PRINTEMPS THON CUIT

Nutrition facts

Serving size	Total quantity (212g)
Energy	279kcal / 1168kJ
Amount	% Daily value *
Fat 11.3g	17.4%
Saturated Fat 2.28g	11.4%
Trans Fat ~	~
Cholesterol 24.3mg	8.1%
Salt 0.12g	2%
Carbohydrates 30.8g	10.3%
Dietary Fiber 1.87g	7.5%
Sugars 0.78g	~
Protein 13.6g	27.3%
Vitamin A, RAE 56.5mcg ~ Vitamin A, IU ~ ~ Vitamin C 5.23mg 8.7% Vitamin D ~ ~ Vitamin E 1.92mg 9.6% Calcium 35.1mg 3.5% Iron 1.27mg 7% Magnesium 28.6mg 7.1% Phosphorus 132.1mg 13.2% Potassium 373mg 10.7%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Thon:** sri lankais sauvage FAO 51 FOS (thunnusalbacares). Avocat. Salade roquette. Farine à la base de tapioca et de riz: farine de tapioca 80%, farine de riz 5%, eau, sel. Mayonnaise: huile végétale (huile de colza, l'huile de **soja**), le jeune d'**oeuf**, le vinaigre a base d'**orge**, le sel, exhausteur de goût (E621), épices (contenant la **moutarde**) extrait d'épice contenant la **moutarde**.

PRINTEMPS SURIMI AVOCAT

Nutrition facts

Serving size	Total quantity (212g)
Energy	245kcal / 1024kJ
Amount	% Daily value *
Fat 8.79g	13.5%
Saturated Fat 1.54g	7.7%
Trans Fat ~	~
Cholesterol 19.8mg	6.6%
Salt 0.69g	11.5%
Carbohydrates 32.9g	11%
Dietary Fiber 1.87g	7.5%
Sugars 0.78g	~
Protein 8.49g	17%
Vitamin A, RAE 44.6mcg ~ Vitamin A, IU ~ ~ Vitamin C 5.23mg 8.7% Vitamin D ~ ~ Vitamin E 1.87mg 9.3% Calcium 27.4mg 2.7% Iron 0.95mg 5.3% Magnesium 26.5mg 6.6% Phosphorus 83.1mg 8.3% Potassium 286.9mg 8.2%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Surimi:** préparation à base de chair de **poisson** 50% (chair de poisson Nemipterus spp 46.9%, sucre, stabilisant : E451), eau, amidon modifié, huile de **soja**, sucre, sel, extrait de **crabe**, exhausteur de goût : E621, colorants : E120-E160c, arôme, poudre de blanc d'**oeuf**. Avocat. Salade roquette. Farine à la base de tapioca et de riz: farine de tapioca 80%, farine de riz 5%, eau, sel. Mayonnaise: huile végétale (huile de colza, l'huile de **soja**), le jeune d'**oeuf**, le vinaigre a base d'**orge**, le sel, exhausteur de goût (E621), épices (contenant la **moutarde**) extrait d'épice contenant la **moutarde**.



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PRINTEMPS CONCOMBRE PHILADELPHIA

Nutrition facts

Serving size	Total quantity (227g)
Energy	236kcal / 987kJ
Amount	% Daily value *
Fat 9.46g	14.6%
Saturated Fat 4.11g	20.5%
Trans Fat 0g	~
Cholesterol 18.8mg	6.3%
Salt 0.17g	2.8%
Carbohydrates 32.6g	10.9%
Dietary Fiber 2.2g	8.8%
Sugars 2.05g	~
Protein 4.63g	9.3%

Vitamin A, RAE 41.7mcg ~ Vitamin A, IU 160.7IU 3.2% Vitamin C 7.23mg 12.1% Vitamin D ~ ~ Vitamin E 0.76mg 3.8% Calcium 40.3mg 4% Iron 0.94mg 5.2% Magnesium 26mg 6.5% Phosphorus 69mg 6.9% Potassium 323.2mg 9.2%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. Concombre. Avocat. Salade roquette. Fromage à la crème Philadelphia (**lait** entier, **crème**, produits à base de lactosérum (de lait), sel de cuisine, stabilisant (farine de graines de caroube), acidifiant (acide citrique). Farine à la base de tapioca et de riz: farine de tapioca 80%, farine de riz 5%, eau, sel.

PRINTEMPS CREVETTE CUITE AVOCAT

Nutrition facts

Serving size	Total quantity (212g)
Energy	216kcal / 903kJ
Amount	% Daily value *
Fat 5.28g	8.1%
Saturated Fat 1.05g	5.3%
Trans Fat ~	~
Cholesterol 32.4mg	10.8%
Salt 0.94g	15.7%
Carbohydrates 30.8g	10.3%
Dietary Fiber 1.87g	7.5%
Sugars 0.76g	~
Protein 11.2g	22.4%

Vitamin A, RAE 41mcg ~ Vitamin A, IU ~ ~ Vitamin C 5.23mg 8.7% Vitamin D ~ ~ Vitamin E 0.72mg 3.6% Calcium 78.9mg 7.9% Iron 1.21mg 6.7% Magnesium 36.8mg 9.2% Phosphorus 189.3mg 18.9% Potassium 354.2mg 10.1%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Crevette cuite:** crevettes tropicales. Penaeus vannamei (élevés au Vietnam) 99.5%. Sel / Produit au Vietnam: DL 760. Avocat. Salade roquette. Farine à la base de tapioca et de riz: farine de tapioca 80%, farine de riz 5%, eau, sel.



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PRINTEMPS SAUMON AVOCAT

Nutrition facts

Serving size	Total quantity (212g)
Energy	247kcal / 1036kJ
Amount	% Daily value *
Fat 8.82g	13.6%
Saturated Fat 1.65g	8.3%
Trans Fat ~	~
Cholesterol 20mg	6.7%
Salt 0.07g	1.2%
Carbohydrates 30.8g	10.3%
Dietary Fiber 1.87g	7.5%
Sugars 0.76g	~
Protein 11.3g	22.5%
Vitamin A, RAE 46.2mcg ~ Vitamin A, IU ~ ~ Vitamin C 5.23mg 8.7% Vitamin D ~ ~ Vitamin E 1.48mg 7.4% Calcium 30.1mg 3% Iron 1.04mg 5.8% Magnesium 31.8mg 8% Phosphorus 155.8mg 15.6% Potassium 412.8mg 11.8%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Saumon:** élevage FAO 027 (salmosalar). Avocat. Salade roquette. Farine à la base de tapioca et de riz: farine de tapioca 80%, farine de riz 5%, eau, sel.

PRINTEMPS THON AVOCAT

Nutrition facts

Serving size	Total quantity (212g)
Energy	225kcal / 941kJ
Amount	% Daily value *
Fat 5.94g	9.1%
Saturated Fat 1.28g	6.4%
Trans Fat ~	~
Cholesterol 11.2mg	3.7%
Salt 0.07g	1.2%
Carbohydrates 30.8g	10.3%
Dietary Fiber 1.87g	7.5%
Sugars 0.76g	~
Protein 12.1g	24.2%
Vitamin A, RAE 51.4mcg ~ Vitamin A, IU ~ ~ Vitamin C 5.23mg 8.7% Vitamin D ~ ~ Vitamin E 1.12mg 5.6% Calcium 28.5mg 2.9% Iron 1.34mg 7.4% Magnesium 34.4mg 8.6% Phosphorus 151.8mg 15.2% Potassium 423.2mg 12.1%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Thon:** sri lankais sauvage FAO 51 FOS (thunnusalbacares). Avocat. Salade roquette. Farine à la base de tapioca et de riz: farine de tapioca 80%, farine de riz 5%, eau, sel.



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PRINTEMPS AVOCAT CONCOMBRE

Nutrition facts

Serving size	Total quantity (212g)
Energy	182kcal / 763kJ
Amount	% Daily value *
Fat 4.63g	7.1%
Saturated Fat 0.9g	4.5%
Trans Fat ~	~
Cholesterol 0mg	0%
Salt 0.03g	0.5%
Carbohydrates 31.6g	10.5%
Dietary Fiber 2.19g	8.8%
Sugars 1.52g	~
Protein 3.56g	7.1%

Vitamin A, RAE 41.7mcg ~ Vitamin A, IU ~ ~ Vitamin C 7.23mg 12.1% Vitamin D ~ ~ Vitamin E 0.76mg 3.8% Calcium 29.7mg 3% Iron 0.94mg 5.2% Magnesium 26mg 6.5% Phosphorus 69mg 6.9% Potassium 323.2mg 9.2%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. Concombre. Avocat. Salade roquette. Farine à la base de tapioca et de riz: farine de tapioca 80%, farine de riz 5%, eau, sel.



RAINBOW

RAINBOW SAUMON AVOCAT SURIMI

Nutrition facts

Serving size	Total quantity (226g)
Energy	326kcal / 1291kJ
Amount	% Daily value *
Fat 14.5g	22.3%
Saturated Fat 2.64g	13.2%
Trans Fat ~	~
Cholesterol 39.7mg	13.3%
Salt 0.77g	12.8%
Carbohydrates 28.8g	9.6%
Dietary Fiber 1.7g	6.8%
Sugars 0.38g	~
Protein 19.1g	38.2%
Vitamin A, RAE 21.1mcg ~ Vitamin A, IU ~ ~ Vitamin C 4.4mg 7.3% Vitamin D ~ ~ Vitamin E 2.67mg 13.4% Calcium 23.7mg 2.4% Iron 0.96mg 5.3% Magnesium 37.1mg 9.3% Phosphorus 173.9mg 17.4% Potassium 416.1mg 11.9%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Saumon:** élevage FAO 027 (salmosalar). Avocat. **Surimi:** préparation à base de chair de **poisson** 50% (chair de poisson Nemipterus spp 46.9%, sucre, stabilisant : E451), eau, amidon modifié, huile de **soja**, sucre, sel, extrait de **crabe**, exhausteur de goût : E621, colorants : E120-E160c, arôme, poudre de blanc d'**oeuf**. Algue nori. Mayonnaise: huile végétale (huile de colza, l'huile de **soja**), le jeune d'**oeuf**, le vinaigre a base d'**orge**, le sel, exhausteur de goût (E621), épices (contenant la **moutarde**) extrait d'épice contenant la **moutarde**.

RAINBOW THON AVOCAT SURIMI

Nutrition facts

Serving size	Total quantity (226g)
Energy	304kcal / 1196kJ
Amount	% Daily value *
Fat 11.6g	17.8%
Saturated Fat 2.26g	11.3%
Trans Fat ~	~
Cholesterol 31mg	10.3%
Salt 0.77g	12.8%
Carbohydrates 28.8g	9.6%
Dietary Fiber 1.7g	6.8%
Sugars 0.38g	~
Protein 19.9g	39.9%
Vitamin A, RAE 26.3mcg ~ Vitamin A, IU ~ ~ Vitamin C 4.4mg 7.3% Vitamin D ~ ~ Vitamin E 2.31mg 11.5% Calcium 22.1mg 2.2% Iron 1.25mg 7% Magnesium 39.6mg 9.9% Phosphorus 169.9mg 17% Potassium 426.5mg 12.2%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Thon:** sri lankais sauvage FAO 51 FOS (thunnusalbacares). Avocat. **Surimi:** préparation à base de chair de **poisson** 50% (chair de poisson Nemipterus spp 46.9%, sucre, stabilisant : E451), eau, amidon modifié, huile de **soja**, sucre, sel, extrait de **crabe**, exhausteur de goût : E621, colorants : E120-E160c, arôme, poudre de blanc d'**oeuf**. Algue nori. Mayonnaise: huile végétale (huile de colza, l'huile de **soja**), le jeune d'**oeuf**, le vinaigre a base d'**orge**, le sel, exhausteur de goût (E621), épices (contenant la **moutarde**) extrait d'épice contenant la **moutarde**.



RAINBOW

RAINBOW ANGUILE AVOCAT

Nutrition facts

Serving size	Total quantity (216g)
Energy	282kcal / 1106kJ
Amount	% Daily value *
Fat 11.8g	18.1%
Saturated Fat 2.67g	13.4%
Trans Fat ~	~
Cholesterol 64mg	21.3%
Salt 0.13g	2.1%
Carbohydrates 27.2g	9.1%
Dietary Fiber 1.94g	7.8%
Sugars 0.93g	~
Protein 15.6g	31.2%
Vitamin A, RAE 404.9mcg ~ Vitamin A, IU ~ ~ Vitamin C 5.9mg 9.8% Vitamin D ~ ~ Vitamin E 3.03mg 15.1% Calcium 26.1mg 2.6% Iron 0.93mg 5.2% Magnesium 32.8mg 8.2% Phosphorus 169.5mg 17% Potassium 423.8mg 12.1%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Anguille:** anguille du Japon (Anguilla Japonica) 90%, assaisonnement [sauce de **soja** (graines de **soja**, **blé**, eau, sel), sucre, mirin (riz gluant, eau, alcool, glucose), amidon de maïs, épaississant : E415, colorant : E150a, exhausteur de goût : E621]. Avocat. Concombre. Algue nori.

RAINBOW AVOCAT SURIMI MANGUE

Nutrition facts

Serving size	Total quantity (211g)
Energy	267kcal / 1042kJ
Amount	% Daily value *
Fat 9.6g	14.8%
Saturated Fat 1.75g	8.7%
Trans Fat ~	~
Cholesterol 19.8mg	6.6%
Salt 0.72g	12%
Carbohydrates 32.8g	10.9%
Dietary Fiber 2.24g	9%
Sugars 4.27g	~
Protein 11.2g	22.4%
Vitamin A, RAE 170.9mcg ~ Vitamin A, IU ~ ~ Vitamin C 17.1mg 28.4% Vitamin D ~ ~ Vitamin E 2.35mg 11.8% Calcium 20.9mg 2.1% Iron 1.04mg 5.8% Magnesium 27.5mg 6.9% Phosphorus 82.3mg 8.2% Potassium 285.4mg 8.2%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Surimi:** préparation à base de chair de **poisson** 50% (chair de poisson Nemipterus spp 46.9%, sucre, stabilisant : E451), eau, amidon modifié, huile de **soja**, sucre, sel, extrait de **crabe**, exhausteur de goût : E621, colorants : E120-E160c, arôme, poudre de blanc d'**oeuf**. Avocat. Mangue. Algue nori. Mayonnaise: huile végétale (huile de colza, l'huile de **soja**), le jaune d'**oeuf**, le vinaigre à base d'**orge**, le sel, exhausteur de goût (E621), épices (contenant la **moutarde**) extrait d'épice contenant la **moutarde**.



RAINBOW

RAINBOW SAUMON AVOCAT CONCOMBRE

Nutrition facts

Serving size	Total quantity (216g)
Energy	263kcal / 1025kJ
Amount	% Daily value *
Fat 10.3g	15.9%
Saturated Fat 1.99g	10%
Trans Fat ~	~
Cholesterol 20mg	6.7%
Salt 0.11g	1.8%
Carbohydrates 27.2g	9.1%
Dietary Fiber 1.94g	7.8%
Sugars 0.93g	~
Protein 14.1g	28.2%
Vitamin A, RAE 18.1mcg ~ Vitamin A, IU ~ ~ Vitamin C 5.9mg 9.8% Vitamin D ~ ~ Vitamin E 1.55mg 7.8% Calcium 24.1mg 2.4% Iron 0.91mg 5.1% Magnesium 35.4mg 8.9% Phosphorus 157.5mg 15.8% Potassium 437.4mg 12.5%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Saumon:** élevage FAO 027 (salmosalar). Avocat. Concombre. Algue nori

RAINBOW CONCOMBRE AVOCAT PHILADELPHIA

Nutrition facts

Serving size	Total quantity (191g)
Energy	246kcal / 957kJ
Amount	% Daily value *
Fat 10.9g	16.8%
Saturated Fat 4.45g	22.2%
Trans Fat 0g	~
Cholesterol 18.8mg	6.3%
Salt 0.2g	3.3%
Carbohydrates 28.3g	9.4%
Dietary Fiber 1.94g	7.8%
Sugars 1.46g	~
Protein 7.2g	14.4%
Vitamin A, RAE 12.9mcg ~ Vitamin A, IU 160.7IU 3.2% Vitamin C 5.9mg 9.8% Vitamin D ~ ~ Vitamin E 0.79mg 3.9% Calcium 26.8mg 2.7% Iron 0.69mg 3.8% Magnesium 24.8mg 6.2% Phosphorus 61.5mg 6.2% Potassium 287.8mg 8.2%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. Avocat. Concombre. Fromage à la crème Philadelphia: **lait** entier, **crème**, produits à base de lactosérum (de lait), sel de cuisine, stabilisant (farine de graines de caroube), acidifiant (acide citrique). Algue nori.



RAINBOW

RAINBOW THON AVOCAT MANGUE

Nutrition facts

Serving size	Total quantity (211g)
Energy	251kcal / 976kJ
Amount	% Daily value *
Fat 7.45g	11.5%
Saturated Fat 1.63g	8.1%
Trans Fat ~	~
Cholesterol 11.2mg	3.7%
Salt 0.11g	1.8%
Carbohydrates 30g	10%
Dietary Fiber 2.28g	9.1%
Sugars 3.63g	~
Protein 14.9g	29.7%
Vitamin A, RAE 153.2mcg ~ Vitamin A, IU ~ ~ Vitamin C 15.4mg 25.7% Vitamin D ~ ~ Vitamin E 1.61mg 8.1% Calcium 21.8mg 2.2% Iron 1.42mg 7.9% Magnesium 36.7mg 9.2% Phosphorus 152.1mg 15.2% Potassium 440.3mg 12.6%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Thon:** sri lankais sauvage FAO 51 FOS (thunnusalbacares). Avocat. Mangue. Algue nori.



KAIZEN ROLLS / FUTOMAKI

KAIZEN ROLLS

Nutrition facts

Serving size Total quantity (303g)

Energy 431kcal / 1717kJ

Amount % Daily value *

Fat **20.5g** 31.5%

Saturated Fat **2.92g** 14.6%

Trans Fat **0g** ~

Cholesterol **69.9mg** 23.3%

Salt **2.05g** 34.2%

Carbohydrates **34.4g** 11.5%

Dietary Fiber **2.54g** 10.1%

Sugars **2g** ~

Protein **26.8g** 53.6%

Vitamin A, RAE 83.8mcg ~ Vitamin A, IU 1248.3IU 25% Vitamin C 7.59mg 12.7% Vitamin D 0IU 0% Vitamin E 3.5mg 17.5% Calcium 94.2mg 9.4% Iron 1.73mg 9.6% Magnesium 61mg 15.3% Phosphorus 352mg 35.2% Potassium 649.7mg 18.6%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Saumon:** élevage FAO 027 (salmosalar). **Crevette pané:** 60% de panade « tempura » (farine de **blé**, eau, amidon modifié : E1420/E1412 : sucre sel de mer, huiles végétales : huile de palme, huile de shiso ; levure, épaissant : E412 ; amidon de maïs, poudre à lever : E170 ; affermissant : E516 : antioxydant : E300 ; alpha-amylase, sel) ; peut contenir **sulfites**, 40% **crevettes** (crevette 80%, eau, stabilisants : E451 + E452). Origine : Vietnam. Concombre. Avocat. Oignons croustillants: oignons 75%, huile végétal (de palme), farine de **blé (gluten)**, sel. Algues nori. Mayonnaise: huile végétale (huile de colza, l'huile de **soja**), le jaune d'**oeuf**, le vinaigre à base d'**orge**, le sel, exhausteur de goût (E621), épices (contenant la **moutarde**) extrait d'épice contenant la **moutarde**. Sriracha: chili, sucre, sel, ail, vinaigre distillé, sorbate de potassium, bisulfite de sodium comme agent de conservation et gomme de xanthane. Sauce pour anguille: sauce de **soja (blé, graines de soja)**, sucre, eau, assaisonnement fermenté de riz, amidon modifié, colorant [E150a], mirin (vinaigre doux de riz), vinaigre, extrait de levure. Natural basic shichimi: Piment de Cayenne, **moutarde** chinoise, zeste de mandarine satsuma, grains de **sésame** blanc, grains de **sésame** noir, laitue de mer Ulva linnaeus, poivre du Sichuan.

FUTOMAKI

Nutrition facts

Serving size Total quantity (227g)

Energy 315kcal / 1318kJ

Amount % Daily value *

Fat **14.4g** 22.2%

Saturated Fat **4.97g** 24.8%

Trans Fat **0g** ~

Cholesterol **38.7mg** 12.9%

Salt **0.2g** 3.3%

Carbohydrates **32.1g** 10.7%

Dietary Fiber **2.82g** 11.3%

Sugars **4.95g** ~

Protein **13.8g** 27.5%

Vitamin A, RAE 171.1mcg ~ Vitamin A, IU 160.7IU 3.2% Vitamin C 16.5mg 27.5% Vitamin D ~ ~ Vitamin E 2.01mg 10% Calcium 43.4mg 4.3% Iron 1.44mg 8% Magnesium 38.8mg 9.7% Phosphorus 182.8mg 18.3% Potassium 446.4mg 12.8%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Saumon:** élevage FAO 027 (salmosalar). Avocat. Mangue. **Fromage à la crème Philadelphia:** lait entier, **crème**, produits à base de lactosérum (de lait), sel de cuisine, stabilisant (farine de graines de caroube), acidifiant (acide citrique). **Feuilles colorées à base de soja:** graines de **soja** (82%), Humectant : E422, isolat de protéine de **soja**, correcteurs d'acidité : E500-E330, antimoussants: E471-E322 (**soja**-E504, Colorant: E120.



BLOSSOM ROLLS

BLOSSOM ROLLS

Nutrition facts

Serving size	Total quantity (238g)
Energy	279kcal / 1168kJ
Amount	% Daily value *
Fat 12g	18.4%
Saturated Fat 2.08g	10.4%
Trans Fat ~	~
Cholesterol 20mg	6.7%
Salt 0.78g	13%
Carbohydrates 28.7g	9.6%
Dietary Fiber 3.06g	12.3%
Sugars 1.79g	~
Protein 14g	28.1%
Vitamin A, RAE 55.6mcg ~ Vitamin A, IU ~ ~ Vitamin C 10.1mg 16.8% Vitamin D ~ ~ Vitamin E 1.67mg 8.4% Calcium 48mg 4.8% Iron 1.83mg 10.2% Magnesium 62.2mg 15.6% Phosphorus 223.8mg 22.4% Potassium 509.2mg 14.6%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Saumon:** élevage FAO 027 (salmosalar). Concombre. Avocat. **Sésame.** Sauce pour anguille: sauce de **soja** (**blé**, graines de **soja**), sucre, eau, assaisonnement fermenté de riz, amidon modifié, colorant [E150a], mirin (vinaigre doux de riz), vinaigre, extrait de levure. **Feuilles blanches à base de soja:** Graines de **soja** (87%). Humectant: E422, graines de **sésames**, Isolat de protéine de **soja**, correcteurs d'acidité: E500-E330, antimoussants: E471-E322 (soja)-E504, Colorant: E171. Ciboulette.



CHIRACHIS

CHIRACHIS TARTAR THON AVOCAT

Nutrition facts

Serving size	Total quantity (394g)
Energy	518kcal / 2170kJ
Amount	% Daily value *
Fat 16.7g	25.8%
Saturated Fat 3.15g	15.7%
Trans Fat ~	~
Cholesterol 29.9mg	10%
Salt 0.17g	2.8%
Carbohydrates 66.8g	22.3%
Dietary Fiber 3.34g	13.4%
Sugars 0.76g	~
Protein 25.3g	50.6%

Vitamin A, RAE 40.2mcg ~ Vitamin A, IU ~ ~ Vitamin C 6.06mg 10.1% Vitamin D ~ ~ Vitamin E 2.72mg 13.6% Calcium 39.8mg 4% Iron 2.54mg 14.1% Magnesium 81.1mg 20.3% Phosphorus 332.6mg 33.3% Potassium 697.6mg 19.9%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Thon:** sri lankais sauvage FAO 51 FOS (thunnusalbacares). Avocat. **Sésame.** Radis jeune. Concombre. Mayonnaise: huile végétale (huile de colza, l'huile de **soja**), le jeune d'**oeuf**, le vinaigre a base d'**orge**, le sel, exhausteur de goût (E621), épices (contenant la **moutarde**) extrait d'épice contenant la **moutarde**.

CHIRACHIS TARTAR SAUMON THON AVOCAT

Nutrition facts

Serving size	Total quantity (397g)
Energy	562kcal / 2353kJ
Amount	% Daily value *
Fat 22g	33.8%
Saturated Fat 3.87g	19.4%
Trans Fat ~	~
Cholesterol 43.2mg	14.4%
Salt 0.2g	3.3%
Carbohydrates 66.8g	22.3%
Dietary Fiber 3.34g	13.4%
Sugars 0.78g	~
Protein 24.5g	49%

Vitamin A, RAE 37.2mcg ~ Vitamin A, IU ~ ~ Vitamin C 6.06mg 10.1% Vitamin D ~ ~ Vitamin E 3.59mg 17.9% Calcium 41.9mg 4.2% Iron 2.26mg 12.6% Magnesium 78.7mg 19.7% Phosphorus 338mg 33.8% Potassium 688mg 19.7%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Thon:** sri lankais sauvage FAO 51 FOS (thunnusalbacares). **Saumon:** élevage FAO 027 (salmosalar). Avocat. **Sésame.** Radis jeune. Concombre. Mayonnaise: huile végétale (huile de colza, l'huile de **soja**), le jeune d'**oeuf**, le vinaigre a base d'**orge**, le sel, exhausteur de goût (E621), épices (contenant la **moutarde**) extrait d'épice contenant la **moutarde**.



CHIRACHIS

CHIRACHIS SAUMON THON CREVETTE CUITE

Nutrition facts	
Serving size	Total quantity (369g)
Energy	466kcal / 1951kJ
Amount	% Daily value *
Fat 13.2g	20.4%
Saturated Fat 2.45g	12.3%
Trans Fat ~	~
Cholesterol 31.8mg	10.6%
Salt 0.53g	8.8%
Carbohydrates 66.7g	22.3%
Dietary Fiber 3.34g	13.4%
Sugars 0.74g	~
Protein 20g	39.9%
Vitamin A, RAE 23.6mcg ~ Vitamin A, IU ~ ~ Vitamin C 6.06mg 10.1% Vitamin D ~ ~ Vitamin E 1.65mg 8.3% Calcium 61.9mg 6.2% Iron 2.04mg 11.3% Magnesium 74.1mg 18.5% Phosphorus 305.1mg 30.5% Potassium 576.7mg 16.5%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Thon:** sri lankais sauvage FAO 51 FOS (thunnusalbacares). **Saumon:** élevage FAO 027 (salmosalar). **Crevette cuite:** crevettes tropicales. Penaeus vannamei (élevés au Vietnam) 99.5%. Sel / Produit au Vietnam: DL 760. Avocat. **Sésame.** Radis jeune. Concombre.

CHIRACHIS TARTAR SAUMON AVOCAT

Nutrition facts	
Serving size	Total quantity (364g)
Energy	511kcal / 2140kJ
Amount	% Daily value *
Fat 19.3g	29.7%
Saturated Fat 3.33g	16.7%
Trans Fat ~	~
Cholesterol 32.5mg	10.8%
Salt 0.13g	2.2%
Carbohydrates 66.8g	22.3%
Dietary Fiber 3.34g	13.4%
Sugars 0.76g	~
Protein 17.7g	35.3%
Vitamin A, RAE 25.9mcg ~ Vitamin A, IU ~ ~ Vitamin C 6.06mg 10.1% Vitamin D ~ ~ Vitamin E 2.87mg 14.4% Calcium 37mg 3.7% Iron 1.78mg 9.9% Magnesium 68mg 17% Phosphorus 268.6mg 26.9% Potassium 564.6mg 16.1%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Saumon:** élevage FAO 027 (salmosalar). Avocat. **Sésame.** Radis jeune. Concombre. Mayonnaise: huile végétale (huile de colza, l'huile de soja), le jeune d'oeuf, le vinaigre a base d'orge, le sel, exhausteur de goût (E621), épices (contenant la moutarde) extrait d'épice contenant la moutarde.



CHIRACHIS

CHIRACHIS SAUMON AVOCAT

Nutrition facts

Serving size	Total quantity (359g)
Energy	476kcal / 1992kJ
Amount	% Daily value *
Fat 15.4g	23.7%
Saturated Fat 2.75g	13.8%
Trans Fat ~	~
Cholesterol 25mg	8.3%
Salt 0.08g	1.4%
Carbohydrates 66.7g	22.3%
Dietary Fiber 3.34g	13.4%
Sugars 0.74g	~
Protein 17.6g	35.2%
Vitamin A, RAE 22.3mcg ~ Vitamin A, IU ~ ~ Vitamin C 6.06mg 10.1% Vitamin D ~ ~ Vitamin E 2.02mg 10.1% Calcium 36.3mg 3.6% Iron 1.75mg 9.7% Magnesium 67.6mg 16.9% Phosphorus 266.3mg 26.6% Potassium 563.4mg 16.1%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Saumon:** élevage FAO 027 (salmosalar). Avocat. **Sésame.** Radis jeune. Concombre.

CHIRACHIS SAUMON THON OIGNIONS CROUSTILLANTS

Nutrition facts

Serving size	Total quantity (379g)
Energy	533kcal / 2233kJ
Amount	% Daily value *
Fat 18.6g	28.6%
Saturated Fat 2.66g	13.3%
Trans Fat 0g	~
Cholesterol 23.4mg	7.8%
Salt 0.18g	3%
Carbohydrates 71g	23.7%
Dietary Fiber 3.34g	13.4%
Sugars 0.74g	~
Protein 20.2g	40.4%
Vitamin A, RAE 27.5mcg ~ Vitamin A, IU ~ ~ Vitamin C 6.06mg 10.1% Vitamin D 0IU 0% Vitamin E 1.94mg 9.7% Calcium 40mg 4% Iron 2.03mg 11.3% Magnesium 72.2mg 18.1% Phosphorus 287.3mg 28.7% Potassium 617.2mg 17.6%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. Avocat.

Saumon: élevage FAO 027 (salmosalar). **Thon:** sri lankais sauvage FAO 51 FOS (thunnusalbacares). Oignons croustillants: oignons 75%, huile végétal (de palme), farine de blé (**gluten**), sel. **Sésame.** Radis jeune. Concombre. Juice de citron.



CHIRACHIS

CHIRACHIS THON AVOCAT

Nutrition facts

Serving size Total quantity (359g)

Energy 448kcal / 1874kJ

Amount **% Daily value ***

Fat **11.8g** **18.1%**

Saturated Fat **2.28g** **11.4%**

Trans Fat ~ ~

Cholesterol **14mg** **4.7%**

Salt **0.08g** **1.4%**

Carbohydrates **66.7g** **22.3%**

Dietary Fiber **3.34g** **13.4%**

Sugars **0.74g** ~

Protein **18.6g** **37.2%**

Vitamin A, RAE 28.8mcg ~ Vitamin A, IU ~ ~ Vitamin C 6.06mg
10.1% Vitamin D ~ ~ Vitamin E 1.57mg 7.8% Calcium 34.3mg 3.4%
Iron 2.12mg 11.8% Magnesium 70.9mg 17.7% Phosphorus 261.3mg
26.1% Potassium 576.4mg 16.5%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Thon:** sri lankais sauvage FAO 51 FOS (thunnusalbacaes. Avocat. **Sésame.** Radis jeune. Concombre.



OSHIZUSHI

OSHIZUSHI SPICY TUNA

Nutrition facts

Serving size	Total quantity (222g)
Energy	284kcal / 1182kJ
Amount	% Daily value *
Fat 7.72g	11.9%
Saturated Fat 1.3g	6.5%
Trans Fat ~	~
Cholesterol 35.9mg	12%
Salt 0.94g	15.6%
Carbohydrates 42.6g	14.2%
Dietary Fiber 1.4g	5.6%
Sugars 0.4g	~
Protein 11.1g	22.2%

Vitamin A, RAE 9.78mcg ~ Vitamin A, IU ~ ~ Vitamin C 2.2mg 3.7%
Vitamin D ~ ~ Vitamin E 1.23mg 6.2% Calcium 60.1mg 6% Iron
0.9mg 5% Magnesium 33.3mg 8.3% Phosphorus 183.6mg 18.4%
Potassium 239.7mg 6.9%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Crevette pané:** 60% de panade « tempura » (farine de blé, eau, amidon modifié : E1420/E1412 : sucre sel de mer, huiles végétales : huile de palme, huile de shiso ; levure, épaissant : E412 ; amidon de maïs, poudre à lever : E170 ; affermissant : E516 : antioxydant : E300 ; alpha-amylase, sel) ; peut contenir **sulfites**, 40% **crevettes** (crevette 80%, eau, stabilisants : E451 + E452). Origine: Vietnam. Avocat. Mayonnaise: huile végétale (huile de colza, l'huile de **soja**), le jeune d'**oeuf**, le vinaigre a base d'**orge**, le sel, exhausteur de goût (E621), épices (contenant la moutarde) extrait d'épice contenant la **moutarde**. Sriracha: chili, sucre, sel, ail, vinaigre distillé, sorbate de potassium, bisulfite de sodium comme agent de conservation et gomme de xanthane.

OSHIZUSHI SAUMON

Nutrition facts

Serving size	Total quantity (234g)
Energy	340kcal / 1394kJ
Amount	% Daily value *
Fat 11.1g	17%
Saturated Fat 1.76g	8.8%
Trans Fat ~	~
Cholesterol 35mg	11.7%
Salt 0.87g	14.6%
Carbohydrates 44.8g	14.9%
Dietary Fiber 1.89g	7.6%
Sugars 0.74g	~
Protein 16.6g	33.2%

Vitamin A, RAE 94mcg ~ Vitamin A, IU 1664.4IU 33.3% Vitamin C
3.06mg 5.1% Vitamin D 0IU 0% Vitamin E 3.09mg 15.5% Calcium
25mg 2.5% Iron 1.08mg 6% Magnesium 35.8mg 8.9% Phosphorus
213.3mg 21.3% Potassium 355.4mg 10.2%

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Saumon:** élevage FAO 027 (salmosalar). Mayonnaise: huile végétale (huile de colza, l'huile de **soja**), le jeune d'**oeuf**, le vinaigre a base d'**orge**, le sel, exhausteur de goût (E621), épices (contenant la **moutarde**) extrait d'épice contenant la **moutarde**. Sauce pour anguille: sauce de **soja** (**blé**, graines de **soja**), sucre, eau, assaisonnement fermenté de riz, amidon modifié, colorant [E150a], mirin (vinaigre doux de riz), vinaigre, extrait de levure. Natural basic shichimi: piment de Cayenne, **moutarde** chinoise, zeste de mandarine satsuma, grains de **sésame** blanc, grains de **sésame** noir, laitue de mer Ulva linnaeus, poivre du Sichuan. **Oeufs de poisson volant** (orange): Cypselurus Heterurus 88% sucre, sel, sauce **soja** (eau, graines de **soja**, **blé**, sel), saké doux (sirop de glucose, riz gluant, eau, alcool, amylase, levure), vinaigre, colorants : E102-E129).

OSHIZUSHI

OSHIZUSHI FANTASTIC FOUR

Nutrition facts

Serving size	Total quantity (225g)
Energy	280kcal / 1142kJ
Amount	% Daily value *
Fat 5.32g	8.2%
Saturated Fat 0.76g	3.8%
Trans Fat ~	~
Cholesterol 42.8mg	14.3%
Salt 1.24g	20.7%
Carbohydrates 43.3g	14.5%
Dietary Fiber 0.8g	3.2%
Sugars 0.14g	~
Protein 14.7g	29.3%
Vitamin A, RAE 3.62mcg ~ Vitamin A, IU ~ ~ Vitamin C 0mg 0% Vitamin D ~ ~ Vitamin E 1.02mg 5.1% Calcium 59.5mg 5.9% Iron 0.76mg 4.2% Magnesium 29.5mg 7.4% Phosphorus 186.8mg 18.7% Potassium 148.1mg 4.2%	

* The % Daily Value (DV) is calculated based on 2000kcal per day as a general nutrition recommendation.

Ingredients: Riz cuit: sucre, vinaigre de riz, vinaigre d'alcool, sel, mélasse de canne. **Crevette pané:** 60% de panade « tempura » (farine de **blé**, eau, amidon modifié : E1420/E1412 : sucre sel de mer, huiles végétales : huile de palme, huile de shiso ; levure, épaissant : E412 ; amidon de maïs, poudre à lever : E170 ; affermissant : E516 : antioxydant : E300 ; alpha-amylase, sel) ; peut contenir **sulfites**, 40% **crevettes** (crevette 80%, eau, stabilisants : E451 + E452). Origine: Vietnam. **Surimi:** préparation à base de chair de **poisson** 50% (chair de poisson Nemipterus spp 46.9%, sucre, stabilisant : E451), eau, amidon modifié, huile de **soja**, sucre, sel, extrait de **crabe**, exhausteur de goût : E621, colorants: E120-E160c, arôme, poudre de blanc d'**oeuf**. **Oeufs de poisson volant** (orange): Cypselurus Heterurus 88%, sucre, sel, sauce **soja** (eau, graines de **soja**, **blé**, sel), saké doux (sirop de glucose, riz gluant, eau, alcool, amylase, levure), vinaigre, colorants : E102-E129. Mayonnaise: huile végétale (huile de colza, l'huile de **soja**), le jeune d'**oeuf**, le vinaigre a base d'**orge**, le sel, exhausteur de goût (E621), épices (contenant la **moutarde**) extrait d'épice contenant la **moutarde**.





Wasabi
わさび

Sushi Bento Bar

Menutrist

Nutritional Strategy for your restaurant

100%