

# MARI-MIX

## NUTRITIONAL CHART

### APPETISERS

	KJ	CALORIES	PROTEINS (G)	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)
Chicken Karaage	2464	589	49.3	8.9	0.5	128	107	76.9
Kimchi Salad	280	67	0	0	0	0	1518	8.9
Miso Soup	448	107	5.9	4.1	0.7	0	766	12.1
Seaweed Salad	485	116	2.3	3.5	0	0	1157	23.2
Mixed Purple Rice	1046	250	5.1	2.4	0	0	53	52.8

### WINTER WARMERS

	KJ	CALORIES	PROTEINS (G)	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)
Chicken Karaage Don	2665	637	59.9	7.1	0.2	162	338	76.5
o w/ White Rice								
o w/ Brown Rice	2381	569	59.1	8.4	0.1	162	338	59.4
Chicken Katsu Curry								
o w/ white rice	3343	799	25.2	16.3	2.1	15	736	133
o w/mixed grain rice	3105	742	24.6	17.6	2	15	757	118.6
o w/ udon	3100	741	25.5	15.9	2	15	736	115.6
Prawn Tempura Curry								
o w/ white rice	2414	577	32.9	5.5	0.7	253	300	89.5
o w/mixed grain rice	2176	520	32.2	6.8	0.6	253	321	76.1
o w/ udon	2171	519	33.1	5.2	0.6	253	300	72.1
Wagyu Beef Curry								
o w/ white rice	3498	836	27.7	38.4	12.8	90	588	87.7
o w/mixed grain rice	3255	778	27.1	39.6	12.7	90	609	73.3
o w/ udon	3255	778	28	38	12.7	90	588	70.3
Tofu Curry								
o w/ white rice	2255	539	17.8	9.8	1.4	0	25	90.3
o w/mixed grain rice	2017	482	17.2	11	1.3	0	46	75.8
o w/ udon	2013	481	18.1	9.4	1.3	0	25	72.8

### SUSHI ROLLS

	KJ	CALORIES	PROTEINS (G)	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)
Salmon Aburi Roll	791	189	10	12.6	2.1	58	539	9.6
Vegan Roll	1213	290	4.4	5.9	0.8	0	1075	54.1
Chicken Alfredo Roll	1544	369	16.8	14.6	6.6	55	383	44.1
Spicy Tuna Dynamite	1310	313	24.7	4.6	0.7	18	50	41.9
Soft-Shell Crab Roll	1464	350	24.2	6	0.9	127	558	45.3
Philly Cheese Steak Roll	2255	539	22.9	29.8	12.4	76	632	44.7
Prawn Tempura Roll	1674	400	12.6	21.8	22.3	2	152	47.3
Tempura Lobster Roll	1255	300	12.6	5.9	1	45	493	47.3

### POKE BOWLS

	KJ	CALORIES	PROTEINS (G)	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)
Tasmanian Salmon Bowl								
o small	2330	557	31.1	14.9	1.1	35	2227	80.3
o regular	2912	696	38.8	18.7	1.3	44	2783	100.4
o large	3782	904	50.5	24.3	1.7	57	3618	130.5
Yellow Fin Tuna Bowl								
o small	2084	498	33.6	9	1.4	36	2368	74.1
o regular	2602	622	42	11.3	1.8	45	2961	92.6
o large	3385	809	54.6	14.6	2.3	59	3849	120.4
Grilled Chicken Breast Bowl								
o small	2268	542	32.5	12	0.4	51	2232	80.3
o regular	2833	677	40.6	15	0.4	64	2790	100.4
o large	3686	881	52.8	19.5	0.6	83	3627	130.5
Marinated Tofu Bowl								
o small	2105	503	18.1	11.9	1.3	0	1959	88.1
o regular	2632	629	22.7	14.8	1.6	0	2449	110.2
o large	3422	818	29.5	19.3	2.1	0	3184	143.2
Soft-Shell Crab Bowl								
o small	2280	545	34.4	10.9	0.4	89	2502	80.3
o regular	2849	681	43	13.7	0.4	112	3127	100.4
o large	3703	885	55.9	17.8	0.6	145	4066	130.5
Peking Duck Bowl								
o small	2318	554	33.1	13.2	0.4	0	2191	80.3
o regular	2895	692	41.4	16.5	0.4	0	2739	100.4
o large	3766	900	53.9	21.5	0.6	0	3561	130.5
Wagyu Beef Bowl								
o small	2782	665	27.4	28.6	7.1	48	2501	80.3
o regular	3477	831	34.2	35.8	8.9	60	3126	100.4
o large	4519	1080	44.5	46.5	11.6	78	4064	130.5
Prawn Tempura Bowl								
o small	2410	576	21.3	17.4	1.5	34	2477	87.1
o regular	3017	721	26.6	21.8	1.9	43	3096	108.9
o large	3920	937	34.5	28.3	2.4	56	4025	141.6

### TACOS

	KJ	CALORIES	PROTEINS (G)	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)
Salmon Aburi Taco	565	135	9.1	3.7	0.5	32	344	15.2
Spicy Tuna Taco	598	143	5.2	2.3	0.4	21	469	24.5
Grilled Chicken Taco	544	130	9.6	2.6	0.3	38	346	15.2
Philly Cheese Steak Taco	736	176	7.7	8.8	2.8	37	447	15.2
Veggie Taco	448	107	4.5	1.9	0.3	19	341	17
Lobster Salad Taco	510	122	9	2.1	0.3	62	477	15.2
Prawn Tempura Taco	548	131	10.1	2.4	0.4	82	404	15.6
Soft Shell Crab Taco	548	131	10.3	2.2	0.3	52	447	15.2

### BAO BUNS

	KJ	CALORIES	PROTEINS (G)	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)
Chashu Pork	2330	278	14.8	14.3	5.3	27	555	28.2
Soft-shell Crab	2330	195	18.9	2.6	1.2	57	544	28.2
Wagyu Beef	2912	270	14.6	13.6	5.4	31	543	28.2
Chicken Teriyaki	3782	180	9.8	3	1.5	8	447	34.2
Peking Duck	3017	249	15.9	8.4	2.9	53	734	33

### RAMEN

	KJ	CALORIES	PROTEINS (G)	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)
Signature Chashu Ramen	2330	478	22.8	24.2	8.7	114	1035	47.6
Chicken Ramen	2330	377	26.3	10.9	3.7	120	818	47.6
Seafood Ramen	2912	398	30.3	10.8	3.8	99	927	48.8

### GOYZA

	KJ	CALORIES	PROTEINS (G)	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)
Pork Gyoza	2330	54	2	2.6	0.7	6	84	5.2
Chicken Gyoza	2330	46	2.2	2.2	0.3	5	114	4.8
Prawn Gyoza	2912	52	2.6	2.6	0.2	12	76	4.6
Veggie Gyoza	3015	43.3	1.3	1.5	0.2	3	90	6

### SUSHI PIZZA

	KJ	CALORIES	PROTEINS (G)	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)
Seafood Galore	2330	321	18.9	5.1	0.9	47	499	49.5
Meat Lovers	2330	346	15.9	9.5	2.5	37	567	49.3
Vegetarian	2912	285	11	5.2	0.9	6	464	50.2