



**oishii**  
美味しい

## **allergen & nutritional information**

Konbini menu  
March 2024



**Nutritional Information Recipe List (values per typical serving)**

<b>Recipe Name</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>saturates (g)</b>	<b>mono (g)</b>	<b>poly (g)</b>	<b>Carb (g)</b>	<b>Starch (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Sodium (mg)</b>
Chukaman Pork Bun	222.3	934.8	6.5	1.4	2.7	1.3	32.2	28.8	3.2	7.9	1.6	343.0
Konbini Tuna Onigiri	216.1	900.4	6.8	0.7	0.0	0.0	30.4	0.0	5.0	8.5	0.6	1036.2
Pizaman Pizza Bun	248.0	1043.1	8.5	4.7	0.8	0.4	31.6	29.2	2.2	10.5	1.9	203.3
Yuzu Shu Cream Puff	428.0	1783.2	29.3	19.8	4.5	1.0	32.8	2.3	21.7	8.3	0.8	177.3