



allergen information & dietary guide: YO! to go

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Aburi Salmon Dragon Roll 8pc TOGO March 22	470.8	1980.7	22.6	2.8	4.9	1.9	51.9	0.0	7.1	11.4	1.5	659.6
Avocado Maki TOGO March 22	199.3	838.1	6.4	1.2	3.0	0.6	32.2	0.0	4.4	0.9	1.4	382.9
Classic Catch TOGO March 22	483.5	2055.4	12.0	2.1	5.5	3.2	62.8	-	9.1	26.4	1.4	919.3
Classic Edamame TOGO March 22	134.5	562.7	6.1	0.8	0.0	0.0	9.0	0.0	0.1	11.5	0.0	395.1
Crunchy California Roll 6pc TOGO March 22	570.7	2381.4	34.3	4.8	2.0	0.4	55.5	1.4	13.1	5.7	1.5	1000.3
Crunchy Prawn Roll 8pc TOGO March 22	310.8	1306.2	7.8	1.0	2.4	0.6	51.5	0.0	5.4	5.5	1.6	680.3
Cucumber Maki TOGO March 22	145.5	616.1	0.4	0.1	0.0	0.0	32.1	0.0	4.6	0.7	0.5	371.1
Dynamite Roll 8pc TOGO March 22	465.3	1949.8	22.3	3.7	4.8	1.8	54.2	0.0	9.2	8.3	1.8	968.6
Glow Bowl - Half & Half TOGO March 22	510.7	2142.0	17.6	2.7	3.8	1.0	62.6	-	17.7	21.0	4.5	1503.6
Glow Bowl - Rice TOGO March 22	673.0	2832.4	17.6	2.7	3.7	0.9	100.5	-	17.4	20.7	4.1	1468.6
Glow Bowl - Spinach TOGO March 22	348.4	1451.5	17.6	2.7	3.8	1.2	24.7	-	18.0	21.2	4.9	1538.6
Hoisin Duck Roll 6pc TOGO March 22	295.4	1250.2	2.9	1.3	0.0	0.0	55.0	0.5	17.1	9.3	1.0	780.8
Hoisin Mock 'Duck' Roll 6pc TOGO March 22	316.1	1351.6	4.2	1.4	0.0	0.0	57.0	0.5	17.6	9.5	1.4	770.2
Inari Taco TOGO March 22	169.7	712.5	6.7	1.2	0.5	0.1	23.0	0.0	10.5	3.4	0.4	324.0
Kaiso Seaweed TOGO March 22	141.9	496.3	5.1	0.2	0.0	0.1	14.9	0.1	8.1	3.4	1.1	719.7
Maki Mix TOGO March 22	389.7	1648.1	10.1	1.9	4.7	1.6	63.9	0.0	8.7	6.1	1.8	773.3
Nourish Bowl - Half & Half TOGO March 22	462.8	1939.6	15.9	2.5	3.7	1.0	62.3	0.3	17.3	12.8	6.0	1353.0
Nourish Bowl - Rice TOGO March 22	625.1	2630.1	15.9	2.5	3.7	0.9	100.2	0.2	17.0	12.6	5.6	1318.0
Nourish Bowl - Spinach TOGO March 22	300.5	1249.2	15.9	2.4	3.7	1.2	24.4	0.3	17.6	13.0	6.4	1388.0
O-mega Salmon TOGO March 22	480.8	2038.4	14.7	2.7	6.9	2.9	68.8	0.0	10.0	13.2	1.9	958.7
Plant Power TOGO March 22	701.5	2968.9	17.3	3.2	2.2	0.4	118.0	0.6	31.5	11.0	3.7	1588.9
Ponzu Edamame TOGO March 22	139.1	582.1	6.3	0.8	0.0	0.1	9.5	0.0	0.3	11.6	0.0	466.1
Power Bowl - Half & Half TOGO March 22	502.3	2107.4	16.4	2.7	3.7	0.8	62.7	0.2	17.8	21.6	4.2	1606.8
Power Bowl - Rice TOGO March 22	664.7	2797.8	16.4	2.7	3.6	0.7	100.6	0.2	17.5	21.3	3.8	1571.8
Power Bowl - Spinach TOGO March 22	340.0	1417.0	16.4	2.7	3.7	0.9	24.8	0.2	18.1	21.8	4.6	1641.8
Red Pepper Dragon Roll 8pc TOGO	208.8	872.0	3.8	0.4	0.0	0.0	38.5	0.0	8.0	1.3	2.2	450.3

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March 22												
Salmon & Avo Bites TOGO March 22	236.0	998.3	7.1	1.3	3.4	1.2	35.7	0.0	4.8	4.6	1.1	437.8
Salmon Nigiri TOGO March 22	103.1	439.6	2.8	0.5	1.4	0.8	14.3	0.0	1.9	4.0	0.2	182.5
Salmon Sashimi TOGO March 22	125.2	537.3	8.3	1.3	4.1	2.5	0.8	0.0	0.3	11.8	0.4	100.5
Simply Salmon TOGO March 22	416.5	1773.9	10.2	1.8	4.8	2.8	62.1	0.0	8.3	14.5	0.8	781.6
Spicy Chicken Katsu Roll 6pc TOGO March 22	294.3	1240.9	4.6	1.8	0.3	0.2	53.1	0.0	10.2	7.3	0.9	1065.9
Spicy Tuna Roll 8pc TOGO March 22	314.4	1320.4	3.1	0.5	0.1	0.3	57.9	-	11.8	9.8	1.2	1282.7
Super Salmon TOGO March 22	522.5	2226.5	17.5	3.0	8.4	4.7	62.9	0.0	9.1	23.5	1.4	939.4
Sushi Sharer TOGO March 22	545.9	2303.6	16.3	2.3	4.7	2.2	77.6	0.2	11.4	16.5	1.6	1124.4
The Full Flock TOGO March 22	493.6	2083.5	7.1	2.2	1.2	0.3	91.8	0.3	17.5	9.3	2.6	1248.5
TOKYO! Mix TOGO March 22	634.7	2610.9	20.4	3.5	1.8	0.4	93.8	0.4	15.4	8.9	2.0	1557.9
Truffle Edamame TOGO March 22	179.0	745.8	11.0	1.5	0.0	0.0	9.0	0.0	0.1	11.5	0.0	395.7
Veggie Bites TOGO March 22	231.5	974.4	5.3	1.0	2.0	0.4	41.4	0.0	7.0	1.1	2.0	472.2
Veggie Pick 'n' Mix TOGO March 22	588.3	2460.0	14.1	2.4	2.2	0.4	99.4	0.4	23.3	7.6	2.9	1403.9
Veggie Volcano Roll 8pc TOGO March 22	454.3	1894.5	20.9	5.5	9.7	1.8	59.4	0.0	12.3	3.2	4.6	667.3
Vitality Bowl - Half & Half TOGO March 22	561.4	2362.1	24.5	3.6	6.6	2.5	61.7	0.2	16.7	19.0	4.5	1383.5
Vitality Bowl - Rice TOGO March 22	723.8	3052.5	24.4	3.7	6.5	2.4	99.6	0.2	16.4	18.7	4.1	1348.5
Vitality Bowl - Spinach TOGO March 22	399.1	1671.6	24.5	3.6	6.6	2.6	23.9	0.2	17.0	19.2	4.9	1418.5
Yasai Roll 6pc TOGO March 22	339.4	1440.9	10.5	1.5	1.4	0.3	54.8	0.7	14.4	3.7	1.9	859.7
YO! Roll 8pc TOGO March 22	377.9	1601.4	12.7	2.2	5.8	2.4	50.1	0.0	8.6	12.0	1.5	902.3
YO! Top Hits TOGO March 22	703.3	2964.0	25.3	4.4	6.6	2.3	94.5	0.3	15.0	17.1	2.7	1340.9