

# allergen & nutritional information

June 2024

The Yogi logo, consisting of the word "Yogi" in a stylized white font on a red rectangular background.A yellow sun icon with rays, positioned to the left of the word "summer".

summer  
**Yogi!**  
way

**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>
Aburi Scallop Nigiri	131.4	554.0	0.5	0.0	0.0	0.0	22.6	0.0	7.3	9.4	0.4	353.4
Aburi Scallop Roll	188.6	791.2	2.7	0.2	0.0	0.0	32.9	0.0	9.3	8.5	1.2	552.3
Kimchi Scallops	278.2	1157.1	21.0	10.8	2.4	1.2	5.9	0.0	0.8	16.8	0.1	766.2
Soft Shell Crab Futomaki	341.2	1371.3	13.4	1.0	1.5	0.8	29.9	0.0	5.4	7.5	0.9	557.1
Soft Shell Crab Tempura & Mango Temaki	272.1	1079.2	9.9	0.8	1.5	0.8	20.6	0.0	4.3	7.1	0.8	449.2
Soft Shell Crab Tempura	403.9	1570.8	19.5	1.5	3.0	1.5	9.4	0.0	3.0	11.1	0.3	402.8

