



Portion (g)
Calories
Total gras (g)
Gras Saturés (g)
Gras trans (g)
Cholestérol (mg)
Sodium (mg)
Glucides (g)
Fibres Alimentaires (g)
Sucre (g)
Protéines (g)
Vitamine A (%)
Vitamine C (%)
Calcium (%)
Fer (%)

POULET KARAAGE

| | | | | | | | | | | | | | | | |
|------------------------------|-----|-----|----|-----|-----|-----|-----|----|---|---|----|----|----|---|----|
| Poulet Karaage entrée (6mcx) | 120 | 330 | 21 | 4.5 | 0.2 | 70 | 470 | 18 | 0 | 0 | 17 | 0 | 4 | 0 | 10 |
| Poulet Karaage repas (10mcx) | 420 | 770 | 38 | 8 | 0.3 | 120 | 800 | 74 | 2 | 2 | 32 | 35 | 15 | 6 | 25 |

SUSHI BURITO

| | | | | | | | | | | | | | | | |
|----------------------------|-----|-----|----|-----|-----|-----|------|----|---|---|----|-----|----|---|----|
| Poulet Karaage | 350 | 570 | 27 | 5 | 0.2 | 70 | 920 | 60 | 3 | 2 | 19 | 45 | 15 | 4 | 20 |
| Saumon et crevette tempura | 370 | 500 | 19 | 2 | 0 | 90 | 1060 | 56 | 3 | 2 | 23 | 15 | 10 | 4 | 10 |
| Thon et mangue épicé | 368 | 440 | 11 | 1.5 | 0 | 50 | 290 | 58 | 3 | 8 | 25 | 100 | 30 | 6 | 15 |
| Crevette épicée et mangue | 378 | 450 | 16 | 2 | 0 | 110 | 780 | 56 | 4 | 7 | 19 | 30 | 30 | 6 | 20 |
| Saumon et crabe | 340 | 460 | 18 | 2.5 | 0 | 50 | 400 | 52 | 3 | 2 | 22 | 50 | 15 | 6 | 15 |
| Thon et saumon | 372 | 420 | 11 | 1.5 | 0 | 45 | 540 | 55 | 3 | 1 | 24 | 20 | 15 | 6 | 20 |

BOL POKE

| | | | | | | | | | | | | | | | |
|--|-----|-----|----|-----|-----|-----|------|----|----|----|----|----|----|----|----|
| Saumon - riz blanc | 380 | 490 | 21 | 3 | 0 | 70 | 1270 | 52 | 3 | 5 | 22 | 4 | 10 | 8 | 15 |
| Saumon - riz brun | 380 | 570 | 23 | 3 | 0 | 70 | 1270 | 63 | 7 | 5 | 23 | 4 | 10 | 6 | 10 |
| Saumon - riz collant croustillant | 380 | 500 | 22 | 3 | 0 | 70 | 1270 | 52 | 3 | 5 | 22 | 4 | 10 | 8 | 15 |
| Saumon - salade | 317 | 310 | 20 | 3 | 0 | 70 | 980 | 14 | 2 | 6 | 19 | 8 | 15 | 6 | 15 |
| Crevette épicée - riz blanc | 380 | 510 | 18 | 2.5 | 0 | 165 | 1260 | 56 | 3 | 6 | 29 | 8 | 10 | 10 | 20 |
| Crevette épicée - riz brun | 380 | 590 | 20 | 2.5 | 0 | 165 | 1260 | 67 | 7 | 6 | 30 | 8 | 10 | 8 | 20 |
| Crevette épicée - riz collant croustillant | 380 | 520 | 19 | 2.5 | 0 | 165 | 1260 | 56 | 3 | 6 | 29 | 8 | 10 | 10 | 20 |
| Crevette épicée - salade | 345 | 310 | 17 | 2.5 | 0 | 125 | 1430 | 19 | 2 | 6 | 22 | 10 | 20 | 10 | 20 |
| Volcano - riz blanc | 378 | 490 | 22 | 3 | 0.1 | 70 | 1000 | 51 | 2 | 4 | 22 | 4 | 10 | 8 | 15 |
| Volcano - riz brun | 378 | 570 | 24 | 3 | 0.1 | 70 | 1000 | 62 | 7 | 4 | 23 | 4 | 10 | 6 | 10 |
| Volcano - riz collant croustillant | 378 | 500 | 23 | 3 | 0.1 | 70 | 1000 | 51 | 2 | 4 | 22 | 4 | 10 | 8 | 15 |
| Volcano - salade | 317 | 310 | 20 | 3 | 0 | 70 | 980 | 14 | 2 | 6 | 19 | 8 | 15 | 6 | 15 |
| Saumon & Thon - riz blanc | 380 | 480 | 19 | 3 | 0 | 65 | 1260 | 52 | 3 | 5 | 23 | 6 | 10 | 6 | 10 |
| Saumon & Thon - riz brun | 380 | 560 | 21 | 3 | 0 | 65 | 1260 | 62 | 7 | 5 | 24 | 6 | 10 | 6 | 10 |
| Saumon & Thon - riz collant croustillant | 380 | 490 | 20 | 3 | 0 | 65 | 1260 | 52 | 3 | 5 | 23 | 6 | 10 | 8 | 15 |
| Saumon & Thon - salade | 317 | 300 | 18 | 2.5 | 0 | 65 | 970 | 14 | 2 | 6 | 21 | 8 | 15 | 6 | 15 |
| Thon - riz blanc | 380 | 460 | 17 | 2.5 | 0 | 60 | 1260 | 52 | 3 | 5 | 25 | 6 | 10 | 8 | 15 |
| Thon - riz brun | 380 | 540 | 19 | 2.5 | 0 | 60 | 1260 | 63 | 7 | 5 | 26 | 6 | 10 | 6 | 10 |
| Thon - riz collant croustillant | 380 | 470 | 18 | 2.5 | 0 | 60 | 1260 | 52 | 3 | 5 | 25 | 6 | 10 | 8 | 15 |
| Thon - salade | 317 | 290 | 16 | 2.5 | 0 | 60 | 970 | 14 | 2 | 6 | 22 | 8 | 20 | 6 | 15 |
| Végé - riz blanc | 360 | 440 | 19 | 3 | 0 | 15 | 1060 | 55 | 6 | 6 | 11 | 20 | 40 | 10 | 20 |
| Végé - riz brun | 360 | 510 | 21 | 3 | 0 | 15 | 1060 | 66 | 10 | 6 | 13 | 20 | 40 | 8 | 15 |
| Végé - riz collant croustillant | 360 | 450 | 20 | 3 | 0 | 15 | 1060 | 55 | 6 | 6 | 11 | 20 | 40 | 10 | 20 |
| Végé - salade | 290 | 270 | 19 | 3 | 0 | 15 | 1060 | 17 | 6 | 7 | 9 | 20 | 45 | 10 | 20 |
| Poulet et mange - riz blanc | 396 | 500 | 18 | 3 | 0 | 85 | 1310 | 56 | 4 | 9 | 29 | 4 | 25 | 8 | 8 |
| Poulet et mange - riz brun | 396 | 580 | 21 | 3 | 0 | 85 | 1310 | 67 | 8 | 9 | 30 | 4 | 25 | 6 | 6 |
| Poulet et mange - riz collant croustillant | 396 | 510 | 19 | 3 | 0 | 85 | 1310 | 56 | 4 | 9 | 29 | 4 | 25 | 8 | 8 |
| Poulet et mange - salade | 341 | 340 | 19 | 3 | 0 | 85 | 1320 | 19 | 5 | 10 | 26 | 10 | 30 | 6 | 10 |

SUSHI TACOS

| | | | | | | | | | | | | | | | |
|-----------------|-----|-----|----|-----|-----|----|------|----|---|---|----|---|----|---|----|
| Taco saumon (2) | 101 | 170 | 9 | 1.5 | 0.1 | 25 | 950 | 12 | 1 | 1 | 9 | 4 | 8 | 4 | 8 |
| Taco saumon (3) | 144 | 240 | 14 | 2 | 0.1 | 35 | 1300 | 18 | 2 | 1 | 12 | 6 | 10 | 6 | 10 |
| Taco thon (2) | 101 | 160 | 8 | 1 | 0.1 | 25 | 950 | 12 | 1 | 1 | 10 | 4 | 8 | 4 | 8 |
| Taco thon (3) | 144 | 230 | 11 | 2 | 0.1 | 30 | 1290 | 18 | 2 | 1 | 14 | 6 | 15 | 6 | 10 |
| Taco homard (2) | 94 | 120 | 5 | 0.5 | 0.1 | 35 | 270 | 9 | 1 | 1 | 10 | 4 | 6 | 4 | 6 |
| Taco homard (3) | 136 | 180 | 8 | 1 | 0.1 | 45 | 390 | 14 | 2 | 1 | 14 | 8 | 10 | 6 | 10 |

ENTRÉES ET SALADES

| | | | | | | | | | | | | | | | |
|-------------------------|-----|-----|------|-----|-----|-----|------|----|---|----|----|----|----|-----|----|
| Crevettes popcorn | 120 | 200 | 7 | 1 | 0.1 | 110 | 530 | 18 | 1 | 1 | 17 | 4 | 2 | 6 | 20 |
| Crevettes tempura | 60 | 180 | 8.0 | 0.0 | 0.1 | 40 | 125 | 18 | 0 | 0 | 8 | 0 | 0 | 0 | 0 |
| Trois salades | 120 | 130 | 3.5 | 0.0 | 0 | 60 | 790 | 13 | 4 | 8 | 8 | 2 | 6 | 40 | 8 |
| Wakame | 125 | 110 | 2.0 | 0.0 | 0 | 0 | 1650 | 13 | 4 | 9 | 0 | 0 | 0 | 110 | 0 |
| Soupe Miso | 240 | 45 | 1 | 0.2 | 0 | 0 | 1280 | 6 | 2 | 3 | 4 | 0 | 0 | 6 | 6 |
| Salade de saumon grillé | 276 | 260 | 19.0 | 2.5 | 0 | 30 | 340 | 12 | 3 | 6 | 12 | 80 | 80 | 8 | 8 |
| Salade verte | 123 | 150 | 14.0 | 1.0 | 0 | 0 | 400 | 8 | 1 | 5 | 2 | 30 | 10 | 2 | 4 |
| Salade calmar épicé | 110 | 120 | 3.0 | 0.0 | 0 | 170 | 320 | 12 | 0 | 12 | 12 | 0 | 2 | 2 | 6 |
| Salade de thon tataki | 276 | 250 | 17.0 | 2.5 | 0.1 | 30 | 340 | 12 | 3 | 6 | 14 | 80 | 80 | 8 | 8 |
| Fèves edamames | 135 | 170 | 5.0 | 0.0 | 0 | 0 | 440 | 15 | 7 | 2 | 13 | 8 | 15 | 8 | 20 |

Petite soupe Ramen

| | | | | | | | | | | | | | | | |
|-------------------------|-----|-----|----|-----|---|----|------|----|---|---|----|----|---|----|----|
| Miso | 290 | 240 | 9 | 2 | 0 | 50 | 1240 | 23 | 2 | 3 | 16 | 2 | 4 | 25 | 15 |
| Miso avec poulet grillé | 330 | 290 | 10 | 2.5 | 0 | 75 | 1370 | 24 | 3 | 4 | 24 | 10 | 4 | 25 | 15 |



| | Portion (g) | Calories | Total gras (g) | Gras Saturés (g) | Gras trans (g) | Cholestérol (mg) | Sodium (mg) | Glucides (g) | Fibres Alimentaires (g) | Sucre (g) | Protéines (g) | Vitamine A (%) | Vitamine C (%) | Calcium (%) | Fer (%) |
|--|-------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|
|--|-------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|

| | | | | | | | | | | | | | | | |
|--------------------------------|-----|-----|-----|-----|-----|----|------|----|---|---|----|---|----|----|----|
| Miso avec fruits de mer | 340 | 280 | 10 | 2.5 | 0 | 80 | 1340 | 24 | 3 | 4 | 23 | 2 | 4 | 25 | 20 |
| Miso avec crevette tempura | 310 | 290 | 11 | 2 | 0 | 60 | 1260 | 28 | 2 | 3 | 18 | 2 | 4 | 25 | 15 |
| Tonkotsu | 290 | 220 | 6 | 2.5 | 0 | 55 | 660 | 26 | 1 | 1 | 7 | 0 | 4 | 4 | 4 |
| Tonkotsu avec poulet grillé | 330 | 300 | 12 | 3 | 0 | 75 | 735 | 32 | 1 | 1 | 10 | 4 | 12 | 4 | 6 |
| Tonkotsu avec fruits de mer | 340 | 280 | 7.5 | 2.8 | 0 | 95 | 830 | 28 | 1 | 1 | 16 | 2 | 4 | 6 | 8 |
| Tonkotsu avec crevette tempura | 310 | 280 | 8.5 | 2.8 | 0.1 | 70 | 700 | 32 | 1 | 1 | 10 | 0 | 4 | 4 | 4 |

NIGIRI & SASHIMI / 2 mcx

| | | | | | | | | | | | | | | | |
|--------------------------------|-----|-----|-----|-----|---|-----|-----|----|---|---|---|---|---|----|----|
| Syake Nigiri | 62 | 80 | 2.0 | 0.3 | 0 | 20 | 15 | 8 | 0 | 0 | 7 | 0 | 0 | 0 | 2 |
| Syake Nigiri (riz brun) | 62 | 100 | 2.5 | 0.3 | 0 | 20 | 15 | 10 | 1 | 0 | 7 | 0 | 0 | 0 | 2 |
| Syake Sashimi | 42 | 45 | 2.0 | 0.3 | 0 | 20 | 14 | 0 | 0 | 0 | 6 | 0 | 2 | 0 | 2 |
| Syake saisi | 66 | 80 | 2.0 | 0.3 | 0 | 20 | 230 | 8 | 0 | 0 | 7 | 0 | 0 | 0 | 2 |
| Syake saisi (riz brun) | 66 | 100 | 2.5 | 0.3 | 0 | 20 | 230 | 10 | 1 | 0 | 8 | 0 | 0 | 0 | 2 |
| Izumidai Nigiri | 58 | 60 | 0.5 | 0.2 | 0 | 15 | 15 | 8 | 0 | 0 | 6 | 0 | 0 | 0 | 2 |
| Izumidai Nigiri (riz brun) | 58 | 80 | 1.0 | 0.2 | 0 | 15 | 15 | 10 | 1 | 0 | 7 | 0 | 0 | 0 | 2 |
| Izumidai Sashimi | 38 | 30 | 0.5 | 0.2 | 0 | 15 | 125 | 0 | 0 | 6 | 0 | 0 | 0 | 0 | 2 |
| Izumidai saisi Nigiri | 68 | 100 | 4.5 | 0.5 | 0 | 15 | 790 | 8 | 0 | 0 | 6 | 0 | 4 | 0 | 2 |
| Izumidai saisi (riz brun) | 68 | 110 | 5.0 | 0.5 | 0 | 15 | 790 | 10 | 1 | 0 | 7 | 0 | 4 | 0 | 2 |
| Philly kunsei syake | 61 | 70 | 2.0 | 0.5 | 0 | 5 | 200 | 8 | 0 | 0 | 5 | 2 | 0 | 0 | 2 |
| Philly kunsei syake (riz brun) | 61 | 90 | 2.5 | 0.5 | 0 | 5 | 200 | 11 | 1 | 0 | 6 | 2 | 0 | 0 | 2 |
| Ebi Nigiri | 44 | 50 | 0.2 | 0.0 | 0 | 20 | 20 | 8 | 0 | 0 | 3 | 0 | 0 | 2 | 2 |
| Ebi Nigiri (riz brun) | 44 | 70 | 0.5 | 0.0 | 0 | 20 | 20 | 10 | 1 | 0 | 4 | 0 | 0 | 0 | 2 |
| Ebi Sashimi | 24 | 15 | 0.2 | 0.0 | 0 | 20 | 19 | 0 | 0 | 0 | 3 | 0 | 2 | 0 | 2 |
| Maguro Nigiri | 58 | 70 | 0.3 | 0.1 | 0 | 15 | 10 | 8 | 0 | 0 | 7 | 0 | 0 | 0 | 2 |
| Maguro Nigiri (riz brun) | 58 | 80 | 0.5 | 0.1 | 0 | 15 | 10 | 10 | 1 | 0 | 7 | 0 | 0 | 0 | 2 |
| Maguro Sashimi | 38 | 30 | 0.3 | 0.1 | 0 | 15 | 9 | 0 | 0 | 0 | 7 | 0 | 2 | 0 | 2 |
| Inari | 74 | 130 | 4.5 | 2.0 | 0 | 0 | 190 | 17 | 1 | 6 | 5 | 0 | 0 | 10 | 10 |
| Inari (riz brun) | 74 | 150 | 5.0 | 2.0 | 0 | 0 | 190 | 20 | 2 | 6 | 5 | 0 | 0 | 10 | 10 |
| Kunsei Syake Nigiri | 46 | 50 | 0.5 | 0.1 | 0 | 5 | 125 | 8 | 0 | 0 | 4 | 0 | 0 | 0 | 2 |
| Kunsei Syake Nigiri (riz brun) | 46 | 70 | 1.0 | 0.1 | 0 | 5 | 125 | 10 | 1 | 0 | 4 | 0 | 0 | 0 | 2 |
| Kunsei Syake Sashimi | 26 | 20 | 0.5 | 0.1 | 0 | 5 | 129 | 0 | 0 | 0 | 3 | 0 | 2 | 0 | 0 |
| Masago Rouge | 74 | 90 | 1.0 | 0.0 | 0 | 100 | 680 | 15 | 0 | 4 | 3 | 0 | 2 | 0 | 0 |
| Masago Rouge (riz brun) | 74 | 110 | 1.5 | 0.0 | 0 | 100 | 680 | 18 | 2 | 4 | 4 | 0 | 2 | 0 | 0 |
| Masago Orange | 74 | 90 | 1.0 | 0.0 | 0 | 100 | 680 | 15 | 0 | 4 | 3 | 0 | 2 | 0 | 0 |
| Masago Orange (riz brun) | 74 | 110 | 1.5 | 0.0 | 0 | 100 | 680 | 18 | 2 | 4 | 4 | 0 | 2 | 0 | 0 |
| Karai Syake | 100 | 130 | 3.0 | 0.4 | 0 | 25 | 120 | 18 | 0 | 1 | 8 | 0 | 2 | 2 | 6 |
| Karai Syake (riz brun) | 100 | 150 | 4.0 | 0.4 | 0 | 25 | 120 | 21 | 2 | 1 | 8 | 0 | 2 | 0 | 4 |
| Karai Maguro | 100 | 120 | 1.5 | 0.2 | 0 | 20 | 120 | 18 | 0 | 1 | 9 | 0 | 2 | 2 | 6 |
| Karai Maguro (riz brun) | 100 | 140 | 2.5 | 0.2 | 0 | 20 | 120 | 21 | 2 | 1 | 9 | 0 | 2 | 0 | 4 |
| Karai Ebi | 100 | 120 | 2.0 | 0.2 | 0 | 50 | 150 | 18 | 0 | 1 | 8 | 2 | 2 | 2 | 8 |
| Karai Ebi (riz brun) | 100 | 140 | 2.5 | 0.2 | 0 | 50 | 150 | 21 | 2 | 1 | 8 | 2 | 2 | 2 | 8 |

MAKI TARTARE

| | | | | | | | | | | | | | | | |
|-----------------------|-----|-----|-----|-----|---|----|-----|----|---|---|----|----|----|---|----|
| Maki tartare saumon | 123 | 170 | 6.0 | 1.0 | 0 | 50 | 400 | 19 | 1 | 2 | 10 | 6 | 4 | 4 | 10 |
| Maki tartare crevette | 123 | 160 | 4.0 | 0.5 | 0 | 90 | 440 | 19 | 1 | 2 | 10 | 8 | 4 | 6 | 15 |
| Maki tartare végété | 125 | 100 | 2.5 | 0.4 | 0 | 0 | 740 | 19 | 2 | 4 | 1 | 50 | 40 | 2 | 6 |
| Maki tartare thon | 123 | 160 | 4.0 | 0.4 | 0 | 45 | 400 | 19 | 1 | 2 | 12 | 6 | 4 | 4 | 10 |
| Maki tartare tilapia | 123 | 150 | 4.0 | 0.5 | 0 | 50 | 400 | 19 | 1 | 2 | 10 | 6 | 4 | 4 | 8 |

TARTARE

| | | | | | | | | | | | | | | | |
|-----------------------|-----|-----|----|-----|---|----|-----|---|---|---|----|---|---|---|---|
| Tartare saumon | 108 | 160 | 6 | 1 | 0 | 45 | 440 | 6 | 1 | 1 | 16 | 2 | 6 | 4 | 8 |
| Tartare thon | 108 | 130 | 2 | 0.4 | 0 | 35 | 440 | 6 | 1 | 1 | 21 | 2 | 6 | 4 | 8 |
| Saumon fumé et saumon | 136 | 270 | 21 | 3 | 0 | 40 | 730 | 1 | 1 | 0 | 20 | 2 | 4 | 4 | 8 |

HOSOMAKI / 6 mcx

| | | | | | | | | | | | | | | | |
|----------------------------|-----|-----|------|-----|-----|----|-----|----|---|---|---|---|----|---|----|
| Philly Kappa | 114 | 130 | 4.5 | 2.5 | 0 | 10 | 40 | 18 | 2 | 1 | 4 | 4 | 8 | 4 | 4 |
| Philly Kappa (riz brun) | 114 | 160 | 6.0 | 2.5 | 0 | 10 | 40 | 23 | 3 | 1 | 4 | 4 | 8 | 4 | 4 |
| Akanasu avocado | 149 | 370 | 26.0 | 8.0 | 0.2 | 15 | 640 | 27 | 6 | 4 | 8 | 8 | 10 | 8 | 10 |
| Akanasu avocado (riz brun) | 149 | 400 | 27.0 | 8.0 | 0.2 | 15 | 640 | 31 | 8 | 4 | 8 | 8 | 10 | 8 | 10 |
| Kappa | 104 | 90 | 1.0 | 0.2 | 0 | 0 | 10 | 18 | 2 | 1 | 3 | 0 | 8 | 4 | 4 |
| Kappa (riz brun) | 104 | 120 | 2.0 | 0.2 | 0 | 0 | 10 | 22 | 3 | 1 | 3 | 0 | 8 | 2 | 2 |
| Avocado | 119 | 160 | 8.0 | 1.5 | 0 | 0 | 15 | 20 | 4 | 0 | 4 | 2 | 10 | 4 | 6 |
| Avocado (riz brun) | 99 | 160 | 9.0 | 1.5 | 0 | 0 | 10 | 18 | 5 | 0 | 3 | 2 | 10 | 2 | 6 |
| Oshinko | 114 | 90 | 1.0 | 0.2 | 0 | 0 | 450 | 18 | 1 | 0 | 3 | 0 | 10 | 4 | 2 |
| Oshinko (riz brun) | 114 | 120 | 2.0 | 0.2 | 0 | 0 | 450 | 23 | 3 | 0 | 3 | 0 | 10 | 2 | 2 |
| Akanasu | 109 | 310 | 20.0 | 7.0 | 0.2 | 15 | 640 | 24 | 4 | 4 | 7 | 4 | 4 | 8 | 8 |
| Akanasu (riz brun) | 109 | 340 | 21.0 | 7.0 | 0.2 | 15 | 640 | 28 | 6 | 4 | 7 | 4 | 4 | 6 | 6 |



| | Portion (g) | Calories | Total gras (g) | Gras Saturés (g) | Gras trans (g) | Cholestérol (mg) | Sodium (mg) | Glucides (g) | Fibres Alimentaires (g) | Sucre (g) | Protéines (g) | Vitamine A (%) | Vitamine C (%) | Calcium (%) | Fer (%) |
|--|-------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|
|--|-------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|

| | | | | | | | | | | | | | | | |
|--------------------------|-----|-----|-----|-----|---|-----|-----|----|---|---|----|---|---|---|---|
| Syake | 116 | 140 | 3.5 | 0.5 | 0 | 20 | 25 | 17 | 1 | 0 | 11 | 0 | 6 | 4 | 6 |
| Syake (riz brun) | 116 | 170 | 4.5 | 0.5 | 0 | 20 | 25 | 22 | 3 | 0 | 11 | 0 | 6 | 4 | 4 |
| Syake Épicé | 119 | 150 | 4.0 | 0.5 | 0 | 20 | 60 | 17 | 1 | 0 | 11 | 0 | 6 | 4 | 6 |
| Syake Épicé (riz brun) | 119 | 180 | 5.0 | 0.5 | 0 | 20 | 60 | 22 | 3 | 0 | 11 | 0 | 6 | 4 | 4 |
| Tekka | 116 | 130 | 1.5 | 0.3 | 0 | 20 | 25 | 17 | 1 | 0 | 12 | 0 | 6 | 4 | 4 |
| Tekka (riz brun) | 116 | 160 | 2.5 | 0.3 | 0 | 20 | 25 | 22 | 3 | 0 | 13 | 0 | 6 | 4 | 4 |
| Tekka Épicé | 119 | 140 | 2.0 | 0.3 | 0 | 20 | 55 | 17 | 1 | 0 | 12 | 0 | 6 | 4 | 4 |
| Tekka Épicé (riz brun) | 119 | 170 | 3.0 | 0.3 | 0 | 20 | 55 | 22 | 3 | 0 | 13 | 0 | 6 | 4 | 4 |
| Tamago | 112 | 150 | 3.5 | 1.0 | 0 | 150 | 180 | 22 | 1 | 5 | 6 | 4 | 4 | 6 | 6 |
| Tamago (riz brun) | 112 | 180 | 4.5 | 1.0 | 0 | 150 | 180 | 27 | 3 | 5 | 7 | 4 | 4 | 4 | 6 |
| Kani Kama | 104 | 120 | 1.5 | 0.3 | 0 | 5 | 260 | 20 | 1 | 0 | 6 | 0 | 4 | 4 | 4 |
| Kani Kama (riz brun) | 104 | 150 | 2.5 | 0.3 | 0 | 5 | 260 | 24 | 3 | 0 | 7 | 0 | 4 | 2 | 2 |
| Syake Tempura | 131 | 170 | 4.0 | 0.5 | 0 | 15 | 85 | 24 | 2 | 1 | 9 | 0 | 6 | 4 | 8 |
| SyakeTempura (riz brun) | 131 | 200 | 5.0 | 0.5 | 0 | 15 | 85 | 28 | 3 | 1 | 10 | 0 | 6 | 4 | 6 |
| Tekka Tempura | 131 | 160 | 2.5 | 0.3 | 0 | 15 | 85 | 24 | 2 | 1 | 11 | 0 | 6 | 4 | 8 |
| Tekka Tempura (riz brun) | 131 | 190 | 3.0 | 0.3 | 0 | 15 | 85 | 28 | 3 | 1 | 11 | 0 | 6 | 4 | 6 |

MAKI /8 mcx

| | | | | | | | | | | | | | | | |
|---------------------------------|-----|-----|------|-----|-----|-----|-----|----|---|---|----|---|----|---|----|
| Black Mamba | 227 | 400 | 18 | 2 | 0.1 | 120 | 570 | 37 | 2 | 1 | 20 | 6 | 10 | 4 | 15 |
| Black Mamba (riz brun) | 227 | 440 | 19 | 2 | 0.1 | 120 | 570 | 43 | 4 | 1 | 21 | 6 | 10 | 2 | 10 |
| Vancouver | 168 | 230 | 11.0 | 3.5 | 0.1 | 20 | 300 | 26 | 3 | 1 | 10 | 8 | 8 | 6 | 8 |
| Vancouver (riz brun) | 168 | 270 | 12.0 | 3.5 | 0.1 | 20 | 300 | 31 | 5 | 1 | 11 | 8 | 8 | 6 | 5 |
| 911 | 169 | 200 | 4.0 | 0.5 | 0 | 40 | 300 | 30 | 2 | 2 | 12 | 2 | 8 | 4 | 8 |
| 911 (riz brun) | 169 | 240 | 5.0 | 0.5 | 0 | 40 | 300 | 36 | 5 | 2 | 12 | 2 | 8 | 4 | 6 |
| Ebi Maki | 178 | 190 | 4.0 | 0.5 | 0 | 50 | 240 | 30 | 2 | 2 | 9 | 2 | 10 | 6 | 10 |
| Ebi Maki (riz brun) | 178 | 230 | 5.0 | 0.5 | 0 | 50 | 240 | 36 | 5 | 2 | 10 | 2 | 10 | 4 | 10 |
| Deux saumon | 180 | 230 | 9.0 | 1.5 | 0 | 45 | 400 | 26 | 3 | 1 | 13 | 2 | 10 | 4 | 8 |
| Deux saumon (riz brun) | 180 | 270 | 10.0 | 1.5 | 0 | 45 | 400 | 32 | 5 | 1 | 13 | 2 | 10 | 4 | 6 |
| Maki du chef | 190 | 220 | 6.0 | 1.0 | 0 | 60 | 510 | 28 | 3 | 4 | 12 | 2 | 25 | 6 | 6 |
| Maki du chef (riz brun) | 190 | 260 | 7.0 | 1.0 | 0 | 60 | 510 | 34 | 5 | 4 | 12 | 2 | 25 | 4 | 4 |
| Dragon | 210 | 320 | 13.0 | 1.0 | 0 | 60 | 330 | 40 | 3 | 2 | 10 | 2 | 15 | 2 | 6 |
| Dragon (riz brun) | 210 | 360 | 13.0 | 1.0 | 0 | 60 | 330 | 46 | 5 | 2 | 11 | 2 | 15 | 2 | 4 |
| California classique | 162 | 180 | 5.0 | 1.0 | 0 | 5 | 290 | 27 | 2 | 0 | 7 | 2 | 8 | 4 | 6 |
| California classique (riz brun) | 162 | 220 | 6.0 | 1.0 | 0 | 5 | 290 | 33 | 3 | 0 | 8 | 2 | 8 | 4 | 4 |
| Sweetheart | 178 | 220 | 6.0 | 1.0 | 0 | 50 | 390 | 29 | 2 | 1 | 14 | 0 | 15 | 4 | 8 |
| Sweetheart (riz brun) | 178 | 260 | 7.0 | 1.0 | 0 | 50 | 390 | 35 | 4 | 1 | 15 | 0 | 15 | 4 | 8 |
| Red Tiger | 222 | 320 | 13.0 | 2.0 | 0 | 80 | 530 | 28 | 1 | 0 | 23 | 2 | 6 | 4 | 15 |
| Red Tiger (riz brun) | 222 | 360 | 14.0 | 2.0 | 0 | 80 | 530 | 34 | 4 | 0 | 24 | 2 | 6 | 2 | 15 |
| Poulet teriyaki | 166 | 270 | 12.0 | 1.5 | 0 | 25 | 190 | 34 | 3 | 2 | 6 | 4 | 15 | 4 | 6 |
| Poulet teriyaki (riz brun) | 166 | 310 | 13.0 | 1.5 | 0 | 25 | 190 | 40 | 5 | 2 | 7 | 4 | 18 | 4 | 6 |

SUMOMAKI /5 mcx

| | | | | | | | | | | | | | | | |
|---------------------------------|-----|-----|------|-----|-----|-----|-----|----|---|---|----|----|----|---|----|
| Lion rouleau | 203 | 360 | 18 | 2 | 0.1 | 65 | 860 | 39 | 2 | 8 | 6 | 70 | 20 | 2 | 4 |
| Lion cornet | 128 | 220 | 10 | 1 | 0 | 50 | 540 | 25 | 2 | 4 | 5 | 35 | 15 | 2 | 2 |
| Lion rouleau (riz brun) | 203 | 390 | 19 | 2 | 0.1 | 65 | 860 | 44 | 4 | 8 | 7 | 70 | 20 | 2 | 4 |
| Lion cornet (riz brun) | 128 | 240 | 11 | 1 | 0 | 50 | 540 | 28 | 3 | 4 | 6 | 95 | 15 | 0 | 2 |
| Vegetarian rouleau | 172 | 160 | 6.0 | 1.0 | 0 | 5 | 85 | 24 | 3 | 2 | 4 | 40 | 45 | 6 | 6 |
| Vegetarian cornet | 129 | 120 | 6.0 | 0.5 | 0 | 0 | 115 | 17 | 3 | 1 | 3 | 35 | 45 | 4 | 6 |
| Vegetarian rouleau (riz brun) | 167 | 210 | 8 | 1 | 0 | 5 | 170 | 31 | 5 | 2 | 5 | 45 | 45 | 4 | 5 |
| Vegetarian cornet (riz brun) | 129 | 140 | 6 | 0.5 | 0 | 0 | 110 | 19 | 4 | 1 | 4 | 35 | 45 | 4 | 6 |
| California rouleau | 211 | 230 | 9.0 | 1.5 | 0.1 | 130 | 480 | 29 | 3 | 5 | 9 | 15 | 10 | 6 | 10 |
| California cornet | 171 | 170 | 7.0 | 1.0 | 0.0 | 130 | 460 | 20 | 3 | 5 | 8 | 15 | 10 | 6 | 10 |
| California rouleau (riz brun) | 211 | 260 | 10.0 | 1.5 | 0.1 | 130 | 480 | 34 | 5 | 6 | 9 | 15 | 10 | 6 | 10 |
| California cornet (riz brun) | 171 | 190 | 7.0 | 1.0 | 0 | 130 | 460 | 23 | 4 | 5 | 8 | 15 | 10 | 6 | 8 |
| Dynamite rouleau | 160 | 230 | 10.0 | 1.0 | 0 | 40 | 280 | 29 | 3 | 2 | 7 | 2 | 10 | 4 | 4 |
| Dynamite cornet | 130 | 180 | 8.0 | 1.0 | 0 | 40 | 250 | 21 | 3 | 2 | 6 | 2 | 10 | 4 | 4 |
| Dynamite rouleau (riz brun) | 160 | 260 | 11.0 | 1.0 | 0 | 40 | 270 | 34 | 5 | 2 | 7 | 2 | 10 | 4 | 4 |
| Dynamite cornet (riz brun) | 130 | 200 | 9.0 | 1.0 | 0 | 40 | 250 | 24 | 4 | 2 | 6 | 2 | 10 | 4 | 4 |
| Saumon épicé rouleau | 171 | 180 | 3.0 | 0.4 | 0 | 20 | 120 | 27 | 1 | 2 | 10 | 2 | 8 | 2 | 8 |
| Saumon épicé cornet | 120 | 150 | 4.5 | 0.4 | 0 | 30 | 80 | 16 | 1 | 1 | 11 | 0 | 6 | 2 | 4 |
| Saumon épicé rouleau (riz brun) | 171 | 210 | 4.0 | 0.4 | 0 | 20 | 120 | 32 | 3 | 2 | 10 | 2 | 8 | 0 | 6 |
| Saumon épicé cornet (riz brun) | 120 | 170 | 5.0 | 0.4 | 0 | 30 | 80 | 19 | 2 | 1 | 11 | 0 | 6 | 0 | 4 |
| Thon épicé rouleau | 171 | 170 | 1.5 | 0.2 | 0 | 15 | 115 | 27 | 1 | 2 | 11 | 2 | 8 | 2 | 8 |
| Thon épicé cornet | 120 | 140 | 2.5 | 0.1 | 0 | 25 | 80 | 16 | 1 | 1 | 12 | 0 | 8 | 2 | 4 |
| Thon épicé rouleau (riz brun) | 171 | 200 | 2.5 | 0.2 | 0 | 15 | 115 | 32 | 3 | 2 | 11 | 2 | 8 | 2 | 6 |



| Portion (g) | Calories | Total gras (g) | Gras Saturés (g) | Gras trans (g) | Cholestérol (mg) | Sodium (mg) | Glucides (g) | Fibres Alimentaires (g) | Sucre (g) | Protéines (g) | Vitamine A (%) | Vitamine C (%) | Calcium (%) | Fer (%) |
|-------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|
|-------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|

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|---------------------------------------|-----|-----|------|-----|-----|----|-----|----|---|---|----|----|----|----|----|
| Thon épicé cornet (riz brun) | 120 | 160 | 3.0 | 0.1 | 0 | 25 | 80 | 19 | 2 | 1 | 12 | 0 | 8 | 0 | 4 |
| Boston rouleau | 176 | 170 | 4.5 | 0.5 | 0.1 | 55 | 390 | 24 | 2 | 2 | 9 | 6 | 10 | 6 | 8 |
| Boston cornet | 143 | 120 | 2.5 | 0.4 | 0 | 55 | 360 | 16 | 2 | 2 | 8 | 10 | 8 | 6 | 8 |
| Boston rouleau (riz brun) | 176 | 210 | 6.0 | 0.5 | 0.1 | 55 | 390 | 29 | 4 | 2 | 9 | 6 | 10 | 4 | 6 |
| Boston cornet (riz brun) | 143 | 140 | 3.5 | 0.4 | 0 | 55 | 360 | 19 | 3 | 2 | 9 | 10 | 8 | 4 | 8 |
| Kamikaze au thon rouleau | 180 | 200 | 4.5 | 0.5 | 0 | 40 | 430 | 29 | 2 | 2 | 12 | 2 | 8 | 2 | 8 |
| Kamikaze au thon cornet | 134 | 150 | 4.5 | 0.5 | 0 | 45 | 380 | 19 | 2 | 2 | 9 | 2 | 8 | 2 | 4 |
| Kamikaze au thon rouleau (riz brun) | 180 | 240 | 5.0 | 0.5 | 0 | 40 | 430 | 34 | 4 | 2 | 12 | 2 | 8 | 2 | 6 |
| Kamikaze au thon cornet (riz brun) | 134 | 170 | 5.0 | 0.5 | 0 | 45 | 380 | 22 | 3 | 2 | 10 | 2 | 8 | 0 | 4 |
| Kamikaze au saumon rouleau | 180 | 210 | 6.0 | 0.5 | 0 | 45 | 430 | 29 | 2 | 2 | 11 | 2 | 8 | 2 | 8 |
| Kamikaze au saumon cornet | 134 | 160 | 5.0 | 0.5 | 0 | 45 | 380 | 19 | 2 | 2 | 9 | 2 | 8 | 2 | 4 |
| Kamikaze au saumon rouleau (riz brun) | 180 | 250 | 7.0 | 0.5 | 0 | 45 | 430 | 34 | 4 | 2 | 12 | 2 | 8 | 0 | 6 |
| Kamikaze au saumon cornet (riz brun) | 134 | 180 | 6.0 | 0.5 | 0 | 45 | 380 | 22 | 3 | 2 | 9 | 2 | 8 | 0 | 4 |
| Crabe des neiges rouleau | 170 | 190 | 4.0 | 0.5 | 0 | 30 | 530 | 26 | 2 | 1 | 11 | 0 | 8 | 4 | 6 |
| Crabe des neiges cornet | 122 | 140 | 4.5 | 0.4 | 0 | 35 | 460 | 17 | 2 | 1 | 9 | 0 | 8 | 2 | 2 |
| Crabe des neiges rouleau (riz brun) | 170 | 220 | 5.0 | 0.0 | 0 | 30 | 530 | 31 | 4 | 1 | 11 | 0 | 8 | 2 | 4 |
| Crabe des neiges cornet (riz brun) | 122 | 160 | 5.0 | 0.4 | 0 | 35 | 460 | 20 | 3 | 1 | 9 | 0 | 8 | 2 | 2 |
| Rainbow rouleau | 194 | 220 | 6.0 | 1.0 | 0 | 25 | 125 | 28 | 2 | 2 | 14 | 2 | 10 | 2 | 10 |
| Rainbow cornet | 119 | 150 | 5.0 | 0.5 | 0 | 20 | 70 | 16 | 2 | 0 | 10 | 2 | 8 | 2 | 4 |
| Rainbow rouleau (riz brun) | 194 | 250 | 7.0 | 1.0 | 0 | 25 | 125 | 33 | 4 | 2 | 14 | 2 | 10 | 2 | 8 |
| Rainbow cornet (riz brun) | 119 | 170 | 6.0 | 0.5 | 0 | 20 | 70 | 19 | 3 | 1 | 10 | 2 | 8 | 0 | 4 |
| RedEye rouleau | 157 | 180 | 2.5 | 0.3 | 0 | 45 | 360 | 27 | 1 | 1 | 13 | 0 | 6 | 4 | 6 |
| Red-Eye cornet | 103 | 130 | 3.0 | 0.2 | 0 | 45 | 350 | 17 | 1 | 1 | 9 | 0 | 6 | 2 | 4 |
| Red-Eye rouleau (riz brun) | 157 | 220 | 3.5 | 0.3 | 0 | 45 | 360 | 32 | 3 | 1 | 13 | 0 | 6 | 2 | 6 |
| Red-Eye cornet (riz brun) | 103 | 150 | 3.5 | 0.2 | 0 | 45 | 350 | 20 | 2 | 1 | 9 | 0 | 6 | 2 | 2 |
| Miami rouleau | 161 | 250 | 8.0 | 2.0 | 0.1 | 40 | 450 | 26 | 1 | 2 | 12 | 4 | 2 | 4 | 6 |
| Miami cornet | 101 | 170 | 5.0 | 1.0 | 0 | 20 | 250 | 16 | 1 | 1 | 8 | 2 | 2 | 2 | 4 |
| Miami rouleau (riz brun) | 161 | 290 | 9.0 | 2.0 | 0.1 | 40 | 450 | 31 | 3 | 2 | 13 | 4 | 2 | 2 | 6 |
| Miami cornet (riz brun) | 101 | 240 | 6.0 | 1.0 | 0 | 20 | 250 | 29 | 3 | 1 | 10 | 2 | 2 | 2 | 4 |
| Empereur rouleau | 168 | 200 | 5.0 | 2.0 | 0 | 20 | 125 | 27 | 2 | 1 | 13 | 2 | 8 | 2 | 8 |
| Empereur cornet | 124 | 160 | 5.0 | 0.5 | 0 | 30 | 75 | 16 | 2 | 0 | 12 | 2 | 8 | 2 | 6 |
| Empereur rouleau (riz brun) | 168 | 240 | 6.0 | 0.5 | 0 | 20 | 125 | 32 | 4 | 1 | 13 | 2 | 8 | 0 | 8 |
| Empereur cornet (riz brun) | 124 | 180 | 6.0 | 0.5 | 0 | 30 | 75 | 19 | 3 | 0 | 13 | 2 | 8 | 0 | 4 |
| Crevette épicée rouleau | 187 | 200 | 6.0 | 1.0 | 0 | 55 | 450 | 28 | 3 | 2 | 10 | 10 | 10 | 6 | 10 |
| Crevette épicée cornet | 137 | 160 | 5.0 | 0.5 | 0 | 65 | 390 | 19 | 2 | 1 | 10 | 8 | 8 | 4 | 8 |
| Crevette épicée rouleau (riz brun) | 187 | 230 | 7.0 | 1.0 | 0 | 55 | 450 | 33 | 5 | 2 | 10 | 10 | 10 | 4 | 10 |
| Crevette épicée cornet (riz brun) | 137 | 180 | 6.0 | 0.5 | 0 | 65 | 390 | 22 | 3 | 1 | 10 | 8 | 8 | 2 | 8 |
| Exotik rouleau | 203 | 180 | 2.0 | 0.3 | 0 | 55 | 450 | 32 | 2 | 7 | 9 | 15 | 15 | 6 | 10 |
| Exotik cornet | 156 | 130 | 2.0 | 0.3 | 0 | 30 | 290 | 22 | 2 | 5 | 7 | 15 | 15 | 6 | 10 |
| Exotik rouleau (riz brun) | 203 | 220 | 3.0 | 0.3 | 0 | 55 | 450 | 37 | 4 | 7 | 10 | 15 | 15 | 4 | 10 |
| Exotik cornet (riz brun) | 156 | 200 | 3.0 | 0.3 | 0 | 30 | 290 | 35 | 4 | 5 | 9 | 15 | 15 | 4 | 8 |
| Smoky rouleau | 159 | 210 | 6.0 | 1.0 | 0 | 35 | 460 | 28 | 2 | 2 | 9 | 2 | 6 | 4 | 8 |
| Smoky cornet | 109 | 160 | 6.0 | 1.0 | 0 | 40 | 390 | 17 | 2 | 1 | 8 | 2 | 6 | 4 | 4 |
| Smoky rouleau (riz brun) | 159 | 240 | 8.0 | 1.0 | 0 | 35 | 450 | 34 | 4 | 2 | 10 | 2 | 6 | 4 | 8 |
| Smoky cornet (riz brun) | 109 | 180 | 7.0 | 1.0 | 0 | 40 | 390 | 20 | 3 | 1 | 8 | 2 | 6 | 2 | 4 |
| Pincé rouleau | 184 | 200 | 7.0 | 1.0 | 0 | 30 | 210 | 23 | 3 | 1 | 12 | 10 | 10 | 8 | 8 |
| Pincé cornet | 118 | 130 | 4.5 | 0.5 | 0 | 20 | 135 | 14 | 2 | 0 | 9 | 6 | 8 | 6 | 6 |
| Pincé rouleau (riz brun) | 184 | 230 | 8.0 | 1.0 | 0 | 30 | 210 | 28 | 5 | 1 | 13 | 10 | 10 | 6 | 8 |
| Pincé cornet (riz brun) | 118 | 150 | 5.0 | 0.5 | 0 | 20 | 135 | 17 | 4 | 0 | 9 | 6 | 8 | 4 | 6 |
| Poulet grillé rouleau | 185 | 270 | 14.0 | 1.5 | 0 | 20 | 380 | 29 | 2 | 2 | 10 | 15 | 40 | 2 | 10 |
| Poulet grillé cornet | 136 | 210 | 12.0 | 1.0 | 0 | 25 | 300 | 18 | 2 | 1 | 10 | 10 | 40 | 2 | 6 |
| Poulet grillé rouleau (riz brun) | 185 | 310 | 15.0 | 1.5 | 0 | 20 | 370 | 34 | 4 | 2 | 11 | 15 | 40 | 2 | 8 |
| Poulet grillé cornet (riz brun) | 136 | 230 | 12.0 | 1.0 | 0 | 25 | 300 | 21 | 3 | 1 | 10 | 10 | 40 | 2 | 6 |
| Calypso | 189 | 220 | 11 | 1.5 | 0.1 | 40 | 500 | 19 | 3 | 3 | 14 | 25 | 20 | 8 | 10 |
| Inferno rouleau | 167 | 360 | 20.0 | 6.0 | 0.2 | 55 | 970 | 36 | 4 | 7 | 8 | 4 | 6 | 10 | 10 |
| Inferno cornet | 100 | 210 | 11.0 | 3.5 | 0.1 | 55 | 580 | 19 | 2 | 4 | 7 | 4 | 6 | 6 | 4 |
| Inferno rouleau (riz brun) | 167 | 400 | 21.0 | 6.0 | 0.2 | 55 | 970 | 42 | 6 | 7 | 9 | 4 | 6 | 8 | 10 |
| Inferno cornet (riz brun) | 100 | 230 | 12.0 | 3.5 | 0.1 | 55 | 580 | 22 | 3 | 4 | 7 | 4 | 6 | 4 | 4 |

BLOSSOM

| | | | | | | | | | | | | | | | |
|----------------------------|-----|-----|----|-----|-----|----|------|----|---|---|----|----|----|---|----|
| Phoenix | 260 | 430 | 13 | 1.5 | 0 | 70 | 1200 | 59 | 2 | 2 | 16 | 15 | 6 | 6 | 15 |
| Phoenix (riz brun) | 260 | 470 | 14 | 1.5 | 0 | 70 | 1200 | 65 | 5 | 2 | 17 | 15 | 6 | 4 | 10 |
| Saumon teriyaki | 231 | 310 | 11 | 1.5 | 0 | 35 | 700 | 35 | 3 | 7 | 17 | 40 | 15 | 6 | 10 |
| Saumon teriyaki (riz brun) | 231 | 340 | 13 | 1.5 | 0.1 | 35 | 700 | 40 | 5 | 7 | 17 | 40 | 15 | 6 | 8 |



| Portion (g) | Calories | Total gras (g) | Gras Saturés (g) | Gras trans (g) | Cholestérol (mg) | Sodium (mg) | Glucides (g) | Fibres Alimentaires (g) | Sucre (g) | Protéines (g) | Vitamine A (%) | Vitamine C (%) | Calcium (%) | Fer (%) |
|-------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|
|-------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|

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|------------------------------------|-----|-----|------|-----|-----|-----|------|----|---|----|----|----|----|----|----|
| Flamme | 248 | 350 | 14 | 1.5 | 0.1 | 30 | 960 | 48 | 3 | 5 | 10 | 90 | 25 | 8 | 10 |
| Flamme (riz brun) | 248 | 390 | 15 | 1.5 | 0.1 | 30 | 960 | 54 | 6 | 5 | 11 | 90 | 25 | 6 | 8 |
| Saumon truffé | 217 | 300 | 7.0 | 1.0 | 0 | 90 | 670 | 37 | 0 | 1 | 20 | 4 | 6 | 4 | 15 |
| Saumon truffé (riz brun) | 217 | 340 | 9.0 | 1.0 | 0 | 90 | 670 | 43 | 3 | 1 | 21 | 4 | 6 | 4 | 15 |
| Thon sésame | 222 | 290 | 5.0 | 0.5 | 0 | 85 | 900 | 37 | 0 | 1 | 22 | 4 | 6 | 4 | 15 |
| Thon sésame (riz brun) | 222 | 330 | 6.0 | 0.5 | 0 | 85 | 900 | 43 | 3 | 1 | 23 | 4 | 6 | 4 | 15 |
| Volcano | 372 | 650 | 32.0 | 3.0 | 0.2 | 100 | 370 | 56 | 3 | 1 | 31 | 4 | 8 | 6 | 10 |
| Volcano (riz brun) | 372 | 720 | 34.0 | 3.0 | 0.2 | 100 | 370 | 67 | 7 | 1 | 32 | 4 | 8 | 4 | 10 |
| Diablo | 225 | 320 | 12.0 | 1.5 | 0.1 | 70 | 740 | 34 | 2 | 2 | 18 | 4 | 8 | 2 | 8 |
| Diablo (riz brun) | 225 | 360 | 13.0 | 1.5 | 0.1 | 70 | 740 | 39 | 4 | 2 | 19 | 4 | 8 | 2 | 8 |
| Magik | 218 | 320 | 9.0 | 1.0 | 0.1 | 30 | 1310 | 39 | 2 | 1 | 16 | 2 | 15 | 4 | 8 |
| Magik (riz brun) | 218 | 350 | 10.0 | 1.0 | 0.1 | 30 | 1310 | 43 | 4 | 1 | 17 | 2 | 15 | 2 | 8 |
| Cherry Blossom | 290 | 440 | 14.0 | 2.0 | 0.2 | 110 | 1220 | 56 | 0 | 2 | 20 | 8 | 6 | 6 | 15 |
| Cherry Blossom (riz brun) | 290 | 480 | 15.0 | 2.0 | 0.2 | 110 | 1220 | 62 | 3 | 2 | 20 | 8 | 6 | 6 | 10 |
| Mini Volcano 4mcx | 107 | 190 | 9 | 1 | 0.1 | 25 | 145 | 15 | 2 | 1 | 8 | 0 | 4 | 2 | 4 |
| Mini Volcano 4mcx (riz brun) | 107 | 200 | 10 | 1 | 0.1 | 25 | 145 | 18 | 3 | 1 | 8 | 0 | 4 | 2 | 4 |
| Mini Volcano 8mcx | 214 | 370 | 19 | 2 | 0.2 | 50 | 290 | 30 | 3 | 2 | 15 | 0 | 6 | 6 | 8 |
| Mini Volcano 8mcx (riz brun) | 214 | 400 | 20 | 2 | 0.2 | 50 | 290 | 35 | 5 | 2 | 15 | 0 | 6 | 4 | 8 |
| ROULEAU CROUSTILLANT /5 mcx | | | | | | | | | | | | | | | |
| Philly | 207 | 420 | 24.0 | 3.0 | 0.1 | 40 | 560 | 40 | 2 | 2 | 12 | 4 | 6 | 2 | 10 |
| Philly (riz brun) | 207 | 450 | 25.0 | 3.0 | 0.1 | 40 | 560 | 45 | 4 | 2 | 12 | 4 | 6 | 2 | 10 |
| Spyder | 240 | 460 | 26.0 | 2.0 | 0.2 | 100 | 350 | 37 | 2 | 1 | 20 | 2 | 10 | 10 | 15 |
| Spyder (riz brun) | 240 | 500 | 27.0 | 2.0 | 0.2 | 100 | 350 | 43 | 4 | 1 | 21 | 2 | 10 | 10 | 15 |
| Trilogie | 202 | 400 | 20.0 | 2.0 | 0.1 | 30 | 75 | 36 | 1 | 1 | 17 | 0 | 6 | 2 | 10 |
| Trilogie (riz brun) | 202 | 430 | 22.0 | 2.0 | 0.1 | 30 | 75 | 41 | 4 | 1 | 18 | 0 | 6 | 2 | 10 |
| Dragon Eye | 244 | 410 | 22.0 | 2.0 | 0.1 | 40 | 240 | 34 | 3 | 2 | 22 | 35 | 15 | 4 | 15 |
| Dragon Eye (riz brun) | 244 | 430 | 22.0 | 2.0 | 0.1 | 40 | 240 | 36 | 4 | 2 | 22 | 35 | 15 | 2 | 15 |
| SUSHI PIZZA /6 mcx | | | | | | | | | | | | | | | |
| Sunrise | 273 | 550 | 29 | 6 | 0.2 | 70 | 770 | 51 | 2 | 6 | 19 | 50 | 10 | 6 | 15 |
| Sunrise (riz brun) | 273 | 590 | 31 | 6 | 0.2 | 70 | 770 | 56 | 5 | 7 | 20 | 50 | 10 | 4 | 15 |
| Authentik | 252 | 530 | 30.0 | 5.0 | 0.2 | 70 | 780 | 43 | 1 | 1 | 22 | 6 | 4 | 6 | 15 |
| Authentik (riz brun) | 252 | 570 | 31.0 | 5.0 | 0.2 | 70 | 780 | 48 | 3 | 1 | 22 | 6 | 4 | 4 | 10 |
| Lobster & Co. | 248 | 490 | 26.0 | 4.0 | 0.2 | 65 | 480 | 43 | 1 | 4 | 20 | 10 | 10 | 6 | 15 |
| Lobster & Co. (riz brun) | 248 | 530 | 28.0 | 4.0 | 0.2 | 65 | 480 | 49 | 4 | 4 | 20 | 10 | 10 | 6 | 10 |
| Rainbow 360 | 251 | 530 | 31.0 | 5.0 | 0.2 | 35 | 450 | 41 | 2 | 1 | 21 | 6 | 4 | 6 | 15 |
| Rainbow 360 (riz brun) | 251 | 570 | 32.0 | 5.0 | 0.2 | 35 | 450 | 47 | 5 | 1 | 22 | 6 | 4 | 4 | 15 |
| TEMARI /4 mcx | | | | | | | | | | | | | | | |
| Fireball (4 mcx) | 180 | 230 | 6 | 0.5 | 0.1 | 60 | 550 | 34 | 1 | 3 | 10 | 25 | 8 | 6 | 8 |
| Fireball (riz brun) (4 mcx) | 180 | 290 | 8 | 0.5 | 0.1 | 60 | 550 | 42 | 4 | 3 | 10 | 25 | 8 | 4 | 6 |
| Thon tataki (4 mcx) | 164 | 240 | 8 | 1 | 0 | 20 | 220 | 32 | 0 | 4 | 8 | 0 | 0 | 0 | 8 |
| Thon tataki (riz brun) (4 mcx) | 164 | 320 | 10 | 1 | 0 | 20 | 220 | 40 | 4 | 4 | 12 | 0 | 0 | 0 | 0 |
| Smoky Philly (4 mcx) | 168 | 240 | 10 | 2 | 0 | 20 | 240 | 32 | 4 | 0 | 8 | 0 | 16 | 8 | 8 |
| Smoky Philly (riz brun) (4 mcx) | 168 | 320 | 12 | 2 | 0 | 20 | 240 | 40 | 4 | 0 | 8 | 0 | 16 | 8 | 8 |
| Bombe teriyaki (4 mcx) | 252 | 600 | 36 | 6 | 0.1 | 100 | 1000 | 48 | 0 | 12 | 16 | 0 | 0 | 8 | 8 |
| Bombe teriyaki (riz brun) (4 mcx) | 252 | 640 | 36 | 6 | 0.1 | 100 | 1000 | 56 | 4 | 12 | 16 | 0 | 0 | 0 | 8 |
| Bombe végé (4 mcx) | 216 | 480 | 28 | 6 | 0.1 | 600 | 760 | 40 | 0 | 8 | 8 | 32 | 32 | 8 | 8 |
| Bombe végé (riz brun) (4 mcx) | 216 | 520 | 32 | 6 | 0.1 | 600 | 760 | 48 | 4 | 8 | 8 | 32 | 32 | 8 | 0 |
| Crispy Lobster (4 mcx) | 196 | 240 | 7 | 1 | 0 | 85 | 430 | 31 | 0 | 2 | 13 | 6 | 8 | 6 | 6 |
| Crispy Lobster (riz brun) (4 mcx) | 196 | 290 | 8 | 1 | 0 | 85 | 430 | 38 | 4 | 2 | 14 | 6 | 8 | 4 | 6 |
| HAKO /6 mcx | | | | | | | | | | | | | | | |
| Sircocco | 239 | 360 | 15.0 | 1.5 | 0.1 | 65 | 320 | 40 | 3 | 4 | 15 | 10 | 15 | 6 | 8 |
| Sircocco (riz brun) | 239 | 410 | 17.0 | 1.5 | 0.1 | 65 | 320 | 47 | 6 | 4 | 16 | 10 | 15 | 4 | 6 |
| Sunburst | 183 | 260 | 8.0 | 0.5 | 0 | 75 | 620 | 34 | 2 | 2 | 12 | 2 | 20 | 2 | 4 |
| Sunburst (riz brun) | 183 | 300 | 9.0 | 0.5 | 0 | 75 | 620 | 40 | 4 | 2 | 13 | 2 | 20 | 2 | 4 |
| Tyfoon | 204 | 280 | 9.0 | 1.0 | 0 | 100 | 590 | 36 | 2 | 5 | 13 | 10 | 15 | 6 | 8 |
| Tyfoon (riz brun) | 204 | 320 | 11.0 | 1.0 | 0 | 100 | 590 | 42 | 4 | 5 | 13 | 10 | 15 | 4 | 8 |
| DESSERTS | | | | | | | | | | | | | | | |
| Bombe choco-banane (2 mcx) | 56 | 120 | 5 | 2 | 0 | 0 | 15 | 19 | 1 | 11 | 1 | 0 | 4 | 0 | 6 |
| Bombe choco-banane (4 mcx) | 112 | 240 | 10 | 4 | 0.1 | 0 | 30 | 38 | 2 | 22 | 2 | 0 | 8 | 0 | 12 |
| Geisha (3 mcx) | 92 | 95 | 1 | 1 | 0 | 3 | 70 | 21 | 1 | 4 | 2 | 1 | 25 | 2 | 2 |
| Geisha (6 mcx) | 183 | 190 | 1.5 | 1.0 | 0 | 5 | 135 | 42 | 1 | 7 | 3 | 2 | 50 | 4 | 4 |
| Kiwimono (3 mcx) | 87 | 95 | 1 | 1 | 0 | 3 | 70 | 21 | 1 | 4 | 2 | 1 | 25 | 1 | 3 |
| Kiwimono (6 mcx) | 174 | 190 | 1.5 | 1.0 | 0 | 5 | 135 | 42 | 2 | 7 | 3 | 2 | 50 | 2 | 6 |



| Portion (g) | Calories | Total gras (g) | Gras Saturés (g) | Gras trans (g) | Cholestérol (mg) | Sodium (mg) | Glucides (g) | Fibres Alimentaires (g) | Sucre (g) | Protéines (g) | Vitamine A (%) | Vitamine C (%) | Calcium (%) | Fer (%) |
|-------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|
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|------------------|-----|-----|-----|-----|---|---|-----|----|---|---|---|----|----|---|---|
| Paradiso (3 mcx) | 92 | 95 | 1 | 1 | 0 | 3 | 70 | 22 | 1 | 4 | 2 | 5 | 30 | 2 | 2 |
| Paradiso (6 mcx) | 183 | 190 | 2.5 | 1.0 | 0 | 5 | 135 | 43 | 2 | 8 | 3 | 10 | 60 | 4 | 4 |
| Ruby (3 mcx) | 111 | 120 | 1 | 1 | 0 | 3 | 80 | 27 | 3 | 4 | 2 | 2 | 35 | 2 | 3 |
| Ruby (6 mcx) | 221 | 240 | 2.0 | 1.0 | 0 | 5 | 160 | 54 | 5 | 7 | 3 | 4 | 70 | 4 | 6 |

SOUPE RAMEN

| | | | | | | | | | | | | | | | |
|--------------------------------|-----|-----|------|-----|---|-----|------|----|---|---|----|----|----|----|----|
| Miso | 591 | 590 | 17 | 4 | 0 | 100 | 2220 | 67 | 6 | 6 | 36 | 2 | 15 | 40 | 30 |
| Miso avec poulet grillé | 631 | 630 | 19 | 4.5 | 0 | 125 | 2290 | 69 | 6 | 7 | 44 | 10 | 15 | 45 | 30 |
| Miso avec fruits de mer | 641 | 620 | 18 | 4.5 | 0 | 125 | 2380 | 68 | 6 | 7 | 41 | 2 | 15 | 40 | 30 |
| Miso avec crevette tempura | 611 | 620 | 19 | 4 | 0 | 105 | 2250 | 70 | 6 | 6 | 38 | 2 | 15 | 40 | 30 |
| Tonkotsu | 591 | 550 | 12 | 4.5 | 0 | 110 | 1280 | 73 | 4 | 2 | 21 | 2 | 15 | 8 | 10 |
| Tonkotsu avec poulet grillé | 631 | 630 | 18 | 5 | 0 | 130 | 1355 | 79 | 4 | 2 | 24 | 6 | 23 | 8 | 12 |
| Tonkotsu avec fruits de mer | 641 | 610 | 13.5 | 4.8 | 0 | 150 | 1450 | 75 | 4 | 2 | 30 | 4 | 15 | 10 | 14 |
| Tonkotsu avec crevette tempura | 611 | 610 | 14.5 | 4.5 | 0 | 125 | 1320 | 79 | 4 | 2 | 24 | 2 | 15 | 8 | 10 |

MAKI DE PRINTEMPS /2 mcx

| | | | | | | | | | | | | | | | |
|---------------------------------------|-----|-----|------|------|---|-----|-----|----|---|----|----|----|-----|---|----|
| Maki de printemps crevette | 219 | 310 | 9.0 | 1.0 | 0 | 50 | 460 | 43 | 1 | 2 | 12 | 45 | 6 | 6 | 15 |
| Maki de printemps crevette (riz brun) | 219 | 360 | 11.0 | 1.0 | 0 | 50 | 460 | 51 | 4 | 2 | 13 | 45 | 6 | 6 | 10 |
| Maki de printemps saumon | 263 | 320 | 9.0 | 1.0 | 0 | 110 | 420 | 47 | 1 | 6 | 13 | 25 | 90 | 4 | 10 |
| Maki de printemps saumon (riz brun) | 263 | 370 | 11.0 | 1.0 | 0 | 110 | 520 | 54 | 4 | 6 | 13 | 25 | 90 | 4 | 8 |
| Maki de printemps homard | 279 | 380 | 14.0 | 2.0 | 0 | 135 | 580 | 47 | 2 | 5 | 17 | 25 | 100 | 6 | 10 |
| Maki de printemps homard (riz brun) | 279 | 430 | 15.0 | 2.0 | 0 | 135 | 570 | 55 | 5 | 5 | 18 | 25 | 100 | 6 | 10 |
| Maki de printemps thon | 212 | 280 | 8.0 | 0.5 | 0 | 15 | 410 | 42 | 1 | 2 | 10 | 8 | 4 | 4 | 8 |
| Maki de printemps thon (riz brun) | 212 | 330 | 9.0 | 0.5 | 0 | 15 | 410 | 49 | 4 | 2 | 11 | 8 | 4 | 2 | 6 |
| Maki de printemps poulet | 244 | 310 | 14.0 | 1.0 | 0 | 25 | 490 | 43 | 1 | 36 | 12 | 20 | 110 | 6 | 8 |
| Maki de printemps poulet (riz brun) | 244 | 390 | 15.0 | 10.0 | 0 | 25 | 490 | 51 | 4 | 3 | 13 | 20 | 110 | 4 | 6 |
| Maki de printemps végété | 258 | 330 | 12.0 | 1.5 | 0 | 100 | 390 | 48 | 2 | 6 | 7 | 6 | 100 | 8 | 15 |
| Maki de printemps végété (riz brun) | 258 | 380 | 14.0 | 1.5 | 0 | 100 | 390 | 56 | 5 | 6 | 8 | 60 | 100 | 6 | 10 |

COMBOS

| | | | | | | | | | | | | | | | |
|--|-----|------|------|-----|-----|-----|------|-----|----|----|----|----|----|----|----|
| Combo A | 291 | 320 | 14.0 | 2.5 | 0 | 5 | 100 | 44 | 7 | 2 | 8 | 42 | 55 | 10 | 12 |
| Combo B | 279 | 390 | 18 | 3 | 0 | 40 | 295 | 49 | 7 | 2 | 11 | 4 | 20 | 8 | 10 |
| Combo C | 299 | 370 | 14 | 2 | 0 | 45 | 445 | 49 | 6 | 2 | 15 | 4 | 18 | 6 | 14 |
| Combo D | 306 | 360 | 14 | 3 | 0 | 55 | 465 | 48 | 7 | 2 | 14 | 12 | 20 | 10 | 16 |
| Combo E | 330 | 390 | 17 | 3 | 0 | 130 | 495 | 49 | 7 | 5 | 13 | 17 | 20 | 10 | 16 |
| Combo F | 331 | 388 | 14 | 2 | 0 | 82 | 427 | 51 | 7 | 4 | 15 | 13 | 21 | 10 | 16 |
| Combo G | 250 | 305 | 10 | 3 | 0 | 33 | 445 | 42 | 4 | 2 | 15 | 6 | 12 | 7 | 11 |
| Combo H | 375 | 457 | 16 | 2 | 0 | 66 | 349 | 60 | 6 | 2 | 19 | 6 | 21 | 10 | 16 |
| Combo I | 358 | 510 | 17 | 4 | 0 | 50 | 760 | 60 | 5 | 8 | 23 | 6 | 11 | 13 | 18 |
| Combo K | 415 | 460 | 16 | 4 | 0 | 5 | 513 | 69 | 8 | 9 | 14 | 41 | 59 | 22 | 22 |
| Combo M (riz brun) | 385 | 475 | 15 | 3 | 0 | 78 | 715 | 64 | 6 | 9 | 23 | 4 | 18 | 12 | 22 |
| Combo N | 331 | 420 | 15 | 3.5 | 0.1 | 85 | 620 | 48 | 5 | 3 | 25 | 6 | 20 | 8 | 15 |
| Combo O | 498 | 737 | 26 | 4 | 0 | 151 | 1494 | 88 | 4 | 10 | 36 | 12 | 17 | 15 | 26 |
| Combo P | 496 | 785 | 33 | 3 | 0 | 143 | 653 | 80 | 4 | 2 | 39 | 4 | 19 | 10 | 17 |
| Combo Q | 454 | 692 | 25 | 5 | 0 | 123 | 1220 | 91 | 4 | 13 | 26 | 11 | 18 | 9 | 25 |
| Combo R | 438 | 645 | 25 | 2 | 0 | 95 | 810 | 76 | 9 | 2 | 30 | 23 | 24 | 9 | 18 |
| Combo Volcano | 534 | 848 | 41 | 5 | 0 | 100 | 953 | 80 | 8 | 4 | 35 | 6 | 18 | 48 | 16 |
| Combo Diablo | 387 | 518 | 21 | 3 | 0 | 70 | 1323 | 58 | 7 | 5 | 22 | 6 | 18 | 44 | 14 |
| Combo Bébé à bord - Lion (riz blanc) | 667 | 1030 | 38 | 4.3 | 0.1 | 80 | 2660 | 132 | 6 | 10 | 36 | 89 | 34 | 16 | 31 |
| Combo Bébé à bord - Lion (riz brun) | 667 | 1080 | 40 | 4.3 | 0.1 | 80 | 2660 | 143 | 11 | 10 | 37 | 89 | 34 | 14 | 26 |
| Combo Bébé à bord - Kamikaze (riz blanc) | 634 | 860 | 24 | 2.8 | 0 | 70 | 2240 | 122 | 6 | 4 | 38 | 21 | 22 | 16 | 35 |
| Combo Bébé à bord - Kamikaze (riz brun) | 634 | 910 | 26 | 2.8 | 0 | 70 | 2240 | 132 | 10 | 4 | 40 | 21 | 22 | 14 | 30 |

EXTRAS

| | | | | | | | | | | | | | | | |
|------------------------|----|-----|------|-----|-----|----|------|----|---|----|-----|---|---|----|---|
| Sauce Sésame | 24 | 105 | 11.0 | 0.5 | 0 | 5 | 210 | 2 | 0 | 2 | 1 | 0 | 0 | 0 | 0 |
| Ponzu sauce | 24 | 10 | 0.5 | 0.1 | 0 | 0 | 1160 | 1 | 0 | 1 | 0.2 | 0 | 0 | 0 | 0 |
| Wonton Chips | 21 | 70 | 3.0 | 0.2 | 0.1 | 5 | 110 | 10 | 0 | 0 | 2 | 0 | 0 | 0 | 4 |
| Mayo légère épicée | 24 | 70 | 8 | 0.5 | 1 | 10 | 130 | 1 | 0 | 0 | 0.2 | 0 | 0 | 0 | 0 |
| Sauce sweet chili | 24 | 45 | 0 | 0 | 0 | 0 | 110 | 9 | 0 | 8 | 0 | 0 | 0 | 0 | 0 |
| Sauce Yin Yang | 25 | 120 | 11 | 1.5 | 0 | 20 | 220 | 3 | 0 | 3 | 0.1 | 0 | 0 | 0 | 0 |
| Sauce au chocolat | 24 | 55 | 0.2 | 0.1 | 0 | 0 | 20 | 14 | 0 | 10 | 0.6 | 0 | 0 | 1 | 2 |
| Sauce sucre à la crème | 24 | 50 | 1 | 0.2 | 0 | 0 | 30 | 11 | 0 | 6 | 0 | 0 | 0 | 0 | 0 |
| Sauce soya sans gluten | 24 | 20 | 0 | 0 | 0 | 0 | 1300 | 2 | 0 | 1 | 2 | 0 | 0 | 0 | 0 |
| Sauce soya régulière | 24 | 30 | 0 | 0 | 0 | 0 | 720 | 6 | 0 | 6 | 1 | 0 | 0 | 0 | 1 |
| Mini salade wakame | 24 | 20 | 0.4 | 0 | 0 | 0 | 320 | 3 | 1 | 2 | 0 | 0 | 0 | 20 | 0 |
| Mini fèves edamame | 28 | 35 | 1 | 0 | 0 | 0 | 110 | 3 | 1 | 0 | 3 | 2 | 4 | 2 | 4 |



| Portion (g) | Calories | Total gras (g) | Gras Saturés (g) | Gras trans (g) | Cholestérol (mg) | Sodium (mg) | Glucides (g) | Fibres Alimentaires (g) | Sucre (g) | Protéines (g) | Vitamine A (%) | Vitamine C (%) | Calcium (%) | Fer (%) |
|-------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|
|-------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|

RIZ

| | | | | | | | | | | | | | | | |
|-----------|-----|----|------|---|---|---|---|----|---|---|---|---|---|---|---|
| Riz blanc | 125 | 85 | 0.15 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| Riz brun | 125 | 95 | 1 | 0 | 0 | 0 | 0 | 20 | 2 | 0 | 3 | 0 | 0 | 0 | 0 |

PLATEAUX

| | | | | | | | | | | | | | | | |
|------------------|------|------|-----|----|-----|-----|------|-----|----|----|-----|-----|-----|----|-----|
| Végétarien 26mcx | 742 | 990 | 39 | 11 | 0.1 | 20 | 1260 | 136 | 14 | 17 | 27 | 100 | 110 | 40 | 40 |
| 40 mcx | 1876 | 3150 | 150 | 19 | 1 | 520 | 4070 | 300 | 17 | 30 | 138 | 80 | 80 | 60 | 80 |
| 60 mcx | 2113 | 3240 | 141 | 23 | 1 | 560 | 4920 | 347 | 22 | 28 | 139 | 40 | 80 | 80 | 100 |