



|            |          |                |                  |                |                  |             |              |                         |           |               |                |                |             |         |
|------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|
| Poiton (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 (%) |
|------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|

**SUSHI BURGER**

|                               |     |     |    |     |     |    |     |    |   |   |    |    |    |    |    |
|-------------------------------|-----|-----|----|-----|-----|----|-----|----|---|---|----|----|----|----|----|
| Saumon tataki                 | 264 | 510 | 24 | 4   | 0   | 60 | 400 | 51 | 4 | 2 | 24 | 15 | 15 | 6  | 35 |
| Thon tataki                   | 264 | 490 | 20 | 3   | 0   | 55 | 390 | 51 | 4 | 2 | 27 | 15 | 15 | 8  | 35 |
| Homard                        | 243 | 440 | 19 | 2.5 | 0.1 | 55 | 560 | 52 | 4 | 2 | 18 | 15 | 10 | 10 | 35 |
| Poulet Karaage                | 268 | 670 | 36 | 7   | 0.1 | 85 | 670 | 63 | 3 | 2 | 22 | 0  | 10 | 6  | 40 |
| Crabe entier à carapace molle | 212 | 430 | 18 | 3   | 0   | 65 | 810 | 49 | 3 | 2 | 17 | 2  | 10 | 10 | 30 |
| Croustilles de crevette (8)   | 30  | 130 | 5  | 1.5 | 0   | 0  | 370 | 18 | 2 | 6 | 2  | 0  | 0  | 0  | 4  |

**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 | 440 | 12 | 2   | 0.1 | 45  | 540  | 55 | 3 | 1 | 24 | 20  | 15 | 6 | 20 |

**BOL POKE**

|  |     |     |    |     |     |     |      |    |    |    |    |    |    |    |    |
|--|-----|-----|----|-----|-----|-----|------|----|----|----|----|----|----|----|----|
| Saumon - riz blanc                             | 380 | 510 | 23 | 3   | 0.1 | 70  | 1270 | 52 | 3  | 5  | 22 | 4  | 10 | 8  | 15 |
| Saumon - riz brun                              | 380 | 590 | 25 | 3   | 0.1 | 70  | 1270 | 63 | 7  | 5  | 23 | 4  | 10 | 6  | 10 |
| Saumon - riz collant croustillant              | 380 | 520 | 24 | 3   | 0.1 | 70  | 1270 | 52 | 3  | 5  | 22 | 4  | 10 | 8  | 15 |
| Saumon - salade                                | 317 | 320 | 21 | 3   | 0.1 | 70  | 980  | 14 | 2  | 6  | 19 | 8  | 15 | 6  | 15 |
| Crevette épicée - riz blanc                    | 380 | 530 | 19 | 2.5 | 0.1 | 165 | 1260 | 56 | 3  | 6  | 29 | 8  | 10 | 10 | 20 |
| Crevette épicée - riz brun                     | 380 | 610 | 21 | 2.5 | 0.1 | 165 | 1260 | 67 | 7  | 6  | 30 | 8  | 10 | 8  | 20 |
| Crevette épicée - riz collant croustillant     | 380 | 530 | 20 | 2.5 | 0.1 | 165 | 1260 | 56 | 3  | 6  | 29 | 8  | 10 | 10 | 20 |
| Crevette épicée - salade                       | 345 | 320 | 18 | 2.5 | 0.1 | 125 | 1430 | 19 | 2  | 6  | 22 | 10 | 20 | 10 | 20 |
| Volcano - riz blanc                            | 378 | 510 | 24 | 3   | 0.2 | 70  | 1000 | 51 | 2  | 4  | 22 | 4  | 10 | 8  | 15 |
| Volcano - riz brun                             | 378 | 590 | 26 | 3   | 0.2 | 70  | 1000 | 62 | 7  | 4  | 23 | 4  | 10 | 6  | 10 |
| Volcano - riz collant croustillant             | 378 | 520 | 25 | 3   | 0.2 | 70  | 1000 | 51 | 2  | 4  | 22 | 4  | 10 | 8  | 15 |
| Volcano - salade                               | 317 | 320 | 21 | 3   | 0.1 | 70  | 980  | 14 | 2  | 6  | 19 | 8  | 15 | 6  | 15 |
| Saumon & Thon - riz blanc                      | 380 | 500 | 21 | 3   | 0.1 | 65  | 1260 | 52 | 3  | 5  | 23 | 6  | 10 | 6  | 10 |
| Saumon & Thon - riz brun                       | 380 | 580 | 23 | 3   | 0.1 | 65  | 1260 | 62 | 7  | 5  | 24 | 6  | 10 | 6  | 10 |
| Saumon & Thon - riz collant croustillant       | 380 | 510 | 22 | 3   | 0.1 | 65  | 1260 | 52 | 3  | 5  | 23 | 6  | 10 | 8  | 15 |
| Saumon & Thon - salade                         | 317 | 310 | 19 | 2.5 | 0.1 | 65  | 970  | 14 | 2  | 6  | 21 | 8  | 15 | 6  | 15 |
| Thon - riz blanc                               | 380 | 480 | 19 | 2.5 | 0.1 | 60  | 1260 | 52 | 3  | 5  | 25 | 6  | 10 | 8  | 15 |
| Thon - riz brun                                | 380 | 560 | 21 | 2.5 | 0.1 | 60  | 1260 | 63 | 7  | 5  | 26 | 6  | 10 | 6  | 10 |
| Thon - riz collant croustillant                | 380 | 490 | 20 | 2.5 | 0.1 | 60  | 1260 | 52 | 3  | 5  | 25 | 6  | 10 | 8  | 15 |
| Thon - salade                                  | 317 | 300 | 17 | 2.5 | 0.1 | 60  | 970  | 14 | 2  | 6  | 22 | 8  | 20 | 6  | 15 |
| Homard et crevettes - riz blanc                | 418 | 480 | 18 | 2.5 | 0.1 | 130 | 1230 | 53 | 4  | 5  | 25 | 30 | 30 | 10 | 20 |
| Homard et crevettes - riz brun                 | 418 | 560 | 21 | 2.5 | 0.1 | 130 | 1230 | 64 | 9  | 5  | 26 | 30 | 30 | 8  | 20 |
| Homard et crevettes - riz collant croustillant | 418 | 490 | 19 | 2.5 | 0.1 | 130 | 1230 | 53 | 4  | 5  | 25 | 30 | 30 | 10 | 20 |
| Homard et crevettes - salade                   | 418 | 330 | 19 | 2.5 | 0.1 | 130 | 1240 | 18 | 9  | 8  | 23 | 35 | 40 | 10 | 25 |
| Végé - riz blanc                               | 360 | 460 | 20 | 3   | 0.1 | 15  | 1060 | 55 | 6  | 6  | 11 | 20 | 40 | 10 | 20 |
| Végé - riz brun                                | 360 | 530 | 22 | 3   | 0.1 | 15  | 1060 | 66 | 10 | 6  | 13 | 20 | 40 | 8  | 15 |
| Végé - riz collant croustillant                | 360 | 470 | 21 | 3   | 0.1 | 15  | 1060 | 55 | 6  | 6  | 11 | 20 | 40 | 10 | 20 |
| Végé - salade                                  | 290 | 280 | 20 | 3   | 0.1 | 15  | 1060 | 17 | 6  | 7  | 9  | 20 | 45 | 10 | 20 |
| Poulet et mange - riz blanc                    | 396 | 520 | 19 | 3   | 0.1 | 85  | 1310 | 56 | 4  | 9  | 29 | 4  | 25 | 8  | 8  |
| Poulet et mange - riz brun                     | 396 | 600 | 22 | 3   | 0.1 | 85  | 1310 | 67 | 8  | 9  | 30 | 4  | 25 | 6  | 6  |
| Poulet et mange - riz collant croustillant     | 396 | 530 | 20 | 3   | 0.1 | 85  | 1310 | 56 | 4  | 9  | 29 | 4  | 25 | 8  | 8  |
| Poulet et mange - salade                       | 341 | 350 | 20 | 3   | 0.1 | 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**



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 (%)

|                                     |     |     |      |     |     |     |      |    |   |    |    |    |    |     |    |  |
|-------------------------------------|-----|-----|------|-----|-----|-----|------|----|---|----|----|----|----|-----|----|--|
| 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  |  |
| Soupe Miso fruits de mer            | 305 | 250 | 14   | 3.5 | 0   | 45  | 1310 | 8  | 2 | 4  | 24 | 2  | 2  | 35  | 20 |  |
| 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 |  |
| <b>Petite soupe Ramen</b>           |     |     |      |     |     |     |      |    |   |    |    |    |    |     |    |  |
| 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 |  |
| 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  |  |
| <b>NIGIRI &amp; SASHIMI / 2 mcx</b> |     |     |      |     |     |     |      |    |   |    |    |    |    |     |    |  |
| 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   | 2  |  |
| Izumidai saisi Nigiri               | 68  | 100 | 4.5  | 0.5 | 0   | 15  | 790  | 8  | 0 | 0  | 6  | 0  | 4  | 0   | 2  |  |
| Izumidai saisi Nigiri (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 | 180 | 10.0 | 1.5 | 0.1 | 25  | 125  | 14 | 0 | 1  | 7  | 0  | 2  | 2   | 4  |  |
| Karai Syake (riz brun)              | 100 | 200 | 11.0 | 1.5 | 0.1 | 25  | 125  | 19 | 2 | 1  | 7  | 0  | 2  | 0   | 4  |  |
| Karai Maguro                        | 100 | 170 | 9.0  | 1.5 | 0.1 | 20  | 125  | 14 | 0 | 1  | 8  | 0  | 2  | 2   | 4  |  |
| Karai Maguro (riz brun)             | 100 | 190 | 10.0 | 1.5 | 0.1 | 20  | 125  | 19 | 2 | 1  | 8  | 0  | 2  | 0   | 4  |  |
| Karai Ebi                           | 100 | 170 | 9.0  | 1.5 | 0.1 | 50  | 150  | 14 | 0 | 1  | 7  | 2  | 2  | 2   | 8  |  |
| Karai Ebi (riz brun)                | 100 | 190 | 10.0 | 1.5 | 0.1 | 50  | 150  | 19 | 2 | 1  | 7  | 2  | 2  | 2   | 8  |  |
| <b>MAKI TARTARE</b>                 |     |     |      |     |     |     |      |    |   |    |    |    |    |     |    |  |
| Maki tartare saumon                 | 123 | 190 | 9.0  | 1.5 | 0.1 | 50  | 400  | 19 | 1 | 2  | 10 | 6  | 4  | 4   | 10 |  |
| Maki tartare crevette               | 123 | 180 | 6.0  | 1.0 | 0.1 | 90  | 440  | 19 | 1 | 2  | 10 | 8  | 4  | 6   | 15 |  |
| Maki tartare végété                 | 125 | 120 | 4.5  | 1.0 | 0.1 | 0   | 740  | 19 | 2 | 4  | 1  | 50 | 40 | 2   | 6  |  |
| Maki tartare thon                   | 123 | 180 | 6.0  | 1.0 | 0.1 | 45  | 400  | 19 | 1 | 2  | 12 | 6  | 4  | 4   | 10 |  |
| <b>TARTARE</b>                      |     |     |      |     |     |     |      |    |   |    |    |    |    |     |    |  |
| Tartare saumon                      | 151 | 260 | 17   | 2.5 | 0.2 | 45  | 860  | 7  | 1 | 1  | 19 | 2  | 10 | 4   | 10 |  |
| Tartare thon                        | 108 | 160 | 4    | 1   | 0.1 | 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  |  |



| 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 (%) |
|-------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|
|-------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|

**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  |
| 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 | 190 | 5.0  | 1.0 | 0.1 | 15  | 85  | 24 | 2 | 1 | 9  | 0 | 6  | 4 | 8  |
| Syake Tempura (riz brun)   | 131 | 220 | 6.0  | 1.0 | 0.1 | 15  | 85  | 28 | 3 | 1 | 10 | 0 | 6  | 4 | 6  |
| Tekka Tempura              | 131 | 18  | 3.0  | 1.0 | 0.1 | 15  | 85  | 24 | 2 | 1 | 11 | 0 | 6  | 4 | 8  |
| Tekka Tempura (riz brun)   | 131 | 210 | 4.0  | 1.0 | 0.1 | 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 | 240 | 9.0  | 1.5 | 0.1 | 40  | 300 | 28 | 2 | 2 | 11 | 0 | 8  | 4 | 6  |
| 911 (riz brun)                  | 169 | 260 | 10.0 | 1.5 | 0.1 | 40  | 300 | 32 | 4 | 2 | 11 | 0 | 8  | 4 | 6  |
| Ebi Maki                        | 178 | 230 | 9.0  | 1.5 | 0.1 | 50  | 240 | 28 | 3 | 2 | 9  | 2 | 10 | 6 | 10 |
| Ebi Maki (riz brun)             | 178 | 250 | 10.0 | 1.5 | 0.1 | 50  | 240 | 34 | 5 | 2 | 9  | 2 | 10 | 6 | 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 | 260 | 11.0 | 1.5 | 0.1 | 50  | 390 | 26 | 2 | 1 | 14 | 0 | 15 | 4 | 8  |
| Sweetheart (riz brun)           | 178 | 280 | 12.0 | 1.5 | 0.1 | 50  | 390 | 32 | 4 | 1 | 14 | 0 | 15 | 4 | 8  |
| Red Tiger                       | 222 | 370 | 20.0 | 3.0 | 0.1 | 80  | 530 | 25 | 1 | 0 | 23 | 2 | 6  | 4 | 15 |
| Red Tiger (riz brun)            | 222 | 390 | 21.0 | 3.0 | 0.1 | 80  | 530 | 31 | 3 | 0 | 23 | 2 | 6  | 2 | 15 |
| Poulet teriyaki                 | 166 | 290 | 16.0 | 2.0 | 0.2 | 25  | 190 | 26 | 3 | 2 | 11 | 4 | 15 | 4 | 6  |
| Poulet teriyaki (riz brun)      | 166 | 320 | 16.0 | 2.0 | 0.2 | 25  | 190 | 32 | 5 | 2 | 11 | 4 | 15 | 4 | 6  |

**SUMOMAKI /5 mcx**

|                               |     |     |      |     |     |     |     |    |   |   |   |    |    |   |    |
|-------------------------------|-----|-----|------|-----|-----|-----|-----|----|---|---|---|----|----|---|----|
| Lion rouleau                  | 203 | 360 | 18   | 2   | 0.1 | 65  | 860 | 39 | 2 | 8 | 6 | 70 | 20 | 2 | 4  |
| Lion comet                    | 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 comet (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 comet              | 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 comet (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 comet              | 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 |



| 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 (%) |
|-------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|
|-------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|

|                                       |     |     |      |     |     |     |     |    |   |   |    |    |    |   |    |
|---------------------------------------|-----|-----|------|-----|-----|-----|-----|----|---|---|----|----|----|---|----|
| 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 épicié rouleau                 | 171 | 190 | 8.0  | 1.0 | 0.1 | 20  | 120 | 25 | 1 | 2 | 10 | 0  | 8  | 2 | 8  |
| Saumon épicié cornet                  | 120 | 160 | 7.0  | 1.0 | 0.1 | 30  | 80  | 14 | 1 | 1 | 11 | 0  | 6  | 2 | 4  |
| Saumon épicié rouleau (riz brun)      | 171 | 220 | 8.0  | 1.0 | 0.1 | 20  | 120 | 30 | 3 | 2 | 10 | 0  | 8  | 0 | 6  |
| Saumon épicié cornet (riz brun)       | 120 | 180 | 7.0  | 1.0 | 0.1 | 30  | 80  | 17 | 2 | 1 | 11 | 0  | 6  | 0 | 4  |
| Thon épicié rouleau                   | 171 | 180 | 7.0  | 1.0 | 0.1 | 15  | 115 | 25 | 1 | 2 | 11 | 0  | 8  | 2 | 8  |
| Thon épicié cornet                    | 120 | 150 | 6.0  | 1.0 | 0.1 | 25  | 80  | 14 | 1 | 1 | 12 | 0  | 8  | 2 | 4  |
| Thon épicié rouleau (riz brun)        | 171 | 210 | 7.0  | 1.0 | 0.1 | 15  | 115 | 30 | 3 | 2 | 11 | 0  | 8  | 2 | 6  |
| Thon épicié cornet (riz brun)         | 120 | 170 | 6.0  | 1.0 | 0.1 | 25  | 80  | 17 | 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 | 230 | 9.0  | 1.5 | 0.1 | 40  | 430 | 29 | 2 | 2 | 11 | 0  | 8  | 2 | 8  |
| Kamikaze au thon cornet               | 134 | 170 | 9.0  | 1.5 | 0.1 | 45  | 380 | 19 | 2 | 2 | 8  | 0  | 8  | 2 | 4  |
| Kamikaze au thon rouleau (riz brun)   | 180 | 270 | 10.0 | 1.5 | 0.1 | 40  | 430 | 34 | 4 | 2 | 11 | 0  | 8  | 2 | 6  |
| Kamikaze au thon cornet (riz brun)    | 134 | 190 | 10.0 | 1.5 | 0.1 | 45  | 380 | 22 | 3 | 2 | 9  | 0  | 8  | 0 | 4  |
| Kamikaze au saumon rouleau            | 180 | 240 | 9.0  | 1.5 | 0.1 | 45  | 430 | 29 | 2 | 2 | 10 | 0  | 8  | 2 | 8  |
| Kamikaze au saumon cornet             | 134 | 180 | 8.0  | 1.5 | 0.1 | 45  | 380 | 19 | 2 | 2 | 8  | 0  | 8  | 2 | 4  |
| Kamikaze au saumon rouleau (riz brun) | 180 | 280 | 10.0 | 1.5 | 0.1 | 45  | 430 | 34 | 4 | 2 | 11 | 0  | 8  | 0 | 6  |
| Kamikaze au saumon cornet (riz brun)  | 134 | 200 | 8.0  | 1.5 | 0.1 | 45  | 380 | 22 | 3 | 2 | 8  | 0  | 8  | 0 | 4  |
| Crabe des neiges rouleau              | 170 | 230 | 9.0  | 1.0 | 0.1 | 30  | 530 | 26 | 2 | 1 | 11 | 2  | 8  | 4 | 6  |
| Crabe des neiges cornet               | 122 | 160 | 9.5  | 1.0 | 0.1 | 35  | 460 | 17 | 2 | 1 | 9  | 2  | 8  | 2 | 2  |
| Crabe des neiges rouleau (riz brun)   | 170 | 250 | 10.0 | 1.0 | 0.1 | 30  | 530 | 31 | 4 | 1 | 11 | 2  | 8  | 2 | 4  |
| Crabe des neiges cornet (riz brun)    | 122 | 180 | 10.0 | 1.0 | 0.1 | 35  | 460 | 20 | 3 | 1 | 9  | 2  | 8  | 2 | 2  |
| Rainbow rouleau                       | 194 | 260 | 12.0 | 2.0 | 0.1 | 25  | 130 | 28 | 2 | 2 | 14 | 2  | 10 | 2 | 10 |
| Rainbow cornet                        | 119 | 170 | 10.0 | 1.0 | 0.1 | 20  | 80  | 16 | 2 | 0 | 10 | 2  | 8  | 2 | 4  |
| Rainbow rouleau (riz brun)            | 194 | 290 | 13.0 | 2.0 | 0.1 | 25  | 130 | 33 | 4 | 2 | 14 | 2  | 10 | 2 | 8  |
| Rainbow cornet (riz brun)             | 119 | 190 | 12.0 | 1.0 | 0.1 | 20  | 80  | 19 | 3 | 1 | 10 | 2  | 8  | 0 | 4  |
| RedEye rouleau                        | 157 | 220 | 7.0  | 1.0 | 0.1 | 45  | 360 | 27 | 1 | 1 | 13 | 0  | 6  | 4 | 6  |
| Red-Eye cornet                        | 103 | 150 | 8.0  | 1.0 | 0.1 | 45  | 350 | 17 | 1 | 1 | 9  | 0  | 6  | 2 | 4  |
| Red-Eye rouleau (riz brun)            | 157 | 260 | 8.0  | 1.0 | 0.1 | 45  | 360 | 32 | 3 | 1 | 13 | 0  | 6  | 2 | 6  |
| Red-Eye cornet (riz brun)             | 103 | 170 | 8.0  | 1.0 | 0.1 | 45  | 350 | 20 | 2 | 1 | 9  | 0  | 6  | 2 | 2  |
| Miami rouleau                         | 161 | 260 | 9.0  | 4.0 | 0.1 | 40  | 450 | 26 | 1 | 2 | 12 | 2  | 2  | 4 | 6  |
| Miami cornet                          | 101 | 180 | 6.0  | 3.0 | 0.1 | 20  | 250 | 16 | 1 | 1 | 8  | 2  | 2  | 2 | 4  |
| Miami rouleau (riz brun)              | 161 | 300 | 9.5  | 4.0 | 0.1 | 40  | 450 | 31 | 3 | 2 | 13 | 2  | 2  | 2 | 6  |
| Miami cornet (riz brun)               | 101 | 250 | 6.5  | 3.0 | 0.1 | 20  | 250 | 29 | 3 | 1 | 10 | 2  | 2  | 2 | 4  |
| Empereur rouleau                      | 168 | 240 | 10.0 | 2.0 | 0.1 | 20  | 125 | 27 | 2 | 1 | 13 | 0  | 8  | 2 | 8  |
| Empereur cornet                       | 124 | 180 | 10.0 | 1.5 | 0.1 | 30  | 75  | 16 | 2 | 0 | 12 | 0  | 8  | 2 | 6  |
| Empereur rouleau (riz brun)           | 168 | 280 | 11.0 | 1.5 | 0.1 | 20  | 125 | 32 | 4 | 1 | 13 | 0  | 8  | 2 | 8  |
| Empereur cornet (riz brun)            | 124 | 200 | 11.0 | 1.5 | 0.0 | 30  | 75  | 19 | 3 | 0 | 13 | 0  | 8  | 2 | 4  |
| Crevette épiciée rouleau              | 187 | 220 | 7.0  | 1.0 | 0.1 | 55  | 450 | 28 | 3 | 2 | 10 | 8  | 10 | 6 | 10 |
| Crevette épiciée cornet               | 137 | 170 | 6.0  | 1.0 | 0.1 | 65  | 390 | 19 | 2 | 1 | 10 | 8  | 8  | 4 | 8  |
| Crevette épiciée rouleau (riz brun)   | 187 | 250 | 8.0  | 1.0 | 0.1 | 55  | 450 | 33 | 5 | 2 | 10 | 8  | 10 | 4 | 10 |
| Crevette épiciée cornet (riz brun)    | 137 | 190 | 7.0  | 1.0 | 0.1 | 65  | 390 | 22 | 3 | 1 | 10 | 8  | 8  | 2 | 8  |
| Exotik rouleau                        | 153 | 190 | 5    | 1   | 0.1 | 55  | 450 | 27 | 2 | 5 | 8  | 6  | 10 | 4 | 8  |
| Exotik cornet                         | 120 | 140 | 3    | 0.3 | 0   | 60  | 410 | 21 | 2 | 4 | 8  | 6  | 10 | 4 | 6  |
| Exotik rouleau (riz brun)             | 153 | 220 | 6    | 1   | 0.1 | 55  | 450 | 32 | 4 | 5 | 9  | 6  | 10 | 4 | 6  |
| Exotik cornet (riz brun)              | 120 | 160 | 3.5  | 0.3 | 0   | 60  | 410 | 24 | 3 | 4 | 9  | 6  | 10 | 4 | 6  |
| Smoky rouleau                         | 159 | 230 | 8.0  | 1.5 | 0.1 | 35  | 460 | 28 | 2 | 2 | 9  | 2  | 6  | 4 | 8  |
| Smoky cornet                          | 109 | 180 | 8.0  | 1.5 | 0.1 | 40  | 390 | 17 | 2 | 1 | 8  | 2  | 6  | 4 | 4  |
| Smoky rouleau (riz brun)              | 159 | 270 | 9.0  | 1.5 | 0.1 | 35  | 450 | 34 | 4 | 2 | 10 | 2  | 6  | 4 | 8  |
| Smoky cornet (riz brun)               | 109 | 200 | 8.0  | 1.5 | 0.1 | 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 | 300 | 16.0 | 2.0 | 0.1 | 20  | 380 | 29 | 2 | 2 | 10 | 8  | 40 | 2 | 10 |
| Poulet grillé cornet                  | 136 | 220 | 14.0 | 2.0 | 0.1 | 25  | 300 | 18 | 2 | 1 | 10 | 8  | 40 | 2 | 6  |
| Poulet grillé rouleau (riz brun)      | 185 | 340 | 17.0 | 2.0 | 0.1 | 20  | 370 | 34 | 4 | 2 | 11 | 8  | 40 | 2 | 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 (%)

|                                    |     |     |      |     |     |     |      |    |   |    |    |    |    |    |    |  |
|------------------------------------|-----|-----|------|-----|-----|-----|------|----|---|----|----|----|----|----|----|--|
| Poulet grillé cornet (riz brun)    | 136 | 250 | 14.0 | 2.0 | 0.1 | 25  | 300  | 21 | 3 | 1  | 10 | 8  | 40 | 2  | 6  |  |
| Calypso                            | 189 | 220 | 11   | 1.5 | 0.1 | 40  | 500  | 19 | 3 | 3  | 14 | 25 | 20 | 8  | 10 |  |
| Inferno rouleau                    | 167 | 400 | 27.0 | 7.0 | 0.3 | 55  | 970  | 36 | 4 | 7  | 8  | 4  | 6  | 10 | 10 |  |
| Inferno cornet                     | 100 | 230 | 15.0 | 4.0 | 0.3 | 55  | 580  | 19 | 2 | 4  | 7  | 4  | 6  | 6  | 4  |  |
| Inferno rouleau (riz brun)         | 167 | 420 | 28.0 | 7.0 | 0.3 | 55  | 970  | 42 | 6 | 7  | 9  | 4  | 6  | 8  | 10 |  |
| Inferno cornet (riz brun)          | 100 | 250 | 16.0 | 4.0 | 0.2 | 55  | 580  | 22 | 3 | 4  | 7  | 4  | 6  | 4  | 4  |  |
| <b>BLOSSOM</b>                     |     |     |      |     |     |     |      |    |   |    |    |    |    |    |    |  |
| Phoenix                            | 260 | 450 | 20   | 2.5 | 0.2 | 70  | 1200 | 52 | 2 | 2  | 12 | 10 | 6  | 6  | 10 |  |
| Phoenix (riz brun)                 | 260 | 490 | 21   | 2.5 | 0.2 | 70  | 1200 | 58 | 5 | 2  | 12 | 10 | 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  |  |
| 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 | 320 | 11.0 | 1.5 | 0.1 | 90  | 670  | 35 | 0 | 1  | 20 | 4  | 6  | 4  | 15 |  |
| Saumon truffé (riz brun)           | 217 | 360 | 11.0 | 1.5 | 0.1 | 90  | 670  | 41 | 3 | 1  | 21 | 4  | 6  | 4  | 15 |  |
| Thon sésame                        | 222 | 310 | 8.0  | 1.0 | 0.1 | 85  | 900  | 35 | 0 | 1  | 22 | 4  | 6  | 4  | 15 |  |
| Thon sésame (riz brun)             | 222 | 340 | 8.0  | 1.0 | 0.1 | 85  | 900  | 41 | 3 | 1  | 23 | 4  | 6  | 4  | 15 |  |
| Volcano                            | 372 | 710 | 38.0 | 4.0 | 0.3 | 100 | 370  | 56 | 3 | 1  | 31 | 4  | 8  | 6  | 10 |  |
| Volcano (riz brun)                 | 372 | 760 | 39.0 | 4.5 | 0.3 | 100 | 370  | 67 | 7 | 1  | 32 | 4  | 8  | 4  | 10 |  |
| Diablo                             | 225 | 340 | 15.0 | 2.0 | 0.1 | 70  | 740  | 30 | 2 | 2  | 16 | 2  | 8  | 2  | 8  |  |
| Diablo (riz brun)                  | 225 | 400 | 15.0 | 2.0 | 0.1 | 70  | 740  | 35 | 4 | 2  | 17 | 2  | 8  | 2  | 8  |  |
| Magik                              | 218 | 340 | 14.0 | 2.5 | 0.2 | 30  | 1310 | 35 | 3 | 1  | 16 | 2  | 15 | 4  | 10 |  |
| Magik (riz brun)                   | 218 | 370 | 14.0 | 2.5 | 0.2 | 30  | 1310 | 39 | 6 | 1  | 17 | 2  | 15 | 2  | 10 |  |
| Cherry Blossom                     | 290 | 460 | 20.0 | 3.5 | 0.3 | 110 | 1220 | 47 | 1 | 2  | 16 | 15 | 4  | 6  | 15 |  |
| Cherry Blossom (riz brun)          | 290 | 480 | 21.0 | 3.5 | 0.3 | 110 | 1220 | 58 | 3 | 2  | 16 | 15 | 4  | 6  | 10 |  |
| Mini Volcano 4mcx                  | 107 | 210 | 11   | 2   | 0.2 | 25  | 145  | 15 | 2 | 1  | 8  | 0  | 4  | 2  | 4  |  |
| Mini Volcano 4mcx (riz brun)       | 107 | 220 | 12   | 2   | 0.2 | 25  | 145  | 18 | 3 | 1  | 8  | 0  | 4  | 2  | 4  |  |
| Mini Volcano 8mcx                  | 214 | 400 | 26.0 | 3.0 | 0.3 | 50  | 290  | 28 | 3 | 2  | 15 | 0  | 6  | 6  | 8  |  |
| Mini Volcano 8mcx (riz brun)       | 214 | 440 | 26.0 | 3.0 | 0.3 | 50  | 290  | 33 | 5 | 2  | 15 | 0  | 6  | 4  | 8  |  |
| <b>ROULEAU CROUSTILLANT /5 mcx</b> |     |     |      |     |     |     |      |    |   |    |    |    |    |    |    |  |
| 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 |  |
| <b>SUSHI PIZZA /6 mcx</b>          |     |     |      |     |     |     |      |    |   |    |    |    |    |    |    |  |
| 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 |  |
| <b>TEMARI /4 mcx</b>               |     |     |      |     |     |     |      |    |   |    |    |    |    |    |    |  |
| 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 | 280 | 10   | 1.5 | 0.1 | 20  | 220  | 32 | 0 | 4  | 8  | 0  | 0  | 0  | 8  |  |
| Thon tataki (riz brun) (4 mcx)     | 164 | 360 | 12   | 1.5 | 0.1 | 20  | 220  | 40 | 4 | 4  | 12 | 0  | 0  | 0  | 0  |  |
| Smoky Philly (4 mcx)               | 168 | 280 | 12   | 2   | 0.1 | 20  | 240  | 32 | 4 | 0  | 8  | 0  | 16 | 8  | 8  |  |
| Smoky Philly (riz brun) (4 mcx)    | 168 | 360 | 14   | 2   | 0.1 | 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  |  |
| <b>HAKO / 6 mcx</b>                |     |     |      |     |     |     |      |    |   |    |    |    |    |    |    |  |
| Sircocco                           | 239 | 370 | 17.0 | 2.0 | 0.2 | 65  | 320  | 40 | 3 | 4  | 15 | 10 | 15 | 6  | 8  |  |
| Sircocco (riz brun)                | 239 | 420 | 19.0 | 2.0 | 0.2 | 65  | 320  | 47 | 6 | 4  | 16 | 10 | 15 | 4  | 6  |  |
| Sunburst                           | 183 | 270 | 10.0 | 1.0 | 0.1 | 75  | 620  | 34 | 2 | 2  | 12 | 2  | 20 | 2  | 4  |  |



|  | Poiton (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 (%) |
|--|------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|
|--|------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|

|                     |     |     |      |     |     |     |     |    |   |   |    |    |    |   |   |
|---------------------|-----|-----|------|-----|-----|-----|-----|----|---|---|----|----|----|---|---|
| Sunburst (riz brun) | 183 | 310 | 11.0 | 1.0 | 0.1 | 75  | 620 | 40 | 4 | 2 | 13 | 2  | 20 | 2 | 4 |
| Tyfoon              | 204 | 290 | 11.0 | 1.5 | 0.1 | 100 | 590 | 36 | 2 | 5 | 13 | 10 | 15 | 6 | 8 |
| Tyfoon (riz brun)   | 204 | 330 | 13.0 | 1.5 | 0.1 | 100 | 590 | 42 | 4 | 5 | 13 | 10 | 15 | 4 | 8 |

#### DESSERTS

|                            |     |     |     |     |     |   |     |    |   |    |   |    |    |   |    |
|----------------------------|-----|-----|-----|-----|-----|---|-----|----|---|----|---|----|----|---|----|
| Bombe choco-banane (2 mcx) | 56  | 130 | 6   | 3   | 0   | 0 | 15  | 19 | 1 | 11 | 1 | 0  | 4  | 0 | 6  |
| Bombe choco-banane (4 mcx) | 112 | 250 | 11  | 5   | 0.2 | 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  |
| 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 | 3   | 0.0 | 5   | 100  | 44  | 7  | 2  | 8  | 42 | 55 | 10 | 12 |
| Combo B                                  | 279 | 390  | 18 | 3   | 0.0 | 40  | 295  | 49  | 7  | 2  | 11 | 4  | 20 | 8  | 10 |
| Combo C                                  | 299 | 390  | 15 | 3   | 0.1 | 45  | 445  | 49  | 6  | 2  | 15 | 4  | 18 | 6  | 14 |
| Combo D                                  | 306 | 360  | 14 | 3   | 0.1 | 55  | 465  | 48  | 7  | 2  | 14 | 12 | 20 | 10 | 16 |
| Combo E                                  | 330 | 390  | 17 | 3   | 0.0 | 130 | 495  | 49  | 7  | 5  | 13 | 17 | 20 | 10 | 16 |
| Combo F                                  | 331 | 410  | 15 | 2   | 0.1 | 82  | 427  | 51  | 7  | 4  | 15 | 13 | 21 | 10 | 16 |
| Combo G                                  | 250 | 305  | 10 | 3   | 0.0 | 33  | 445  | 42  | 4  | 2  | 15 | 6  | 12 | 7  | 11 |
| Combo H                                  | 375 | 480  | 17 | 2   | 0.1 | 66  | 349  | 60  | 6  | 2  | 19 | 6  | 21 | 10 | 16 |
| Combo I                                  | 358 | 510  | 17 | 4   | 0.0 | 50  | 760  | 60  | 5  | 8  | 23 | 6  | 11 | 13 | 18 |
| Combo K                                  | 415 | 460  | 16 | 4   | 0.0 | 5   | 513  | 69  | 8  | 9  | 14 | 41 | 59 | 22 | 22 |
| Combo M (riz brun)                       | 385 | 490  | 16 | 3   | 0.1 | 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 | 760  | 27 | 4   | 0.1 | 151 | 1494 | 88  | 4  | 10 | 36 | 12 | 17 | 15 | 26 |
| Combo P                                  | 496 | 785  | 33 | 3   | 0.2 | 143 | 653  | 80  | 4  | 2  | 39 | 4  | 19 | 10 | 17 |
| Combo Q                                  | 454 | 730  | 26 | 6   | 0.1 | 123 | 1220 | 91  | 4  | 13 | 26 | 11 | 18 | 9  | 25 |
| Combo R                                  | 438 | 480  | 26 | 2   | 0.1 | 95  | 810  | 76  | 9  | 2  | 30 | 23 | 24 | 9  | 18 |
| Combo Volcano                            | 534 | 848  | 41 | 5   | 0.0 | 100 | 953  | 80  | 8  | 4  | 35 | 6  | 18 | 48 | 16 |
| Combo Diablo                             | 387 | 530  | 22 | 4   | 0.1 | 70  | 1323 | 58  | 7  | 5  | 22 | 6  | 18 | 44 | 14 |
| Combo Bébé à bord - Lion (riz blanc)     | 667 | 1070 | 40 | 5   | 0.2 | 80  | 2660 | 132 | 6  | 10 | 36 | 89 | 34 | 16 | 31 |
| Combo Bébé à bord - Lion (riz brun)      | 667 | 1120 | 42 | 5   | 0.2 | 80  | 2660 | 143 | 11 | 10 | 37 | 89 | 34 | 14 | 26 |
| Combo Bébé à bord - Kamikaze (riz blanc) | 634 | 880  | 25 | 4   | 0.1 | 70  | 2240 | 122 | 6  | 4  | 38 | 21 | 22 | 16 | 35 |
| Combo Bébé à bord - Kamikaze (riz brun)  | 634 | 940  | 17 | 4   | 0.1 | 70  | 2240 | 132 | 10 | 4  | 40 | 21 | 22 | 14 | 30 |
| Fou de saumon                            | 271 | 350  | 11 | 2   | 0   | 65  | 280  | 38  | 3  | 1  | 25 | 2  | 10 | 6  | 10 |
| Fou de saumon (riz brun)                 | 271 | 420  | 13 | 2   | 0   | 63  | 280  | 48  | 7  | 1  | 25 | 2  | 10 | 6  | 10 |

#### EXTRAS

|              |    |     |      |     |   |   |     |   |   |   |   |   |   |   |   |
|--------------|----|-----|------|-----|---|---|-----|---|---|---|---|---|---|---|---|
| Sauce Sésame | 24 | 105 | 11.0 | 0.5 | 0 | 5 | 210 | 2 | 0 | 2 | 1 | 0 | 0 | 0 | 0 |
|--------------|----|-----|------|-----|---|---|-----|---|---|---|---|---|---|---|---|



|  | 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 (%) |
|--|-------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|
|--|-------------|----------|----------------|------------------|----------------|------------------|-------------|--------------|-------------------------|-----------|---------------|----------------|----------------|-------------|---------|

|                        |    |     |     |     |     |    |      |    |   |    |     |   |   |    |   |
|------------------------|----|-----|-----|-----|-----|----|------|----|---|----|-----|---|---|----|---|
| 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 |

#### 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 | 3180 | 152 | 20 | 1   | 520 | 4070 | 300 | 17 | 30 | 138 | 80  | 80  | 60 | 80  |
| 60 mcx           | 2113 | 3280 | 143 | 24 | 1   | 560 | 4920 | 347 | 22 | 28 | 139 | 40  | 80  | 80 | 100 |