

## 9to5strength - Itsu Nutrition Tables

### Itsu - Sushi

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Super Salmon '3 Ways'	653	31	62	7	31	6	5.5	2.1
Best of Itsu	601	26	81	10	19	3	5.8	2.6
Health & Happiness	584	24	66	8	25	4	5.7	2.2
Omega 3	572	24	54	8	28	5	6.0	1.6
Veggie Sushi Collection	561	16	82	15	18	3	10.3	2.6
Sushi Festival	517	21	72	8	16	3	3.9	1.8
Grand Slam'on	516	22	52	9	25	3	2.9	2.4
Eat Beautiful	494	16	77	9	12	2	5.1	2.3
Salmon & Avo Dragon Roll	487	15	47	9	27	5	5.3	1.8
Super Salmon Light	433	18	47	5	19	3	3.8	1.4
Mixed Sashimi	407	45	6	2	22	4	4.8	3.8
Salmon & Salmon	358	15	37	4	17	3	3.2	1.1
Salmon & Avocado Rolls	338	12	32	4	18	3	3.9	1.1
Veggie Dragon Roll	332	5	47	10	13	2	3.9	2.0
Chicken Teriyaki Dragon Roll	325	14	46	10	9	2	2.8	2.3
Crab California Rolls	322	9	38	5	15	2	3.9	1.9
Spicy Tuna Dragon Roll	314	13	45	9	9	2	2.8	2.0
Avo Baby Rolls	307	5	48	5	7	1	3.6	1.2
Salmon Sushi	265	13	32	4	9	2	1.2	0.8
Veggie Club Rolls	207	4	36	5	5	1	3.1	1.2
Salmon Sashimi	177	16	1	0	12	2	0.5	0.9
Salmon Threesome	133	7	16	2	5	1	0.6	0.4

### Itsu - Salads & Wraps

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Perfect Salmon Bento	573	28	70	11	19	4	5.7	2.5
Poke 'On a Bed'	558	18	68	9	23	5	5.5	2.4
Chicken Teriyaki 'On a Bed'	516	24	78	16	11	3	4.5	4.2
Quinoa Falafel & Greens Tokyo Wrap	486	10	58	15	24	5	8.2	1.6
Salmon Teriyaki 'On a Bed'	477	19	71	15	12	2	3.5	3.2
Perfect Chicken Bento Salad	462	33	46	13	15	3	8.4	2.2
Satay Chicken Tokyo Wrap	455	27	46	6	18	4	4.5	1.4
Salmon Teriyaki Tokyo Wrap	443	19	50	11	19	4	4.1	1.7
Hoisin Duck Tokyo Wrap	426	21	58	19	13	3	5.1	2.9
Spicy Pork Tokyo Wrap	405	21	47	10	15	4	5.0	1.4
Humble Warrior	401	14	49	10	16	3	9.3	1.7
Chicken & Avo Low Carb Salad	359	22	27	10	17	3	7.2	1.4
Omega-3 Poke Zero Salad	356	20	8	4	26	5	8.8	0.9
Pandamania	314	15	47	5	7	2	3.0	1.5
Poached Miso Salmon Zero Salad	300	18	16	10	17	3	6.7	1.8
Detox Greens Zero Salad	286	9	14	9	20	4	8.1	1.7
Lean Satay Chicken Zero Salad	259	24	13	9	10	2	8.0	1.9
Vegetable Dumplings	241	13	39	3	5	1	3.4	0.8

### Itsu - Hot

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chicken Thai Rice Bowl	711	31	91	7	30	20	6.4	2.5
Korean BBQ Pork Rice Bowl	704	34	92	7	28	20	6.7	2.1
Quinoa Falafel & Veg Rice Bowl	684	17	110	12	26	19	9.9	2.6
I'thai Udon Noodles (no broth)	637	14	65	9	35	21	9.2	3.1
Chicken Teriyaki Rice Bowl	580	30	94	13	14	3	5.5	2.4
Chilli Chicken Udon	510	31	67	13	13	5	5.9	4.1
Laksa Pork Pot Soup	487	21	48	9	26	21	4.1	2.2
Coconut Chicken Pot Soup	468	19	42	5	27	21	3.6	2.2
Thai Coconut Veggie Pot Soup	458	11	45	5	28	21	3.9	1.7
Veggie Gyoza Udon	437	17	67	13	10	3	5.9	4.1
Chargrilled Chicken Udon	434	29	53	5	12	4	4.8	2.8
Pulled Pork Teriyaki Udon	430	31	56	8	9	4	6.2	4.1
Katsu Chicken Pot Soup	297	19	40	6	9	2	3.7	2.7
8 Pork & Apple Gyoza	296	13	35	5	11	4	3.4	1.6
8 Chicken & Spring Onion Gyoza	251	13	33	4	7	2	2.1	1.3
The Chicken Noodle Soup	243	15	25	3	9	5	2.1	1.8
10 Vegetable Fusion Gyoza	240	13	39	3	5	1	3.4	0.8
King Prawn Gyoza	174	6	25	3	5	2	2.2	0.8
Detox Noodle Soup	157	7	26	5	3	0	1.7	2.8
Miso Soup	49	3	2	5	2	0	0.8	2.7

### Itsu - Sides & Snacks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Crushed Coconut & Choc Oishli Bar	293	2	15	11	25	20	4.9	0.1
White Chocolate Dream	293	2	20	20	23	14	0.2	0.4
Lemon Zinger	234	1	21	19	16	10	0.2	0.1
Chocolate Mousse	225	2	15	15	17	11	1.5	0.1
Toasted Sesame Oishli Bar	205	5	16	13	14	4	1.9	0.0
Pick n Mix	195	6	14	14	12	2	2.9	0.0
ROasted Almond & Seeds Oishli Bar	187	5	15	11	12	3	2.2	0.0
Cocoa Butter Brownie Oishli Bar	185	2	20	16	11	5	1.2	0.2
Raw Chocolate Pie	167	1	13	3	14	11	0.0	0.4
Honey Cashews	167	4	14	8	10	2	0.7	0.0
Chocolate Edamame	152	4	14	14	8	5	2.4	0.1
Bean Good	150	10	13	2	6	2	3.6	0.3
Pumpkins on Parade	144	8	3	0	11	2	1.0	0.1
Almond Milk Raspberry Yoghurt	139	2	10	6	10	6	1.4	0.1
Little Salted Caramel Pot	127	1	17	13	6	4	1.4	0.2
Coconut Crunch	121	1	4	1	11	10	2.7	0.2
Mini Corn Cakes (Any Flavour)	118	2	17	6	5	3	0.6	0.1
Hawaii 5.0 Fruit Cup	113	2	24	24	1	0	2.8	0.1
Wasabi Peas	111	4	18	4	2	1	1.8	0.6
Little Choc Pot	100	1	11	9	6	4	0.4	0.0
Edamame	100	9	4	2	5	1	3.9	0.3

<b>Prawn Crackers (Any Flavour)</b>	97	0	13	2	5	0	0.1	0.5
<b>Beef Twerky</b>	97	12	9	7	2	1	0.2	1.3
<b>Broccoli with Satay Sauce</b>	83	4	3	2	5	1	2.0	0.2
<b>Rice Cakes (Any Flavour)</b>	83	1	11	5	4	3	0.5	0.0
<b>Crispy Seaweed (Any Flavour)</b>	22	2	1	0	1	0	0.7	0.3

### Itsu - Drinks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE
<b>Fruit Superseed Beauty Smoothie</b>	370	6	64	54	10	4	7.7
<b>Raw Fruitfix Beauty Smoothie</b>	261	3	60	55	1	0	5.0
<b>Raw Veg Cleanse Beauty Smoothie</b>	175	3	16	13	2	2	3.5
<b>Apple Press</b>	120	0	30	37	0	0	0.0
<b>Orange Press</b>	118	2	27	23	0	0	0.8
<b>Veg Press</b>	113	3	15	13	4	1	2.8
<b>Detox 2: Beetroot</b>	78	1	19	18	0	0	0.0
<b>Detox 3: Carrot</b>	70	1	16	16	0	0	0.0
<b>Elder/Ginger/Lemon Low</b>	65	0	14	10	0	0	0.0
<b>Itsu Cranberry &amp; Elderflower Water</b>	60	1	14	14	0	0	0.0
<b>Itsu Tangy Lemon Water</b>	60	0	14	14	0	0	0.0
<b>Detox Zinger</b>	58	1	14	12	0	0	0.0
<b>Ginger Detox Super Tonic</b>	56	1	13	13	1	0	0.5
<b>Cayenne Pepper, Lemon Super Tonic</b>	53	1	12	12	1	0	0.5
<b>Berry/Melon Low</b>	35	0	7	5	0	0	0.0
<b>Passion Fruit, Pineapple Super Tonic</b>	33	1	7	7	1	0	0.5
<b>Goji, Mandarin &amp; Lime Super Tonic</b>	33	2	6	6	1	0	0.6
<b>Zen Water (Any Flavour)</b>	3	0	0	0	0	0	0.0
<b>Itsu Still Water</b>	0	0	0	0	0	0	0.0