



Luke Randall Fitness

NUTRITION SURVIVAL GUIDE TO

WASABI

CALORIES AND MACRONUTRIENTS

WWW.FACEBOOK.COM/LUKERANDALLFITNESS

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SUSHI

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Avocado hosomaki	57	3.3	31.4	-	-	3.2	0.83
Cucumber hosomaki	55	3.3	33.2	-	-	0.8	0.69
Salmon hosomaki	74	4.8	33.7	-	-	6.9	0.7
Tuna hosomaki	52	6.5	30.2	-	-	0.6	0.77
Inari & red pepper hosomaki	150	3.7	23.3	-	-	4.2	1.12
California roll futomaki	56	6.3	28.4	-	-	4.2	0.49
Fried prawn roll futomaki	62	4.7	28.9	-	-	8.9	0.68
Salmon & masago roll futomaki	48	6.9	24.4	-	-	3.8	0.57
Surimi crabmeat & avocado roll futomaki	54	3.5	31.2	-	-	3.7	0.69
Tofu roll futomaki	44	3	26	-	-	2.4	0.57
Tuna & sweetcorn roll futomaki	75	7.4	27.3	-	-	9	0.55
Salmon teriyaki roll futomaki	250	5.9	18.5	-	-	5.8	1.09
Chicken salad roll futomaki	357	5.5	16.3	-	-	6.4	1.08
Japanese omelette nigiri	48	6.2	30.2	-	-	2.3	0.58
Salmon nigiri	52	11	24.6	-	-	4.2	0.57
Shrimp nigiri	38	5.1	31.6	-	-	0.5	0.6
Tofu nigiri	45	6.1	33.5	-	-	3.2	0.75
Tuna nigiri	43	12.4	22.9	-	-	0.9	0.61
Prawn mayo gunkan	55	6.3	34.4	-	-	2.3	0.62
Salmon sesame gunkan	32	9.8	24.8	-	-	5.1	0.51
Seaweed gunkan	47	2.5	31.9	-	-	1.7	1.25
Spicy salmon gunkan	53	8.1	28.7	-	-	3.4	0.71
Surimi crabmeat gunkan	57	4.9	30.7	-	-	5.2	1
Chicken teriyaki onigiri	180	7.9	28.1	-	-	2.2	0.88
Salmon teriyaki onigiri	179	9.1	26.8	-	-	2.2	0.68
Seaweed onigiri	145	3.1	28	-	-	0.8	0.85
Tuna & mustard onigiri	132	6.8	17.6	-	-	2.5	0.64
California hand roll	154	6.5	27.5	-	-	4.9	0.67
Fried prawn hand roll	194	4.6	31.7	-	-	7.1	1.13

SUSHI SET BOXES

Chumaki set	497	6.3	25.3	-	-	6.8	0.55
Hana set	706	6	28.8	-	-	3.4	0.4
Harmony set	768	6.6	28.2	-	-	6.6	0.67
Mini hosomaki set	434	6.6	27.7	-	-	4.7	0.77
Mini veg set	303	5.6	24.5	-	-	3.3	0.73
Mixed maki set	491	6	27.4	-	-	5.4	0.79
Rainbow set	652	8.3	24.3	-	-	5.4	0.24
Salmon nigiri set	358	6.8	22	-	-	3.7	0.53
Sashimi set	161	14.4	2.4	-	-	3.4	0.25
Wasabi classic with chicken katsu	633	7.7	26.6	-	-	7.8	0.72

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EASY BITES

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Fruity Caramel Crispie Bites	536	6	62	-	45	29	0.3
All Butter Belgian Chocolate Cookie	428	4	52	-	32	22	0.5
Nutty Flapjack	425	7	45	-	28	23	0.1
Chocolate Brownie (Gluten Free)	418	6	34	-	32	28	0.4
Fruity Flapjack	380	5	54	-	34	16	0.2
Panettoncino Classico	374	8	52	-	30	15	0.4
Fruity Crumble	282	2	47	-	27	9	0.1
Stem Ginger Biscuits	248	3	34	-	13	11	0.2
Fruit & Oat Biscuits	224	3	32	-	14	9	0.4
Chilli And Lime Mix	204	8	20	-	2	10	1.7
Fruit And Nut Mix	204	6	13	-	11	14	0
Gingerbread Biscuit	162	3	30	-	13	3	0.3
Mini Bakewell Tarts (Gluten Free)	137	1	18	-	11	7	0.1
Dried Mango	120	1	28	-	23	0	0
Almond Biscotti	77	2	10	-	6	3	0.1
Mini Muffins (Choc. + Rasp. & White Choc.)	75	1	9	-	6	4	0.1
Mini Shortbread Bites	52	1	6	-	2	3	0
Milk Chocolate Gianduja	47	1	5	-	4	3	0

HOT FOOD

Mac and Cheese	598	23	49	-	6	34	2
Meatball Wrap	582	22	58	-	9	29	1.5
Quiche Lorraine	524	13	27	-	2	40	1.5
Italian Mozzarella, Tomato & Basil Panini	519	24	50	-	4	24	2.3
Red Leicester, Pepper & Onion Quiche	508	13	27	-	1	38	1.2
British Bacon & Brie Panini	499	25	58	-	12	18	2.2
Cumberland Sausage With Red Onion Toastie	493	25	48	-	7	22	2
Tuna Melt Panini	483	30	47	-	4	19	2
Meatball Pasta	466	17	56	-	10	19	1.5
Salami and Tomato Panini	449	20	56	-	5	15	2.1
Chipotle Chicken Toastie	449	25	51	-	7	15	1.9
Cheddar And Slow Roasted Tomato Toastie	443	21	44	-	11	19	1.9
Emmenthal And Mushroom Toastie	443	21	45	-	3	19	1.4
British Chicken Caesar Wrap (Gluten Free)	434	18	36	-	3	21	2.5
Roast Chicken Fajita Wrap	428	22	45	-	8	16	1.4
British Ham & Cheese Panini	427	27	49	-	4	14	2.5
Hoisin Duck Wrap	423	12	67	-	18	11	1.3
Goats' Cheese & Sweet Chilli Chutney Panini	420	16	65	-	18	9	1.4
British Chicken And Bacon Toastie	418	24	46	-	4	15	2.1
Chilli Sausage Roll	412	10	25	-	3	30	0.9
Halloumi & Roasted Pepper Focaccia	411	17	46	-	4	17	1.6
Wiltshire Ham & Mature Cheddar Toastie	409	25	43	-	4	15	1.6
Sausage Roll	400	10	24	-	1	29	0.9
Chicken Chorizo & roasted pepper rice box	327	14	38	-	7	13	1.3
British Ham & Cheese Toastie	307	15	42	-	6	8	1.7

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Ginger sachet	1	0.19	0.83	-	-	0.24	2.1
Soy sauce sachet	8	10	3.2	-	-	0	16.9
Sweet soy sauce sachet	14	8.3	20	-	-	0	15.7
Gluten free soy sauce sachet	6	10	2	-	-	0	16.4
Reduced salt soy sauce sachet	11	9.7	6.9	-	-	0	9.1
Wasabi sachet	13	3.8	38	-	-	9.2	5.8

NOODLE SOUP

Chicken gyoza tanmen	231	1.3	9	-	-	0.9	0.3
Spicy chicken tanmen	482	6.2	10.2	-	-	2.8	0.55
Salmon teriyaki tanmen	449	4.6	11.5	-	-	3	0.48
Veg tanmen	268	1.2	9.3	-	-	1.4	0.4
Chicken gyoza soumen	114	2.2	9	-	-	1.7	0.41
Spicy chicken soumen	210	8	9.5	-	-	2.6	0.65
Veg soumen	124	1.7	9.4	-	-	1.3	0.65
Miso soup	8	0.5	1.2	-	-	1	0.76
Miso sachet	1	1.1	1.6	-	-	0.5	1.17

HOT FOOD

Chicken curry & rice standard	851	6.4	23.9	-	-	3.1	0.4
Chicken curry & chicken jahang standard	835	9	18.3	-	-	5.4	0.76
Chicken curry & chicken yakisoba standard	794	9.2	14.1	-	-	5.1	0.78
Chicken curry & veg yakisoba standard	905	8.9	16.4	-	-	6.4	0.63
Chicken katsu curry & rice standard	1121	6.1	20.8	-	-	5.6	0.67
Chicken katsu curry & chicken yakisoba standard	1098	8.3	12.9	-	-	7.3	0.97
Chicken katsu curry & veg yakisoba standard	1279	8.1	14.7	-	-	8.3	0.8
Chicken katsu yakisoba bento standard	716	9.6	16.7	-	-	5.8	1.14
Chicken teriyaki & rice standard	794	5.6	22.2	-	-	1.9	0.91
Chicken teriyaki & chicken jahang standard	727	8	17.7	-	-	2.8	1.21
Chicken teriyaki & chicken yakisoba standard	737	8.1	13.2	-	-	3.7	1.26
Chicken teriyaki & veg yakisoba standard	848	7.9	15.3	-	-	4.9	1.12
Spicy chicken & rice standard	867	6.4	21.7	-	-	3.1	0.48
Spicy chicken & chicken jahang standard	851	8.8	16.5	-	-	4	0.81
Spicy chicken & chicken yakisoba standard	810	8.9	12.6	-	-	4.9	0.83
Spicy chicken & veg yakisoba standard	921	8.7	14.7	-	-	6.1	0.69
Sweet chilli chicken & rice standard	1280	7	30.9	-	-	6.1	0.53
Sweet chilli chicken & chicken jahang standard	1264	9.4	25.7	-	-	7	0.86
Sweet chilli chicken & chicken yakisoba standard	1223	9.5	21.8	-	-	8	0.88
Sweet chilli chicken & veg yakisoba standard	1334	9.3	23.9	-	-	9.1	0.74
Chicken yakisoba standard	639	7.9	16.9	-	-	4.7	0.93
Chicken jahang standard	707	7.6	25.9	-	-	2.5	0.88
Yakitori chicken bento standard	715	6.5	25.5	-	-	3.3	0.58
Salmon teriyaki & rice standard	1146	8.5	27.1	-	-	9.6	0.74
Seafood kakiage bento standard	768	6.5	20.6	-	-	9.3	0.78
Tofu curry & rice standard	944	2.7	22.7	-	-	7.1	0.56

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Tofu curry & chicken jahang standard	928	5.3	17.1	-	-	9.5	0.92
Tofu curry & chicken yakisoba standard	887	5.4	12.8	-	-	9.2	0.94
Tofu curry & veg yakisoba standard	998	5.2	15.2	-	-	10.4	0.79
Sweet chilli tofu & rice standard	995	3.6	33.3	-	-	3	0.44
Sweet chilli tofu & chicken jahang standard	979	6.2	27.7	-	-	4	0.8
Sweet chilli tofu & chicken yakisoba standard	938	6.4	23.4	-	-	5	0.82
Sweet chilli tofu & veg yakisoba standard	1049	6.1	25.7	-	-	6.2	0.67
Vegetable yakisoba standard	824	7.4	21.8	-	-	7.3	0.61
Pork bulgogi & rice standard	746	6.1	18	-	-	3.8	1.17
Pork bulgogi & chicken yakisoba standard	935	9.1	21.3	-	-	4.7	1.3
Chicken okonomiyaki standard	690	10.1	20.9	-	-	2.7	0.29
Seafood okonomiyaki standard	814	10.3	19	-	-	3.5	0.39
Spicy veg okonomiyaki standard	764	5.4	25.4	-	-	3.1	0.28
Chicken yakisoba standard	736	11.2	17.3	-	-	1.8	0.83
Seafood yakisoba standard	741	6.2	21	-	-	2.5	0.91
Chicken katsu standard	199	18.7	13.3	-	-	12	0.78
Steamed chicken gyoza standard	53	8	18	-	-	2.5	1.08
Chicken yakitori standard	48	16	8.1	-	-	6.9	1.41
Fried chicken gyoza standard	125	10.6	26.7	-	-	11.1	1.04
Tempura prawn standard	43	8.9	23.2	-	-	1.5	0.44
Chicken curry & rice large	1224	6.4	23.9	-	-	3.1	0.4
Chicken curry & chicken jahang large	1201	9	18.3	-	-	5.4	0.76
Chicken curry & chicken yakisoba large	1143	9.2	14.1	-	-	5.1	0.78
Chicken curry & ceg yakisoba large	1302	8.9	16.4	-	-	6.4	0.63
Chicken katsu curry & rice large	1302	6.1	20.8	-	-	5.6	0.67
Chicken katsu curry & chicken yakisoba large	1276	8.3	12.9	-	-	7.3	0.97
Chicken katsu curry & veg yakisoba large	1485	8.1	14.7	-	-	8.3	0.8
Chicken katsu yakisoba bento large	n/a	9.6	16.7	-	-	5.8	1.14
Chicken teriyaki & rice large	1050	5.6	22.2	-	-	1.9	0.91
Chicken teriyaki & chicken jahang large	1046	8	17.7	-	-	2.8	1.21
Chicken teriyaki & chicken yakisoba large	975	8.1	13.2	-	-	3.7	1.26
Chicken teriyaki & veg yakisoba large	1121	7.9	15.3	-	-	4.9	1.12
Spicy chicken & rice large	1147	6.4	21.7	-	-	3.1	0.48
Spicy chicken & chicken jahang large	1125	8.8	16.5	-	-	4	0.81
Spicy chicken & chicken yakisoba large	1072	8.9	12.6	-	-	4.9	0.83
Spicy chicken & veg yakisoba large	1218	8.7	14.7	-	-	6.1	0.69
Sweet chilli chicken & rice large	1693	7	30.9	-	-	6.1	0.53
Sweet chilli chicken & chicken jahang large	1672	9.4	25.7	-	-	7	0.86
Sweet chilli chicken & chicken yakisoba large	1618	9.5	21.8	-	-	8	0.88
Sweet chilli chicken & veg yakisoba large	1764	9.3	23.9	-	-	9.1	0.74
Chicken yakisoba large	781	7.9	16.9	-	-	4.7	0.93
Chicken jahang large	864	7.6	25.9	-	-	2.5	0.88
Yakitori chicken bento large	n/a	6.5	25.5	-	-	3.3	0.58
Salmon teriyaki & rice large	1582	8.5	27.1	-	-	9.6	0.74
Seafood kakiage bento large	n/a	6.5	20.6	-	-	9.3	0.78
Tofu curry & rice large	1358	2.7	22.7	-	-	7.1	0.56
Tofu curry & chicken jahang large	1335	5.3	17.1	-	-	9.5	0.92

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Sweet chilli tofu & chicken yakisoba large	1350	6.4	23.4	-	-	5	0.82
Sweet chilli tofu & veg yakisoba large	1509	6.1	25.7	-	-	6.2	0.67
Vegetable yakisoba large	1007	7.4	21.8	-	-	7.3	0.61
Pork bulgogi & rice large	1074	6.1	18	-	-	3.8	1.17
Pork bulgogi & chicken yakisoba large	1344	9.1	21.3	-	-	4.7	1.3
Chicken okonomiyaki large	-	10.1	20.9	-	-	2.7	0.29
Seafood okonomiyaki large	-	10.3	19	-	-	3.5	0.39
Spicy veg okonomiyaki large	-	5.4	25.4	-	-	3.1	0.28
Chicken yakisoba large	-	11.2	17.3	-	-	1.8	0.83
Seafood yakisoba large	-	6.2	21	-	-	2.5	0.91
Chicken katsu large	399	18.7	13.3	-	-	12	0.78
Steamed chicken gyoza large	106	8	18	-	-	2.5	1.08
Chicken yakitori large	-	16	8.1	-	-	6.9	1.41
Fried chicken gyoza large	-	10.6	26.7	-	-	11.1	1.04
Tempura prawn large	-	8.9	23.2	-	-	1.5	0.44

BREAKFAST

Rainbow pot	-	-	-	-	-	-	-
Hana pot	-	-	-	-	-	-	-
Wabi wrap	-	-	-	-	-	-	-
Sabi wrap	-	-	-	-	-	-	-
Mango & yoghurt	-	-	-	-	-	-	-
Berry & yoghurt	-	-	-	-	-	-	-

SALADS

Asian green salad	138	4.3	14.2	-	-	4.6	0.34
Avocado & baby spinach salad	58	3.2	5	-	-	7.1	0.13
Chicken gyoza salad	125	10.6	26.7	-	-	11.1	1.04
Chicken katsu	210	16.3	15.2	-	-	11.9	0.42
Chicken yakisoba salad	142	10.6	8.9	-	-	4.4	0.81
Chilli noodle salad	117	1.2	21.1	-	-	0.9	0.6
Chukka wakame salad	127	2.4	12.6	-	-	7.4	2.19
Japanese creamy potato	119	2.9	14.1	-	-	5.7	0.36
Surimi crabmeat salad	151	4.4	10.5	-	-	10.1	1.25
Wasabi house salad	166	4.3	4.6	-	-	14.5	0.41
Wasabi superfood salad	100	4.1	5.9	-	-	14.1	0.13
King prawn and avocado salad	189	5.4	4.9	-	-	16.4	0.43
King prawn and broccoli salad	90	5.1	7	-	-	4.6	0.25
Sweet chilli chicken	216	10.8	25.6	-	-	10.5	0.85
Mixed salad leaves standard	3	1.3	1.9	-	-	1.9	0.1
Mixed salad leaves large	7	1.3	1.9	-	-	0.1	0.5

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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DRINKS, SNACKS AND DESSERTS

Custard dorayaki	162	3	45.3	-	-	2.4	0.34
Red bean dorayaki	186	3.8	52.2	-	-	1.6	0.24
Chocolate dorayaki	260	4.3	43.9	-	-	16.7	0.24
Strawberry and cream dorayaki	237	4.7	45.1	-	-	12.6	0.17
Green mochi	254	3.6	63.1	-	-	0.4	0.02
Red mochi	256	3.6	63.8	-	-	0.4	0.02
White mochi	256	3.6	63.5	-	-	0.4	0.04
Sweet chilli rice crackers	233	3.5	53.8	-	-	39.3	2.4
Wasabi pea triangle	44	15	55.5	-	-	10.9	1.81
Sriracha pea triangle	44	15.4	58.1	-	-	9.9	1.2
Chocolate cookies peperoni	162	10	62	-	-	24	0.2
Chocolate & almond peperoni	175	11	52	-	-	33	0.2
Cookies and cream peperoni	165	8	66	-	-	24	0.2
Sweet and spicy popcorn	195	4	64.8	-	-	28.9	0.55
Chocolate popcorn	233	4.5	74	-	-	18.3	0.82
Consomme popcorn	95	8.8	66	-	-	20.5	2.15
Caramel popcorn	249	3.7	70.2	-	-	23.2	0.9
Salted potato sticks	207	5.3	63.5	-	-	27	1.68
Vanilla salted caramel chocolate drops	135	5.6	54.4	-	-	35.5	0.38
Dark chocolate and cinnamon chocolate drops	137	7.5	30.3	-	-	43.7	0.03
Chilli and ginger chocolate drops	135	7	50.9	-	-	36.2	0.29
Original aloe vera	210	0	10	-	-	0	0.06
Mango aloe vera	250	0	12	-	-	0	0.02
Yuzu aloe vera	199	0	10	-	-	0	0.05
Plum tea	270	0	14	-	-	0	0.03
Bubble tea original milk tea	244	0.3	9.8	-	-	<0.05	3.75
Bubble tea matcha milk tea	313	1.6	11.6	-	-	<0.05	4
Bubble tea mango	150	0	7.8	-	-	0.1	0.03
Bubble tea lychee	266	0.1	14.1	-	-	0	0