



Luke Randall Fitness

NUTRITION SURVIVAL GUIDE TO
YO SUSHI

CALORIES AND MACRONUTRIENTS

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NESS](http://WWW.FACEBOOK.COM/LUKERANDALLFITNESS)

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

KATSU

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Pumpkin Katsu Curry (V)	403	-	-	-	13	8.4	2.2
Chicken Katsu	164	-	-	-	1	9.3	0.6
Chicken Katsu Sando	591	-	-	-	4.5	13	3.9
Prawn Katsu	122	-	-	-	0.9	3.9	1.2
Pumpkin Katsu	130	-	-	-	<0.5	4.8	1.1
Katsu Selection	197	-	-	-	<0.5	7.3	1.1
Tofu Katsu Curry	485	-	-	-	15	10	2
Chicken Katsu Curry	519	-	-	-	14	16	2.5
Prawn Katsu Curry	379	-	-	-	14	7.3	2.8

TERIYAKI

Salmon Teriyaki	229	-	-	-	20	6.6	3
Chicken Teriyaki	243	-	-	-	11	8.7	1.6
Pork Teriyaki	223	-	-	-	11	9.5	1.7
Beef Teriyaki	227	-	-	-	7.8	5.9	1.3

GYOZA

Vegetable Gyoza	111	-	-	-	<0.5	3.9	1.6
Chicken Gyoza	119	-	-	-	<0.5	5.6	1.3
Duck Gyoza	132	-	-	-	6	4.6	0.11

TEMPURA

Kakiage Vegetable Tempura (V)	153	-	-	-	4.9	5.6	0.46
Popcorn Shrimp Tempura	341	-	-	-	14	18	2.2
Soft Shell Crab Tempura	219	-	-	-	3.2	9.2	0.95

RAMEN & MISO

Miso Soup	60	-	-	-	2.4	1.4	2.4
Spicy Seafood Udon	316	-	-	-	6.4	3.6	3.4
Curry Beef Ramen	378	-	-	-	12	10	1.3
Curry Pork Ramen	368	-	-	-	12	10	1.2
Curry Dumpling Ramen	379	-	-	-	12	8.9	1.7
Miso Beef Ramen	345	-	-	-	8	6.1	3.3
Miso Pork Ramen	335	-	-	-	8.3	6.2	3.2
Miso Dumpling Ramen	346	-	-	-	8	4.9	3.7

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CHAHAN

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Plain Rice	307	-	-	-	10	1.5	2.2
Vegetable Chahan	339	-	-	-	12	3.3	3.5
Chicken Chahan	411	-	-	-	12	6.7	3.6
Salmon Chahan	411	-	-	-	12	7.7	3.6

YAKISOBA

Plain Noodles	158	-	-	-	<0.5	0.7	<0.01
Vegetable Yakisoba	189	-	-	-	3.5	3.6	4.2
Chicken Yakisoba	261	-	-	-	3.5	7	4.3

STREET FOOD

Cod Nanbanzuke	158	-	-	-	16	0.6	0.97
Chicken Kara Age	319	-	-	-	1.5	16	0.74
Furikake Fries	523	-	-	-	6.2	32	2.3
Okonomiyaki	146	-	-	-	18	5.5	0.56
Crispy Chicken Wings	244	-	-	-	1.1	15	1.5
Takoyaki	171	-	-	-	<0.5	11	1.6
Spicy Pepper Squid	145	-	-	-	1.4	5.2	2.3
Hoisin Duck Bao	226	-	-	-	9	7	0.95
Pork Belly Bao	210	-	-	-	10	4	1.1

ROLLS

Crispy Salmon Skin Roll	114	-	-	-	2.7	2.5	0.59
California Roll	142	-	-	-	2.6	5.9	0.88
Spicy Chicken Roll	130	-	-	-	2.6	3.2	0.87
Smoked Salmon & Cream Cheese Roll	220	-	-	-	2.7	13	1.8
YO! Roll	140	-	-	-	2.7	4.7	0.66
Yasai Roll	170	-	-	-	5.5	5.6	1
Spicy Tuna Roll	132	-	-	-	2.9	3.3	0.71
Ebi Roll	127	-	-	-	2.7	3.2	1
Blossom Roll	208	-	-	-	11	6.8	2.4
Dynamite Roll	168	-	-	-	3.5	7.5	0.86
Ginza Roll	250	-	-	-	6	13	1.6
Hoisin Duck Roll	117	-	-	-	3	2.5	0.68
Dragon Roll	178	-	-	-	2.6	8.1	0.91
Roll Selection	242	-	-	-	6	9	1.3
Avocado Maki	131	-	-	-	3.2	4.5	0.71
Cucumber Maki	93	-	-	-	3.3	<0.5	0.67
Salmon Maki	122	-	-	-	3.1	2.3	0.69
Tuna Maki	115	-	-	-	3.1	1.2	0.69

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NIGIRI

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Tamago Nigiri	262	-	-	-	4.6	2.5	0.77
Inari Nigiri	102	-	-	-	4.8	1.1	0.76
Salmon Nigiri	97	-	-	-	2.1	2.5	0.47
Kaiso Nigiri	106	-	-	-	3.7	2.4	1.3
Ebi Nigiri	137	-	-	-	2.1	<0.5	0.45
Albacore Nigiri	91	-	-	-	2.3	0.9	1.1
Beef Nigiri	102	-	-	-	2.1	1.9	0.61
Assorted Nigiri & Maki	220	-	-	-	5.5	4.4	1.2

TEMAKI

Crispy Salmon Skin Temaki	99	-	-	-	2.2	2.4	0.48
Yasai Temaki	184	-	-	-	4	3.3	0.67
California Temaki	179	-	-	-	2.1	11	1.2
Salmon & Avocado Temaki	132	-	-	-	2.1	5.9	0.52

SASHIMI

Salmon Sashimi	140	-	-	-	0.8	8.3	0.1
Tuna Sashimi	65	-	-	-	0.6	2.1	0.07
Albacore Truffle Ponzu	87	-	-	-	1.2	2.9	2.5
Beef Tataki	159	-	-	-	7	8.3	1.5
Salmon & Yuzu Salsa	102	-	-	-	0.9	5.6	0.94
Salmon Selection	214	-	-	-	4.2	7	0.85

FRESH SALADS

Edamame	121	-	-	-	<0.5	5.5	0.98
Kaiso Seaweed	120	-	-	-	8.3	4.7	2
Kimchi Squid Salad	71	-	-	-	3.2	1.5	2
Harusame Aubergine	82	-	-	-	9	4	1.2
Spicy Chicken Salad	204	-	-	-	4.8	8.6	1.4

DESSERTS

Fruit	51	-	-	-	12	<0.5	0.05
Custard Dorayaki	138	-	-	-	16	1.8	<0.01
Chocolate Mochi	207	-	-	-	8.6	6.2	0.61
Strawberry Cheesecake Mochi	188	-	-	-	22	5.4	0.17
Malted Chocolate Pot	212	-	-	-	11	17	0.15
Ginza Strawberry Cake	155	-	-	-	9.2	9.9	0.03
Japanese Souffle Cheesecake	165	-	-	-	10	11	0.25
Espresso Ice Cream Mochi	146	-	-	-	18	4.5	0.03
Mango Ice Cream Mochi (V)	131	-	-	-	17	3.3	0.08

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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SPECIALS (SELFRIDGES EXCLUSIVE DISHES)

Salmon Taco	153	-	-	-	2.8	8.1	0.71
Tuna Taco	148	-	-	-	2.4	7.7	0.65
Avocado Taco	155	-	-	-	2.4	10	0.63
Taco Platter	456	-	-	-	7.7	26	2
Salmon And Ikura Aburi	81	-	-	-	1.9	3.2	0.82
Scallop And Ama Miso Aburi	112	-	-	-	2.4	1	0.76
Tuna And Ponzu Aburi	107	-	-	-	2.3	2.9	0.73
Albacore And Yuzu Koshu Aburi	108	-	-	-	2.1	2.9	0.92
Beef And Garlic Aburi	106	-	-	-	3.6	1.6	0.76
Aburi Platter	344	-	-	-	7.2	7.8	2.3
YO! Hirata Donut	326	-	-	-	20	14	0.85

SUMO SIZED BOWLS

Sumo Tofu Katsu Curry	1270	-	-	-	13	22	0.38
Sumo Chicken Katsu Curry	1246	-	-	-	11	32	0.58
Sumo Pumpkin Curry	1142	-	-	-	10	19	0.99
Sumo Salmon Teriyaki	1199	-	-	-	36	15	5.1
Sumo Chicken Teriyaki	1303	-	-	-	34	17	5.1
Sumo Pork Teriyaki	1223	-	-	-	34	16	5.9
Sumo Furikake Fries	1535	-	-	-	15	94	6.6
Sumo Spicy Seafood Udon with Rice	894	-	-	-	12	7.8	4.6
Sumo Beef Teriyaki	1281	-	-	-	41	11	6.7
Sumo Prawn Katsu Curry	1138	-	-	-	13	21	1.5

VEGETARIAN DISHES

Miso Soup	60	-	-	-	2.4	1.4	2.4
Miso Dumpling Ramen	346	-	-	-	8	4.9	3.7
Miso Dumpling Ramen with Rice	278	-	-	-	6.9	4.7	2.9

DISH OF THE WEEK - SPECIALS

Chicken Curry Udon	435	-	-	-	5.5	9.6	2
Coriander Seared Tuna Sashimi	106	-	-	-	0.7	3.5	0.11
Beef Bao	261	-	-	-	9	6.1	1.3
Crunchy Tofu Salad (V)	103	-	-	-	3.2	3	0.36

HALLOWEEN BENTO - SPECIALS

Chicken Bento & Fries	574	-	-	-	25	23	1.6
Cod Bento & Fries	568	-	-	-	22	20	1.2
Pumpkin Bento & Fries	548	-	-	-	22	22	1.6
Chicken Bento & Vegetable Sticks	455	-	-	-	29	15	1.6
Cod Bento & Vegetable Sticks	456	-	-	-	26	13	1.3
Pumpkin Bento & Vegetable Sticks	409	-	-	-	26	13	1.3