



Serving Size (oz)	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb. (g)	Dietary Fibre (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
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U.S. Menu

Famous Teriyaki (Cooked with water and no sauce added)

Chicken Teriyaki	18.6	537	3.9	1	99	456	74.6	3.6	47.4	15%	93%	7%	14%
Beef Teriyaki	18.6	600	12.9	5	98	483	74.6	3.6	43.5	14%	90%	8%	34%
Shrimp Teriyaki	15.4	432	2.8	0.6	151	308	71.4	3.4	28.3	19%	93%	11%	25%
Tofu Teriyaki	17.7	559	13.4	0.2	0	307	79.6	3.8	29.5	15%	92%	97%	30%
Chicken & Beef Teriyaki	18.6	569	8.4	3	98	469	74.6	3.6	45.4	15%	92%	8%	24%
Chicken & Shrimp Teriyaki	17.7	500	3.4	0.8	125	552	76.3	3.8	38.3	17%	93%	10%	21%
Beef & Shrimp Teriyaki	17.6	532	7.9	2.8	124	566	76.3	3.8	36.4	17%	92%	10%	31%
Vegetable Teriyaki	11.5	318	1.1	0.2	0	21	68.4	3.3	7.8	14%	88%	6%	8%

Yakisoba Noodles (Cooked with water and no sauce added)

Chicken Yakisoba	18.7	520	4.8	0.8	104	756	65.2	3.7	51.7	15%	93%	5%	26%
Beef Yakisoba	18.7	583	13.8	4.8	103	783	65.2	3.7	47.9	14%	90%	6%	46%
Shrimp Yakisoba	15.6	416	3.6	0.4	156	614	62.1	3.5	32.6	19%	93%	10%	37%
Tofu Yakisoba	17.5	534	14.2	0.1	5	468	68.5	3.8	33.6	15%	92%	95%	42%
Chicken & Beef Yakisoba	18.7	552	9.3	2.8	103	769	65.2	3.7	49.8	15%	92%	6%	36%
Chicken & Shrimp Yakisoba	17.8	485	4.3	0.6	132	854	66.9	3.8	43	17%	93%	8%	33%
Beef & Shrimp Yakisoba	17.8	516	8.8	2.6	131	871	67	3.9	41	17%	92%	8%	43%
Vegetable Yakisoba	11.6	301	2	0.1	5	321	59	3.3	12.1	14%	88%	5%	19%

Pan-Asian Udon Noodles (Cooked with water and no sauce added)

Chicken Pan Asian	18.9	401	5	1	99	231	40.7	3.1	47.9	62%	168%	11%	33%
Beef Pan Asian	18.9	464	14	3	98	259	40.7	3.1	44.1	61%	165%	12%	52%
Shrimp Pan Asian	16.4	317	3.9	0.6	151	337	41.9	3.1	29.4	66%	168%	15%	44%
Tofu Pan Asian	18.2	434	14.4	0.3	0	198	48.1	3.3	30.3	62%	167%	101%	49%
Chicken & Beef Pan Asian	27.8	453	9.5	3	98	504	45.1	3.2	46.6	62%	167%	12%	43%
Chicken & Shrimp Pan Asian	26.9	384	4.5	0.8	125	587	46.8	3.4	39.4	65%	170%	14%	40%
Beef & Shrimp Pan Asian	26.9	416	9	2.8	124	600	46.8	3.4	37.5	64%	168%	14%	50%
Vegetable Pan Asian	16.6	202	2.2	0.3	0	54	38.9	2.9	8.9	61%	165%	11%	26%

Yakisoba Noodle Soup Bowl

Chicken	28.8	448	3.4	0.4	53	1534	70.4	4.2	33.3	20%	92%	7%	26%
Beef	28.8	479	7.9	2.4	53	1549	70.4	4.2	31.4	20%	92%	7%	36%
Shrimp	26.8	382	2.9	0.2	79	1293	65.9	5.1	24.1	23%	92%	9%	31%
Tofu	25.6	422	6.9	0	4	1673	69.4	4.3	21.3	21%	92%	40%	32%
Gyoza	27.2	463	2.9	0.1	10	1423	90.3	5.1	19.7	20%	93%	7%	35%
Vegetable	22.6	324	2	0	4	1145	62	3.9	13	20%	90%	6%	22%



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Spicy Udon Noodle Soup Bowl

Chicken	31.7	341	2.2	0.4	50	2035	50.4	3.4	31.2	68%	167%	12%	30%
Beef	31.6	373	6.7	2.4	49	2048	50.4	3.4	29.3	68%	165%	12%	40%
Shrimp	29.6	272	1.3	0.2	97	1832	45.5	3.2	21.6	72%	167%	14%	37%
Tofu	32.3	308	5.1	0	0	1797	49.5	3.6	18.9	69%	167%	46%	35%
Gyoza	34.2	357	1.7	0.1	7	1926	70.4	4.3	16.9	68%	168%	13%	39%
Vegetable	29.6	217	0.8	0	0	1649	44.2	3.1	11	68%	163%	12%	25%

Hot and Spicy Pork

Hot & Spicy Pork	22.1	1148	12.3	3.5	110	1739	209.4	3.5	53.5	19%	187%	13%	34%
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Teriyaki Salmon (not including Asian tartar sauce)

Teriyaki Salmon	17.7	532	11.7	2.2	57	1697	73.4	3.4	32.9	18%	103%	9%	15%
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Gyoza Dumplings

2 pce	2.1	127	0.6	0.1	4	779	25.2	0.9	5	0%	3%	1%	9%
6 pce	6.2	313	2.1	0.3	13	963	59.9	3.5	13.2	5%	46%	4%	27%

Sushi (8 pieces)

California Roll with Toasted Sesame Seeds	8 pc	669	31.9	4.6	6	982	79.9	7.6	18.5	2%	7%	10%	32%
California Roll with Tobiko	8 pc	423	7.3	1.2	56	1355	73	1.9	13.4	2%	7%	5%	7%
Smoked Salmon Nigiri	8 pc	585	12.9	2.9	24	1324	89.4	0.5	24	0%	2%	6%	6%
Tuna Nigiri	8 pc	527	5	0.9	38	907	89.4	0.5	26.9	2%	2%	7%	11%
Vegetable Sushi with Avocado	8 pc	657	31.7	4.6	2	828	79.8	8.1	16.3	26%	8%	11%	32%
Vegetable Sushi with Picked Radish	8 pc	365	4.2	0.7	2	967	72.2	1.5	7	26%	5%	6%	6%

Individual Items

White Rice	7	285	0.6	0.2	0	2	61.8	0.9	5.9	0%	0%	2%	3%
Brown Rice	7	207	1.2	0.2	1	9	44.5	1.5	4.6	0%	0%	3%	6%
Yakisoba Noodles	7	266	1.5	0	5	71	52.3	0	9.9	0%	0%	0%	15%
Udon Noodles	7	158	0.2	0	0	12	33.5	1	5.9	0%	0%	0%	15%
Teriyaki & Yakisoba Vegetable Mix	4.5	33	0.5	0.1	0	19	6.5	2.4	1.9	14%	88%	4%	4%
Pan-Asian Vegetable Mix	5.2	24	0.3	0	0	37	4.6	1.7	2	61%	163%	9%	9%



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Individual Items (cont'd)

Chicken	6	190	2.8	0.7	99	94	0	0	38.7	0%	3%	119%	5%
Beef	6	253	11.8	4.7	98	122	0	0	34.9	0%	0%	2%	25%
Shrimp	3.5	105	1.7	0.3	151	147	0.9	0	20.2	4%	3%	5%	17%
Tofu	5	220	12.2	N/A	N/A	7	6.7	N/A	20.8	0%	0%	99%	20%

Sauces and Condiments

Sweet Chili Sauce	2	106	0	0	0	1201	24.2	0	1.7	0%	0%	0%	0%
Pineapple Sauce	2	87	0	0	0	970	19.8	0.1	1.6	0%	0%	0%	0%
Pan-Asian Sauce	2	74	1.59	0.32	0	768	14.74	0	1.05	0%	0%	0%	0%
Teriyaki Sauce	2	100	0	0	0	1370	21	0	2	0%	0%	0%	4%
Hot & Spicy Sauce	2	85	1	0.1	0	800	20	0	1.1	0%	2%	0%	0%

Asian Cooking Sauce

Cooking Sauce	1	64	5.2	0.4	0	315	4.1	0	0.6	0%	0%	0%	0%
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If you're trying to minimize sodium in your diet, we can accommodate by following our "reduced sodium" meal preparation. A reduced sodium Chicken Teriyaki Meal is shown below, as an example of a reduced sodium meal. If you'd like the nutritional information on other meals prepared this way please email info@teriyakiexperience.com.

Reduced Sodium

Chicken Teriyaki	18.6	512	3.9	1	99	116	69.2	3.6	46.8	15%	93%	7%	14%
*50% Less Sodium Teriyaki Sauce	2	100	0	0	0	670	23	0	1	0%	0%	0%	2%

* Available in store July 2010