



Serving Size (g)	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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Canada Menu

Famous Teriyaki (Cooked with water and no sauce added)

Chicken Teriyaki	482	508	3.1	0.8	67	307	84	3	36.7	13%	50%	8%	17%
Beef Teriyaki	482	550	9.1	3.4	67	325	84	3	34.2	12%	48%	9%	31%
Shrimp Teriyaki	461	489	2.9	0.6	153	305	86	2.8	30.8	17%	50%	13%	30%
Tofu Teriyaki	532	628	14.1	0.3	1	315	94.8	3.1	33.1	13%	48%	104%	36%
Chicken & Beef Teriyaki	537	602	8.5	3	99	352	84	3	47.6	12%	50%	9%	29%
Chicken & Shrimp Teriyaki	510	534	3.5	0.8	126	430	85.6	3.1	40.5	15%	52%	11%	26%
Beef & Shrimp Teriyaki	510	565	8	2.8	126	443	85.6	3.1	38.6	15%	50%	11%	36%
Vegetable Teriyaki	350	374	1.2	0.3	1	26	83	2.7	10.1	12%	47%	8%	12%

Yakisoba Noodles (Cooked with water and no sauce added)

Chicken Yakisoba	482	445	3.8	0.6	71	584	62.1	3.5	40	12%	48%	4%	26%
Beef Yakisoba	482	487	9.8	3.2	71	602	62.1	3.5	37.4	12%	47%	4%	39%
Shrimp Yakisoba	462	426	3.6	0.4	157	582	64.1	3.3	34	17%	50%	8%	39%
Tofu Yakisoba	526	556	14.9	0.1	5	442	71	3.6	36	12%	48%	99%	45%
Chicken & Beef Yakisoba	540	539	9.2	2.8	103	629	62.1	3.5	50.8	12%	48%	4%	38%
Chicken & Shrimp Yakisoba	511	470	4.2	0.6	130	707	63.8	3.6	43.7	15%	52%	6%	34%
Beef & Shrimp Yakisoba	511	502	8.7	2.6	130	720	63.8	3.6	41.8	15%	50%	7%	44%
Vegetable Yakisoba	351	311	1.9	0.1	5	303	61.2	3.2	13.4	12%	47%	3%	21%

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

Chicken Pan Asian	487	347	4.2	0.8	66	317	42.3	3.3	36.3	42%	173%	7%	31%
Beef Pan Asian	487	389	10.2	3.5	66	335	42.3	3.3	33.7	42%	172%	8%	44%
Shrimp Pan Asian	466	328	4	0.6	152	315	44.3	3.2	30.3	47%	175%	12%	44%
Tofu Pan Asian	530	459	15.2	0.3	0	175	51.2	3.5	32.3	42%	173%	102%	50%
Chicken & Beef Pan Asian	543	441	9.6	3	98	362	42.3	3.3	47.1	42%	173%	8%	42%
Chicken & Shrimp Pan Asian	516	373	4.6	0.8	125	440	44	3.5	40	45%	175%	10%	39%
Beef & Shrimp Pan Asian	516	404	9.1	2.8	125	454	44	3.5	38.1	44%	173%	10%	49%
Vegetable Pan Asian	356	213	2.2	0.3	0	36	41.4	3	9.7	42%	170%	6%	26%

Yakisoba Noodle Soup Bowl

Chicken	807	406	3.2	0.4	38	1863	66.5	3.9	28.6	19%	50%	5%	26%
Beef	807	428	6.2	1.7	38	1872	66.5	3.9	27.3	18%	48%	5%	32%
Shrimp	791	395	3	0.3	81	1753	67.2	3.7	25.3	21%	50%	7%	31%
Tofu	833	466	8.7	0.1	5	1749	71.9	4	26.6	19%	50%	53%	35%
Vegetable	733	336	2.2	0.1	5	1614	65.6	3.6	15	18%	48%	4%	22%
Gyoza	801	475	3.1	0.2	11	1875	91.7	4.9	20.8	18%	52%	6%	34%

Spicy Udon Noodle Soup Bowl

Chicken	869	298	1.8	0.4	33	2055	47.7	3.6	24.5	49%	172%	7%	28%
Beef	869	319	4.8	1.7	33	2064	47.7	3.6	23.2	49%	172%	8%	34%
Shrimp	853	286	1.7	0.3	76	1944	48.4	3.4	21.2	51%	173%	10%	34%
Tofu	895	357	7.3	0.1	0	1940	53.1	3.7	22.5	49%	172%	55%	38%
Vegetable	795	228	0.8	0.1	0	1805	46.8	3.3	10.9	49%	170%	7%	24%
Gyoza	863	367	1.7	0.2	6	2067	72.8	4.5	16.7	49%	175%	8%	37%

Gyoza Dumplings

2 pce	62	127	0.6	0.6	4	779	25.2	0.9	5	0%	3%	1%	9%
6 pce	176	316	2.0	2	13	959	60.6	3.3	13.5	4%	23%	4%	27%

Wraps

Chicken	443	565	9.3	1.6	66	2374	79.6	4.6	39.1	12%	48%	5%	31%
Beef	443	608	15.3	4.2	66	2392	79.6	4.6	36.6	12%	47%	6%	44%
Shrimp	423	547	9.1	1.4	152	2372	82.6	4.4	33.2	17%	50%	10%	44%
Tofu	487	677	20.3	1.1	0	2232	88.4	4.7	35.2	12%	48%	101%	50%



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Sushi (8 pieces)

California Roll with Toasted Sesame Seeds	322	669	31.9	4.6	6	982	79.9	7.6	18.5	2%	7%	10%	32%
California Roll with Tobiko	293	423	7.3	1.2	56	1355	73	1.9	13.4	2%	7%	5%	7%
Smoked Salmon Nigiri	341	585	12.9	2.9	24	1324	89.4	0.5	24	0%	2%	6%	6%
Tuna Nigiri	349	527	5	0.9	38	907	89.4	0.5	26.9	2%	2%	7%	11%
Vegetable Sushi with Avocado	322	657	31.7	4.6	2	828	79.8	8.1	16.3	26%	8%	11%	32%
Vegetable Sushi with Picked Radish	278	365	4.2	0.7	2	967	72.2	1.5	7	26%	5%	6%	6%

Individual Items

White Rice	200	332	0.7	0.2	1	11	74.4	0.5	7	0%	0%	5%	5%
Brown Rice	200	299	1.7	0.3	1	12	64.4	2.1	6.7	0%	0%	3%	9%
Yakisoba Noodles	200	267	1.5	0	5	71	52.3	1	9.9	0%	0%	0%	15%
Udon Noodles	200	158	0.2	0	0	12	33.6	1	5.9	0%	0%	0%	15%
Teriyaki & Yakisoba Vegetable Mix	150	43	0.4	0	0	15	8.6	2.2	3.1	12%	47%	3%	6%
Pan-Asian Vegetable Mix	150	35	0.3	0	0	22	7.2	1.8	2.8	42%	169%	6%	10%
Chicken	114	127	1.8	0.5	66	63	0	0	25.9	1%	2%	0%	3%
Beef	114	170	7.9	3.2	66	82	0	0	23.4	0%	0%	1%	17%
Shrimp	100	106	1.7	0.3	152	148	0.9	0	20.3	4%	3%	5%	17%
Tofu	150	232	12.9	N/A	N/A	7	7	N/A	22	0%	0%	100%	21%

Sauces

Sweet Chili Sauce	60 ml	106	0	0	0	1201	24.2	0	1.7	0%	0%	0%	0%
Pineapple Sauce	60 ml	87	0	0	0	970	19.8	0.1	1.6	0%	0%	0%	0%
Pan-Asian Sauce	60 ml	74	1.6	0.3	0	768	14.7	0	1.05	0%	0%	0%	0%
Teriyaki Sauce	60 ml	100	0	0	0	1370	21	0	2	0%	0%	0%	4%
Hot & Spicy Sauce	60 ml	226	5.6	1.9	72	890	20.3	0	24	0%	3%	1%	11%

Asian Cooking Sauce

Cooking Sauce	30	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	482	506	3	0.8	67	89	83.8	3	36.3	13%	50%	8%	17%
*50% Less Sodium Teriyaki Sauce	60 ml	100	0	0	0	670	23	0	1	0%	0%	0%	2%

* Available in store July 2010