

# Sushi Train

## Energy Information



### Roll



### Nigiri



### Ship

Asparagus .....	700	kj	Ark Shell .....	350	kj	Avocado Seafood.....	870	kj
Asparagus Avocado .....	1500	kj	Asparagus Tempura .....	1120	kj	Chukagai (Scallop Skirt) .....	420	kj
Avocado .....	870	kj	Beef .....	380	kj	Corn Salad .....	510	kj
California .....	1300	kj	Chicken Avocado .....	310	kj	Crab Salad.....	480	kj
Chicken .....	1350	kj	Seafood Stick Avocado.....	840	kj	Egg Salad .....	560	kj
Chicken Avocado .....	1040	kj	Ebi Fry (Prawn) .....	960	kj	Squid & Spicy Fish Roe.....	350	kj
Crunchy.....	1350	kj	Eel.....	1020	kj	Ikura (Caviar) .....	570	kj
Seafood Stick.....	840	kj	Egg .....	680	kj	Lobster Salad .....	530	kj
Cucumber.....	560	kj	Eggplant Tempura .....	630	kj	Negitoro (Tuna Belly) .....	330	kj
Dragon Roll.....	820	kj	Geso (Arrow Squid Legs) .....	290	kj	Tobiko .....	300	kj
Ebi Fry (Prawn) .....	1530	kj	Hokki .....	570	kj	Tuna Salad.....	640	kj
Futomaki.....	2110	kj	Ikasugata .....	250	kj	Salmon & Ikura .....	1020	kj
Kanpyo (Gourd) .....	1240	kj	Inari (Fried Been Curd) .....	860	kj	Salmon Toro .....	570	kj
Natto (Fermented Soy Beans) .....	1300	kj	Kanikama (Seafood Stick) .....	800	kj	Sea Urchin .....	330	kj
Oshinko .....	602	kj	Kanikama Tempura (Seafood Stick). 1250	1250	kj	Seaweed.....	330	kj
Palm .....	1180	kj	Kingfish.....	760	kj	Imitation Shark Fin .....	360	kj
Salmon .....	770	kj	Kisu Tempura.....	1180	kj	Surf Clam.....	300	kj
Salmon Avocado .....	910	kj	Octopus.....	330	kj	Sweet Prawn .....	380	kj
S.A.O .....	1120	kj	Prawn .....	365	kj			
Sausage.....	1060	kj	Prawn Tempura .....	860	kj			
S.D.T & Avocado .....	1310	kj	Salmon .....	540	kj			
Sesame.....	700	kj	Scallop.....	330	kj			
Sunset .....	840	kj	Shimesaba (Mackerel) .....	580	kj			
Sushi Train .....	1310	kj	Squid .....	310	kj			
Teriyaki Chicken .....	770	kj	Sweet Prawn .....	330	kj			
Teriyaki Chicken Avocado .....	910	kj	Tuna.....	380	kj			
Tuna.....	640	kj	Unatama.....	450	kj			
Tuna Salad.....	1360	kj						
Tuna Salad Avocado.....	860	kj						
Tuna Tomato.....	670	kj						
Ume Q .....	660	kj						
Vegetarian.....	1040	kj						

Each amount shown is representing the Kilojoule total PER PLATE for dishes served at Sushi Train.

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S.A.O. Salmon, Avocado, Onion  
S.D.T. Sun Dried Tomato

