



FENG SUSHI
NUTRITIONAL INFORMATION

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Browse a selection of our most popular dishes with nutritional content

Product	Grams Per Portion (g)	Total Calories (kcal)	Protein (g)	Carbohydrate (g)	Sugar (g)	Fat (g)	saturated (g)	fibre (AOAC)	Salt (g)
<i>Starters</i>									
Miso	270	62.1	5.1	5.9	0.8	1.9	0.0	2.2	5.1
Edamame	160	252.8	27.4	5.9	4.5	13.4	1.9	9.0	9.9
Chili Edamame	190	328.7	27.6	23.9	22.4	13.7	2.1	9.5	1.5
Miso Edamame	170	340.0	28.4	8.3	5.6	21.4	2.9	9.4	0.7
Wilted spinach	122	154.9	4.0	7.3	7.2	12.1	1.7	3.2	2.2
Miso Dengaku	135	380.7	4.9	34.6	27.9	24.2	1.9	3.8	3.0
Seaweed Salad	130	123.5	2.7	9.8	7.0	9.8	1.4	1.4	3.1
X Ray Salad	248	310.0	4.0	19.8	17.4	23.8	3.7	5.2	1.2
Nippon 'Mock' Duck	166	215.8	7.6	34.2	16.6	5.5	4.0	2.5	2.3

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<i>Sashimi</i>									
Salmon Sashimi	78	140.4	15.756	0	0	8.58	1.482	0	0.078
Tuna Sashimi	78	79.56	18.252	0	0	0.78	0.156	0	0.078
Mackerel Sashimi	78	171.6	14.586	0	0	12.558	2.574	0	0.156
Yellowtail Sashimi	78	108.42	18.018	0	0	4.056	1.014	0	0.078
Yellowtail Upside Down	274	202.76	21.646	4.11	3.562	10.96	2.192	8.768	1.37
Mixed Sashimi Selection	124	212.04	26.784	0	0	11.656	2.232	0.62	0.496
Deluxe Mixed Sashimi Selection	374	557.26	80.41	10.846	0.374	21.318	3.74	6.732	0.748
Tuna Tartar	195	148.2	20.28	7.215	6.435	4.095	0.975	1.755	2.145
Seared Black Pepper & Sesame Tuna Sashimi	128	202.24	25.856	8.064	0.256	7.296	1.024	6.656	0.128
Salmon Tataki	86	143.62	15.824	0.602	0.516	8.6	1.462	0.172	0.086

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<i>Nigiri</i>									
Salmon Nigiri	58	109.04	5.684	15.892	2.146	2.552	0.464	0.522	0.522
Tuna Nigiri	58	91.64	6.38	15.892	2.146	0.29	0.116	0.522	0.522
Japanese Omelette	66	113.52	3.564	18.81	4.488	2.706	0.66	0.594	0.726
Seared Teriyaki Salmon	64	112.64	6.272	15.872	2.752	2.688	0.448	0.512	1.024
Ikura Salmon Eggs	70	144.2	12.9	16	2.2	3.2	0.6	4.5	2.1
Mackerel with Sesame	58	117.74	5.336	15.892	2.146	3.654	0.754	0.522	0.522
Yellowtail Nigiri	58	100.34	6.322	15.892	2.146	1.276	0.29	0.522	0.522
Sweet Shrimp Ama Ebi	50	86	4.6	15.85	2.1	0.45	0.1	0.55	1.85

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<i>Maki</i>									
6 Cucumber Maki with Sesame	177.5	269.8	6.2	53.8	7.8	3.4	0.5	3.7	1.8
6 Avocado Maki with Sesame	177.5	360.325	6.9225	53.96	7.2775	13.135	2.6625	5.8575	1.775
6 Salmon & Avocado Maki	182.5	346.75	11.4975	53.4725	7.3	9.49	2.0075	4.38	1.6425
6 Salmon & Chives Maki	172.5	293.25	11.385	53.3025	7.4175	3.795	0.69	3.2775	1.725
Tuna Maki	172.5	281.2	12.6	53.3	7.4	1.9	0.5	3.3	1.7
Tuna & Avocado Maki	182.5	334	12.6	53.5	7.3	7.7	1.6	4.4	1.6
Mackerel & Cucumber Maki	177.5	300	9.6	55.7	7.8	4.1	0.9	3.2	1.8

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<i>Inside-Out Maki</i>									
ISO 8- Salmon Skin & Spring Onion	182.5	326.675	15.1475	53.29	7.3	6.0225	1.095	3.1025	1.825
ISO 8- Salmon & Avocado	234.5	452.585	15.008	62.6115	8.442	15.7115	3.0485	5.8625	2.1105
ISO 8- Shiitake Mushroom Tempura Maki	215.5	441.775	14.654	91.1565	10.344	2.155	0.431	8.62	3.879
ISO 8- King Prawn Tempura Maki	207.5	356.9	14.3175	53.535	7.6775	9.545	1.4525	3.1125	3.32
ISO 8- California Maki	260.5	489.74	13.2855	63.041	8.857	20.319	3.647	5.731	2.3445
ISO 8-Deluxe California Maki	245	455.7	14.7	62.475	8.82	16.17	2.45	3.43	2.695
ISO 8- Soft Shell Crab	212.5	376.125	9.35	62.2625	8.7125	10.2	1.4875	3.1875	2.3375
10-Tempura Salmon	196.5	487.32	12.183	56.199	8.0565	23.7765	10.218	2.9475	2.751
10-Tempura Tuna	196.5	475.53	13.1655	56.199	8.0565	22.008	10.0215	2.9475	2.751
10-Crispy Salmon,Tuna & Tamago	313	726.16	17.215	90.457	14.085	32.865	4.695	4.069	2.817

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<i>Brown Rice</i>									
6 Avocado Brown Rice Maki	174.5	322.8	6.3	44.3	4.2	13.1	2.6	5.9	1.7
6 Brown Rice Maki with Tuna	164.5	281.295	14.805	43.428	3.948	5.0995	0.987	3.4545	1.8095
6 Brown Rice Maki with Salmon	164.5	297.745	13.489	43.428	3.948	7.7315	1.316	3.4545	1.8095
6 Brown Rice Maki with Yellowtail	164.5	282.94	14.6405	43.428	3.948	5.4285	1.1515	3.4545	1.8095
8 Brown Rice Soft Shell Crab Maki	233	400.76	10.951	51.493	4.893	16.776	2.796	4.66	2.33
6 Brown Rice Mackerel & Cucumber	164.5	314.195	12.831	43.428	3.948	9.7055	1.974	3.4545	1.8095

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<i>Hot Dishes</i>									
Rock Shrimp Tempura	181	454.31	22.987	32.58	15.566	25.702	3.077	1.086	2.172
Spicy Baby Squid Tempura	206	595.34	24.102	55.62	5.356	30.694	3.914	1.854	1.648
Fish & Chips	596	786.7	25.6	100.1	28.6	31.6	4.2	11.3	1.8
Detox Broth	433	220.8	19.1	10	1.7	12.1	1.7	2.2	3.9
King Prawn Udon Noodle Soup	903	243.8	19.9	12.6	7.2	12.6	2.7	0.9	12.6

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