

# Nutritional Information Panel

Product	Total Fat (g/100 g)	Saturated Fat (g/100 g)	Mono Unsaturated Fat (g/100 g)	Poly Unsaturated Fat (g/100 g)	Trans Fats (g/100 g)	Protein (g/100 g)	Total Carbs (g/100 g)	Total Sugars (g/100 g)	Energy (KJ/100 g)	Sodium (mg/100g)
Vege Roll	<0.1	N/A	N/A	N/A	N/A	3.2g	33.2	3.4	623	316
Teriyaki Chicken	2.6	0.5	0.9	1.2	<0.1	5.1	31.3	3.8	715	438
Satay Chicken	1.3	0.4	0.7	0.2	<0.1	5.6	29.9	3.2	652	382
Chilli Chicken	0.6	0.2	0.2	0.3	<0.1	4.7	35.9	4.8	712	413
California Roll	0.6	0.2	0.3	0.1	<0.1	3.6	33.8	3.4	658	372
Chilli Calamari	0.9	0.2	0.5	0.2	<0.1	4.8	35.6	5.3	720	378
Tuna Roll	3.2	0.5	0.8	1.9	<0.1	7.2	30.6	2.8	761	351
Teriyaki Beef	2.6	0.5	0.7	1.4	<0.1	5.1	32.9	3.8	742	565
Chicken Caesar	4.2	1.5	1.1	1.6	<0.1	6.7	29.8	2.6	776	411
Salmon Delight	5.7	3	1.8	0.9	<0.1	6.8	26	2.7	769	454
Tuna Deluxe	3	0.6	1.1	1.3	<0.1	6.3	28.7	2.4	706	304
Honey Soy Chicken	0.3	0.1	0.2	0.1	<0.1	4.6	33.4	5.1	657	656
Avocado	5.2	1	2	2.2	<0.1	3.3	33.1	2.6	811	328
Tempura Prawn	4.6	0.9	1.3	2.4	<0.1	4.6	34.1	3.2	828	385
Chicken & Avocado	4.5	0.9	1.5	2.1	<0.1	4.5	33.4	3	811	374
Salmon	4	0.8	1.3	2	<0.1	8.8	27.7	2.6	769	302
Egg	6	1.4	2.1	2.6	<0.1	5.6	28.5	2.6	802	332
Rainbow	6.1	1.2	2	3	<0.1	6.5	29.1	2.9	831	415

AVERAGE SERVING SIZE: 100 grams

## TEST METHODS

DPT OF PRIMARY INDUSTRIES

AOAC (2000) 950.46 (B)

AOAC (2000) 960.39

ISO 5508

AOAC (2000) 981.10

AOAC (2000) 982.14

FSANZ FOOD STANDARDS VOL 2



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