

K10 DELIVERY TAKEAWAY NUTRITIONAL GUIDE

Nutritionals are calculated by dish and are approximate as every dish is made by hand in our kitchen and will differ marginally from figures below. Note that nutritional figures do not include any condiments that maybe included separately in some boxes

Sushi	Calories (kCal)	Fat total (g)	Fat saturated (g)	Protein (g)	Carbs (g)	Sugars (g)	Fibre (g)	Salt (g)
Prawn Katsu Asparagus Dragon Roll	656	30.4	9.7	20.3	75.5	10.7	2.8	3.4
Soft Shell Crab - Futomaki	469	12.7	3.3	21.3	67	9.1	0.5	2.6
Salmon Ceviche	127	8.1	1.5	11.5	1.9	1	0.1	1.6
Vegan Nigiri Set	238	10.9	2.1	6.1	29	4.7	0.3	1.2
Medium Beef Set	338	8.8	1.8	16.5	48.5	7	0.5	2.3
Spicy Crayfish Uramaki	355	16.7	3.4	10.9	39.8	6.9	1	2.6
Spicy Carrot Futomaki	374	11.8	2.4	8.8	58.6	14.9	3.1	3.5
'No Rice' Futomaki	122	6.8	1.4	5.8	9.6	8.1	3.9	0.2
Medium Vegan Roll Set	530	15.5	2	15.4	81.8	12.3	1.3	3.3
Assorted Nigiri Set	209	4.1	0.8	12	31	4.5	0.1	1.4
Salmon & Avocado Nigiri Set	271	13.2	2.8	9.5	28.6	4.3	0.1	1.2
Salmon Nigiri Set (3 Pieces)	144	5	0.9	7.8	16.9	2.6	0.1	0.7
Chirashi Roll	194	7.6	1.4	5.9	25.7	2.9	0.6	1.3
Large Assorted Sushi Set	374	12	2.3	17.3	49.4	7.4	0.2	2.4
Spicy Chicken Set	536	20.4	4	30.6	56.3	12.5	0.5	4.6
Salmon & Tuna Set	381	10.8	2	22.8	48.5	7.3	0.3	2.3
Assorted Set	355	8.7	1.7	14.9	54.6	8.2	0.2	2.6
Salmon Nigiri Set (5 pieces)	240	8.3	1.5	13	28.2	4.3	0.1	1.2
Salmon Avocado Uramaki Set	368	19.9	3.9	16.1	31.1	4.4	0.2	1.5
California Uramaki Set	285	11.5	2.3	8.6	37	6.2	trace	2.3
Sushi & Sashimi Set	510	15.9	3	38.8	53.5	8.8	0.8	2.8
Spicy Salmon Futomaki	502	22.9	4.3	24.2	50	7.6	0.7	2.9

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Small Pots	Calories (kCal)	Fat total (g)	Fat saturated (g)	Protein (g)	Carbs (g)	Sugars (g)	Fibre (g)	Salt (g)
Mini Kaiso Seaweed Salad	133	3.8	0.3	4.7	21.9	11.2	7.2	4
Fresh Fruit Salad	86	0.4	0.1	1.3	21	19.4	1.4	trace
Mini Spicy Chicken Pot	160	9.2	1.7	12.3	6.8	5.6	2.3	0.9
Mini Kabocha Pumpkin Pot	64	2.7	0.2	2.6	7.8	5.6	2.2	0.3
Mini Pineapple Pot	54	0.3	trace	0.6	12.6	12.6	0	trace
Mini Mango & Lime Pot	75	0.3	0.1	1	17.5	17.1	0	trace
Mini Shelled Edamame	195	10.4	2.6	16.2	11.9	3.6	6.2	0.1
Broccoli & Carrot Pot	99	7.5	1.1	2.2	5.8	4.9	3.7	0.3
Salads	Calories (kCal)	Fat total (g)	Fat saturated (g)	Protein (g)	Carbs (g)	Sugars (g)	Fibre (g)	Salt (g)
Miso Chicken Salad	343	16.1	2.6	22.3	29.9	13.9	5.8	2.1
Roast Pumpkin & Quinoa Salad	246	11.4	1.3	8.6	29.8	13.1	5.5	1.7
Spicy Crayfish Salad	277	13.8	1.6	13.9	26.6	11.1	5.7	1.9
'Super' Salmon Salad	517	32	6	45.1	13.9	8	4.3	3.6
Yuzu Chicken Salad	374	14.3	5.2	30.3	32.9	5.7	2.9	1.2
Nippon Niçoise	381	21.2	3	35.6	14	10.8	2.7	2.4
Poke	Calories (kCal)	Fat total (g)	Fat saturated (g)	Protein (g)	Carbs (g)	Sugars (g)	Fibre (g)	Salt (g)
Tuna Pineapple Poke	717	37.8	3.8	28.9	65.9	9.3	0.6	3.1
Salmon Avocado Poke	931	64.4	9.5	26.1	62	4.1	0.8	3.4
Spicy Salmon Poke	1017	72	10.6	26.9	65.6	7.1	1.2	4.5
Pumpkin Poke	731	42.8	4.5	11.7	75.4	11.9	3.2	3.5
Yuzu Chicken Poke	832	49.2	6.7	28.2	70.1	9.2	3.2	3.9
Tuna Avocado Poke	815	50.5	6.9	29.5	60.9	3.2	0.6	3.2
Korean Tuna & Kimchi Poke	583	15.9	1.9	32.5	78.8	9.5	2.1	3.4