

OCEANWISE 2017 NUTRITIONAL INFORMATION

Menu Item	Modifications	Grams/Serving	Calories (kCal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Ahi Tuna Tataki		131	242	16.3	2.7	0.1	42.9	606.7	5.7	0.7	4.1	19.7	0	4	2	7
Seared Ahi Tuna Salad	With Naan Bread	392	849	62.5	12.8	0.6	82.2	1454.9	39.0	5.8	7.9	34.3	60	20	50	40
Wild Salmon Donburi		572	600	30.6	3.5	0.1	60.4	2070.7	47.5	5.5	22.5	40.8	50	15	150	35