



NUTRITION SURVIVAL GUIDE TO

ITSU

CALORIES AND MACRONUTRIENTS

PG-FITNESS.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SUSHI

| | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Super Salmon '3 Ways' | 653 | 31 | 62 | 5.5 | 7 | 31 | 2.1 |
| Best of Itsu | 601 | 26 | 81 | 5.8 | 10 | 19 | 2.6 |
| Health & Happiness | 584 | 24 | 66 | 5.7 | 8 | 25 | 2.2 |
| Omega 3 | 572 | 24 | 54 | 6 | 8 | 28 | 1.6 |
| Veggie Sushi Collection | 561 | 16 | 82 | 10.3 | 15 | 18 | 2.6 |
| Sushi Festival | 517 | 21 | 72 | 3.9 | 8 | 16 | 1.8 |
| Grand Slam'on | 516 | 22 | 52 | 2.9 | 9 | 25 | 2.4 |
| Eat Beautiful | 494 | 16 | 77 | 5.1 | 9 | 12 | 2.3 |
| Salmon & Avo Dragon Roll | 487 | 15 | 47 | 5.3 | 9 | 27 | 1.8 |
| Super Salmon Light | 433 | 18 | 47 | 3.8 | 5 | 19 | 1.4 |
| Mixed Sashimi | 407 | 45 | 6 | 4.8 | 2 | 22 | 3.8 |
| Salmon & Salmon | 358 | 15 | 37 | 3.2 | 4 | 17 | 1.1 |
| Salmon & Avocado Rolls | 338 | 12 | 32 | 3.9 | 4 | 18 | 1.1 |
| Veggie Dragon Roll | 332 | 5 | 47 | 3.9 | 10 | 13 | 2 |
| Chicken Teriyaki Dragon Roll | 325 | 14 | 46 | 2.8 | 10 | 9 | 2.3 |
| Crab California Rolls | 322 | 9 | 38 | 3.9 | 5 | 15 | 1.9 |
| Spicy Tuna Dragon Roll | 314 | 13 | 45 | 2.8 | 9 | 9 | 2 |
| Avo Baby Rolls | 307 | 5 | 48 | 3.6 | 5 | 7 | 1.2 |
| Salmon Sushi | 265 | 13 | 32 | 1.2 | 4 | 9 | 0.8 |
| Veggie Club Rolls | 207 | 4 | 36 | 3.1 | 5 | 5 | 1.2 |
| Salmon Sashimi | 177 | 16 | 1 | 0.5 | 0 | 12 | 0.9 |
| Salmon Threesome | 133 | 7 | 16 | 0.6 | 2 | 5 | 0.4 |

SALADS & WRAPS

| | | | | | | | |
|------------------------------------|-----|----|----|-----|----|----|-----|
| Perfect Salmon Bento | 573 | 28 | 70 | 5.7 | 11 | 19 | 2.5 |
| Poke 'On a Bed' | 558 | 18 | 68 | 5.5 | 9 | 23 | 2.4 |
| Chicken Teriyaki 'On a Bed' | 516 | 24 | 78 | 4.5 | 16 | 11 | 4.2 |
| Quinoa Falafel & Greens Tokyo Wrap | 486 | 10 | 58 | 8.2 | 15 | 24 | 1.6 |
| Salmon Teriyaki 'On a Bed' | 477 | 19 | 71 | 3.5 | 15 | 12 | 3.2 |
| Perfect Chicken Bento Salad | 462 | 33 | 46 | 8.4 | 13 | 15 | 2.2 |
| Satay Chicken Tokyo Wrap | 455 | 27 | 46 | 4.5 | 6 | 18 | 1.4 |
| Salmon Teriyaki Tokyo Wrap | 443 | 19 | 50 | 4.1 | 11 | 19 | 1.7 |
| Hoisin Duck Tokyo Wrap | 426 | 21 | 58 | 5.1 | 19 | 13 | 2.9 |
| Spicy Pork Tokyo Wrap | 405 | 21 | 47 | 5 | 10 | 15 | 1.4 |
| Humble Warrior | 401 | 14 | 49 | 9.3 | 10 | 16 | 1.7 |
| Chicken & Avo Low Carb Salad | 359 | 22 | 27 | 7.2 | 10 | 17 | 1.4 |
| Omega-3 Poke Zero Salad | 356 | 20 | 8 | 8.8 | 4 | 26 | 0.9 |
| Pandamania | 314 | 15 | 47 | 3 | 5 | 7 | 1.5 |
| Poached Miso Salmon Zero Salad | 300 | 18 | 16 | 6.7 | 10 | 17 | 1.8 |
| Detox Greens Zero Salad | 286 | 9 | 14 | 8.1 | 9 | 20 | 1.7 |
| Lean Satay Chicken Zero Salad | 259 | 24 | 13 | 8 | 9 | 10 | 1.9 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

HOT

| | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|--------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Chicken Thai Rice Bowl | 711 | 31 | 91 | 6.4 | 7 | 30 | 2.5 |
| Korean BBQ Pork Rice Bowl | 704 | 34 | 92 | 6.7 | 7 | 28 | 2.1 |
| Quinoa Falafel & Veg Rice Bowl | 684 | 17 | 110 | 9.9 | 12 | 26 | 2.6 |
| I'thai Udon Noodles (no broth) | 637 | 14 | 65 | 9.2 | 9 | 35 | 3.1 |
| Chicken Teriyaki Rice Bowl | 580 | 30 | 94 | 5.5 | 13 | 14 | 2.4 |
| Chilli Chicken Udon | 510 | 31 | 67 | 5.9 | 13 | 13 | 4.1 |
| Laksa Pork Pot Soup | 487 | 21 | 48 | 4.1 | 9 | 26 | 2.2 |
| Coconut Chicken Pot Soup | 468 | 19 | 42 | 3.6 | 5 | 27 | 2.2 |
| Thai Coconut Veggie Pot Soup | 458 | 11 | 45 | 3.9 | 5 | 28 | 1.7 |
| Veggie Gyoza Udon | 437 | 17 | 67 | 5.9 | 13 | 10 | 4.1 |
| Chargrilled Chicken Udon | 434 | 29 | 53 | 4.8 | 5 | 12 | 2.8 |
| Pulled Pork Teriyaki Udon | 430 | 31 | 56 | 6.2 | 8 | 9 | 4.1 |
| Katsu Chicken Pot Soup | 297 | 19 | 40 | 3.7 | 6 | 9 | 2.7 |
| 8 Pork & Apple Gyoza | 296 | 13 | 35 | 3.4 | 5 | 11 | 1.6 |
| 8 Chicken & Spring Onion Gyoza | 251 | 13 | 33 | 2.1 | 4 | 7 | 1.3 |
| The Chicken Noodle Soup | 243 | 15 | 25 | 2.1 | 3 | 9 | 1.8 |
| 10 Vegetable Fusion Gyoza | 240 | 13 | 39 | 3.4 | 3 | 5 | 0.8 |
| King Prawn Gyoza | 174 | 6 | 25 | 2.2 | 3 | 5 | 0.8 |
| Detox Noodle Soup | 157 | 7 | 26 | 1.7 | 5 | 3 | 2.8 |
| Miso Soup | 49 | 3 | 2 | 0.8 | 5 | 2 | 2.7 |

SIDES & SNACKS

| | | | | | | | |
|-----------------------------------|-----|----|----|-----|----|----|-----|
| Crushed Coconut & Choc Oishli Bar | 293 | 2 | 15 | 4.9 | 11 | 25 | 0.1 |
| White Chocolate Dream | 293 | 2 | 20 | 0.2 | 20 | 23 | 0.4 |
| Lemon Zinger | 234 | 1 | 21 | 0.2 | 19 | 16 | 0.1 |
| Chocolate Mousse | 225 | 2 | 15 | 1.5 | 15 | 17 | 0.1 |
| Toasted Sesame Oishli Bar | 205 | 5 | 16 | 1.9 | 13 | 14 | 0 |
| Pick n Mix | 195 | 6 | 14 | 2.9 | 14 | 12 | 0 |
| ROasted Almond & Seeds Oishli Bar | 187 | 5 | 15 | 2.2 | 11 | 12 | 0 |
| Cocoa Butter Brownie Oishli Bar | 185 | 2 | 20 | 1.2 | 16 | 11 | 0.2 |
| Raw Chocolate Pie | 167 | 1 | 13 | 0 | 3 | 14 | 0.4 |
| Honey Cashews | 167 | 4 | 14 | 0.7 | 8 | 10 | 0 |
| Chocolate Edamame | 152 | 4 | 14 | 2.4 | 14 | 8 | 0.1 |
| Bean Good | 150 | 10 | 13 | 3.6 | 2 | 6 | 0.3 |
| Pumpkins on Parade | 144 | 8 | 3 | 1 | 0 | 11 | 0.1 |
| Almond Milk Raspberry Yoghurt | 139 | 2 | 10 | 1.4 | 6 | 10 | 0.1 |
| Little Salted Caramel Pot | 127 | 1 | 17 | 1.4 | 13 | 6 | 0.2 |
| Coconut Crunch | 121 | 1 | 4 | 2.7 | 1 | 11 | 0.2 |
| Mini Corn Cakes (Any Flavour) | 118 | 2 | 17 | 0.6 | 6 | 5 | 0.1 |
| Hawaii 5.0 Fruit Cup | 113 | 2 | 24 | 2.8 | 24 | 1 | 0.1 |
| Wasabi Peas | 111 | 4 | 18 | 1.8 | 4 | 2 | 0.6 |
| Little Choc Pot | 100 | 1 | 11 | 0.4 | 9 | 6 | 0 |
| Edamame | 100 | 9 | 4 | 3.9 | 2 | 5 | 0.3 |
| Prawn Crackers (Any Flavour) | 97 | 0 | 13 | 0.1 | 2 | 5 | 0.5 |
| Beef Twerky | 97 | 12 | 9 | 0.2 | 7 | 2 | 1.3 |

1-200 CAL

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|------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Broccoli with Satay Sauce | 83 | 4 | 3 | 2 | 2 | 5 | 0.2 |
| Rice Cakes (Any Flavour) | 83 | 1 | 11 | 0.5 | 5 | 4 | 0 |
| Crispy Seaweed (Any Flavour) | 22 | 2 | 1 | 0.7 | 0 | 1 | 0.3 |

201-300 CAL

DRINKS

301-400 CAL

401-500 CAL

501+ CAL

| | | | | | | | |
|--------------------------------------|-----|---|----|-----|----|----|---|
| Fruit Superseed Beauty Smoothie | 370 | 6 | 64 | 7.7 | 54 | 10 | - |
| Raw Fruitfix Beauty Smoothie | 261 | 3 | 60 | 5 | 55 | 1 | - |
| Raw Veg Cleanse Beauty Smoothie | 175 | 3 | 16 | 3.5 | 13 | 2 | - |
| Apple Press | 120 | 0 | 30 | 0 | 37 | 0 | - |
| Orange Press | 118 | 2 | 27 | 0.8 | 23 | 0 | - |
| Veg Press | 113 | 3 | 15 | 2.8 | 13 | 4 | - |
| Detox 2: Beetroot | 78 | 1 | 19 | 0 | 18 | 0 | - |
| Detox 3: Carrot | 70 | 1 | 16 | 0 | 16 | 0 | - |
| Elder/Ginger/Lemon Low | 65 | 0 | 14 | 0 | 10 | 0 | - |
| Itsu Cranberry & Elderflower Water | 60 | 1 | 14 | 0 | 14 | 0 | - |
| Itsu Tangy Lemon Water | 60 | 0 | 14 | 0 | 14 | 0 | - |
| Detox Zinger | 58 | 1 | 14 | 0 | 12 | 0 | - |
| Ginger Detox Super Tonic | 56 | 1 | 13 | 0.5 | 13 | 1 | - |
| Cayenne Pepper, Lemon Super Tonic | 53 | 1 | 12 | 0.5 | 12 | 1 | - |
| Berry/Melon Low | 35 | 0 | 7 | 0 | 5 | 0 | - |
| Passion Fruit, Pineapple Super Tonic | 33 | 1 | 7 | 0.5 | 7 | 1 | - |
| Goji, Mandarin & Lime Super Tonic | 33 | 2 | 6 | 0.6 | 6 | 1 | - |
| Zen Water (Any Flavour) | 3 | 0 | 0 | 0 | 0 | 0 | - |
| Itsu Still Water | 0 | 0 | 0 | 0 | 0 | 0 | - |