

Teriyaki Madness Nutritional Chart

Menu Item	Weight (G)	Calories (KCAL)	Cals from fat (KCAL)	Protein (G)	Carbs (G)	Dietary Fiber (G)	Sugars (G)	Fat (G)	Sat Fat (G)	Trans Fat (G)	Cholesterol (MG)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Sodium (MG)
Chicken Plate w/ white rice	680g	780	130	44	113	2	14	14	4	0	120	35	50	6	4	680
Chicken Bowl w/ white rice	454g	540	90	31	79	2	13	10	2.5	0	85	30	40	4	3	570
Chicken Bowl w/ white rice and veggies	454g	607	127	31	84	5	15	14	3.5	0	85	32	53	6	4	700
Breast Plate w/ white rice	680g	740	50	52	114	2	15	6	1.5	0	115	35	50	6	4	700
Breast Bowl w/ white rice	454g	520	35	37	79	2	13	4	1	0	80	30	40	4	25	590
Breast Bowl w/ white rice and veggies	454g	587	72	37	84	5	15	8	2	0	80	32	53	6	26	710
Chicken Plate w/ brown rice	680g	720	150	44	96	8	14	16	4.5	0	120	35	50	8	25	680
Chicken Bowl w/ brown rice	454g	500	100	31	68	5	12	11	3	0	85	30	40	6	15	570
Chicken Bowl w/ brown rice and veggies	454g	567	137	31	73	9	14	15	4	0	85	32	53	8	16	700
Breast Plate w/ brown rice	680g	680	70	52	96	8	14	8	2	0	115	35	50	8	20	700
Breast Bowl w/ brown rice	454g	470	50	36	68	5	13	5	1.5	0	80	30	40	6	15	590
Breast Bowl w/ brown rice and veggies	454g	537	87	36	73	9	15	9	2.5	0	80	32	53	8	16	710
Beef Plate w/ white rice	680g	750	100	33	123	2	16	11	4	0	70	35	45	4	45	1000
Beef Bowl w/ white rice	454g	530	70	23	86	2	13	8	3	0	50	30	40	2	30	810
Beef Bowl w/ white rice and veggies	454g	597	107	23	91	5	15	12	4	0	50	32	53	4	31	1005
Beef Plate w brown rice only	680g	690	120	33	106	8	15	13	4.5	0	70	35	45	6	25	1010
Beef Bowl w brown rice only	454g	490	80	23	74	5	13	9	3	0	50	30	40	4	15	810
Beef Bowl w brown rice only add veggies	454g	557	117	23	79	9	15	13	4	0	50	32	53	6	16	1005
Pork Plate w/ white rice	680g	795	130	33	123	2	16	29	11	0	70	35	45	4	45	1000
Pork Bowl w/ white rice	454g	570	105	23	86	2	13	22	10	0	50	30	40	2	30	810
Pork Bowl w/ white rice and veggies	454g	687	142	23	91	6	15	24	11	0	50	32	53	4	31	1005
Pork Plate w/ brown rice	680g	810	130	33	106	8	15	29	11	0	70	35	45	6	25	1010
Pork Bowl w/ brown rice	454g	580	90	23	74	5	13	22	11	0	50	30	40	4	15	810
Pork Bowl w/ brown rice and veggies	454g	690	127	23	79	9	15	24	12	0	50	32	53	6	16	1005
Spicy Chicken Plate w/ white rice	680g	980	155	44	133	2	17	34	14	0	120	35	50	6	40	890
Spicy Chicken Bowl w/ white rice	454g	676	105	30	92	2	12	23	10	0	120	35	50	6	40	614
Spicy Chicken Bowl w/ white rice and veggies	454g	743	142	30	97	5	14	27	11	0	120	37	63	8	41	809

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Spicy Chicken Plate w/ brown rice	680g	870	140	44	114	8	17	34	14	0	120	35	50	6	40	890
Spicy Chicken Bowl w/ brown rice	454g	600	97	30	79	5	12	23	10	0	120	35	50	6	40	614
Spicy Chicken Bowl w/ brown rice and veggies	454g	667	134	30	84	9	14	27	11	0	120	37	63	8	41	809
Orange Chicken Plate w/ white rice	680g	910	150	40	125	2	17	34	14	0	150	30	50	6	40	890
Orange Chicken Bowl w/ white rice	454g	660	95	29	85	2	12	23	10	0	150	28	48	6	41	614
Orange Chicken Bowl w/ white rice and veggies	454g	670	95	29	85	5	12	23	10	0	150	28	48	6	41	614
Orange Chicken Plate w/ brown rice	680g	850	125	42	105	8	17	34	14	0	150	30	50	6	40	890
Orange Chicken Bowl w/ brown rice	454g	590	89	28	75	5	12	23	10	0	150	28	48	6	40	614
Orange Chicken Bowl w/ brown rice and veggies	454g	600	89	28	75	9	12	23	10	0	150	28	48	6	41	614
Stir Fry Veggie Plate	510g	265	148	0	20	4	6	14	3	0	0	8	54	8	4	780
Stir Fry Veggie w/ beef	681g	470	164	63	75	9	20	29	11	0	250	28	48	6	41	704
Stir Fry Veggie w/ pork	681g	475	169	61	75	9	20	39	16	0	247	28	48	6	41	704
Stir Fry Veggie w/ chicken	681g	477	173	60	75	9	12	31	14	0	254	28	48	6	49	714
Stir Fry Veggie w/ tofu	675g	325	114	35	77	5	12	26	10	0	150	28	48	6	41	644
Stir Fry Veggie w/ breast	681g	449	125	64	75	5	12	31	10	0	246	28	48	6	49	698
Stir Fry Veggie w/ Shrimp	620g	370	158	20	20	4	6	15	3	0	170	13	58	12	20	975
Veggie Bowl w/ white rice	454g	370	5	8	80	5	13	0.5	0	0	0	60	80	4	20	370
Veggie Bowl w/ brown rice	454g	320	15	8	69	9	12	2	0	0	0	60	80	6	10	370
Shrimp Yakisoba	680g	805	50	36	72	2	3	6	0	0	170	5	4	8	32	975
Yakisoba Veggie Plate	567g	700	40	16	72	2	3	5	0	0	0	0	0	4	16	780
Chicken Yakisoba	681g	912	124	48	72	3	3	13	4	0	104	0	0	4	24	880
Beef Yakisoba	681g	905	115	51	72	2	11	11	1	0	100	0	0	4	16	870
Pork Yakisoba	681g	910	120	49	72	2	11	26	6	0	97	0	0	4	16	870
Tofu Yakisoba	675g	760	65	23	74	3	3	8	0	0	0	0	0	4	16	860
Breast Yakisoba	681g	884	76	52	72	2	3	13	0	0	96	0	0	4	24	864
Low carb Chicken Plate w/ sauce on side	567g	557	242	64	10	3	3	23	9	0	208	4	27	4	18	590
Low Carb Breast Plate w/ sauce on side	567g	501	146	72	10	4	3	23	1	0	192	4	27	4	18	570
Low Carb Beef Plate	567g	528	202	69	36	3	3	11	4	0	199	4	27	4	18	570
Low Carb Breast Bowl w/ sauce on side	567g	420	210	40	4	2	2	16	5	0	158	2	16	2	12	490
Katsu Plate with white rice	680g	810	291	40	61	1	3	32	8	0	26	8	0	2	31	200
Katsu Bowl with white rice	414g	559	201	29	42	1	2	22	6	0	18	6	0	1	21	138
Kids																

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Kids Chicken with white rice	227g	257	43	15	37	1	5	5	1	0	40	12	17	2	12	188
Kids Chicken with brown rice	227g	238	50	5	32	1	2	2	1	0	38	12	17	2	12	188
Kids Breast w/ white rice	227g	244	17	17	38	1	5	2	0.5	0	38	12	17	2	12	180
Kids Breast w/ brown rice	227g	224	23	17	32	3	5	3	1	0	38	12	17	2	12	180
Kids Beef w/ white rice	227g	248	33	11	41	1	5	4	1	0	23	12	17	2	12	188
Kids Beef w/ brown rice	227g	228	40	11	35	3	5	4	2	0	23	12	17	2	12	188
Kids Katsu w/ white rice	227g	267	96	22	20	1	1	11	3	0	23	12	17	2	12	188
Kids Katsu w/ brown rice	227g	240	88	28	16	1	1	7	1	0	16	12	17	2	12	188
Kids Orange w white rice	227g	260	35	14	42	1	6	4	1	0	25	13	18	2	12	188
Kids Orange w brown rice	227g	255	41	13	38	3	5	4	2	0	24	13	17	2	12	188

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Sides/Add-Ons																
Small Salad	72g	10	1	1	2	1	1	0	0	0	0	7	3	1	2	0
Large Salad	288g	40	4	4	8	4	4	0	0	0	0	28	12	4	8	0
Large Salad w/ Chicken	403g	252	40	40	8	4	4	8	0	0	96	0	0	0	8	84
Small Mac Salad w/ plates	142g	360	220	4	25	1	6	25	4	0	10	2	2	2	6	660
Side Mac Salad	283g	720	440	8	50	2	12	50	8	0	20	4	4	4	12	1320
Side White Rice	227g	242	3	4	53	1	0	0	0	0	0	0	0	1	15	0
Side of Brown Rice	227g	218	14	5	46	4	0	0	0	0	0	0	0	2	6	0
Side of Fried Rice	227g	530	140	12	82	1	3	16	3	0	150	0	0	1	15	760
Side of Noodles	227g	378	40	16	86	4	2	5	0	0	0	0	0	4	16	520
Side of veggies	170g	133	74	0	10	2	3	7	1	0	0	4	27	4	2	390
Add veggie to a bowl	125g	67	37	0	5	2	2	4	1	0	0	2	13	2	1	195
Side Tofu	170g	120	50	14	4	0	0	6	0	0	0	0	0	0	0	60
Side of Chicken no sauce	227g	424	168	64	0	0	0	16	8	0	208	0	0	0	16	200
Side of Breast no sauce	227g	368	72	72	0	0	0	16	0	0	192	0	0	0	16	168
Side of Beef no sauce	227g	410	150	70	0	0	16	11	1	0	199	0	0	0	0	180
Side of Pork no sauce	227g	420	160	65	0	0	16	32	11	0	194	0	0	0	0	180
Side of Katsu	227g	568	288	64	8	0	3	32	8	0	26	8	0	1	16	200
Side of Orange Chicken	227g	500	200	30	25	0	12	14	5	0	95	4	0	4	10	380
Pork Gyoza 5 pieces precooked	1 order	190	80	7	19	1	1	9	3	0	10	0	20	2	2	430
Chicken Gyoza 5 pieces precooked	1 order	170	75	8	19	1	1	9	3	0	10	0	20	2	2	420
Pork Eggroll 1 piece precooked	1 order	180	80	7	18	2	2	9	2	0	15	10	15	2	10	460
Chicken Eggroll 1 piece precooked	1 order	160	70	7	17	2	2	8	2	0	14	10	15	2	8	450
Veggie Eggroll 1 piece precooked	1 order	150	65	7	15	1	2	7	2	0	13	10	15	2	7	440
Crab Rangoon 4 piece precooked	1 order	210	150	9g	16g	1g	0g	11g	6g	0	40mg	6	8	20	6	508
Shrimp Tempura 2 piece	1 order	260	120	5g	31g	0g	5g	13g	5g	0g	30mg	4	2	15	4	660
Sauces in liquid ounces																
Teriyaki Sauce (Thin)	1oz	30	0	2	6	0	5	0	0	0	0	0	0	1	4	340
Teriyaki Sauce (Thick)	1oz	45	0	3	9	0	8	0	0	0	0	0	0	2	6	350
Salad Dressing	1oz	70	55	0	2	0	11	5	2	0	10	0	0	0	0	120
Gyoza Sauce	1oz	15	0	1	3	0	2	0	0	0	0	0	0	1	2	300
Katsu Sauce	1oz	45	0	0	6	0	5	0	0	0	0	0	0	0	0	420
Spicy Sauce/Add Spicy	1oz	25	0	0	4	0	3	0	0	0	0	0	0	1	0	230

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Half Orders																
Half order of tofu	85g	60	25	7	2	0	0	3	0	0	0	0	0	0	0	30
Half order of chicken no sauce	113g	212	84	32	0	0	0	8	4	0	104	0	0	0	8	100
Half order of breast no sauce	113g	184	36	36	0	0	0	8	0	0	96	0	0	0	8	84
Half order of beef no sauce	113g	205	75	35	0	0	8	6	1	0	100	0	0	0	0	90
Half order of Pork no sauce	113g	210	80	33	0	0	8	16	6	0	97	0	0	0	0	90
Half order of Shrimp	110g	105	10	20	0	0	0	1	0	0	170	5	4	4	16	195

* The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to use of alternate supplier, region of the country, and/or small differences in product assembly. Addition of teriyaki sauce, other condiments, and fixings will alter nutrition values.