DRAKE'S

NUTRITION INFORMATION

RECIPE NAME	SERVING SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARB (mg)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)	ALLERGENS
STARTERS											
BLT Tots	¼ serving	394	30	8	40	1136	18	3	3	12	Allium, Eggs, Milk, Mustard, Nightshades, Soy, SulphitesSulphur Dioxide
Small Order	½ serving	394	30	8	40	1136	19	3	3	12	Allium, Eggs, Milk, Mustard, Nightshades, Soy, SulphitesSulphur Dioxide
Buffalo Chicken Dip	½ serving	780	45	14	65	800	80	6	2	18	Allium, Eggs, Milk, Nightshades, Soy, Sulphites/ Sulphur Dioxide
Chips 'N Dip - Guacamole	¼ serving	327	17	2	0	292	42	5	1	5	Allium, Eggs, Nightshades, Soy, Sulphites/Sulphur Dioxide
Chips 'N Dip - Salsa	¼ serving	282	12	2	0	482	41	3	2	4	Allium, Nightshades
Chips 'N Dip - Queso	¼ serving	370	20	6	23	530	40	3	2	9	Allium, Milk, Nightshades
Drake's Fried Pickles	¼ serving	110	7	2	10	1100	9	0	1	1	Milk, Eggs, Wheat, Soy, Sulphites/Sulphur Dioxide, Mustard, Allium, Nightshades
Small Order	1 serving	382	28	7	30	2428	27	1	3	4	Allium, Eggs, Milk, Mustard, Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
JB's Boneless Bites - Buffalo	½ serving	480	26	8	60	2460	38	1	1	22	Milk, Eggs, Wheat, Soy, Sulphites/Sulphur Dioxide, Mustard, Allium, Nightshades
JB's Boneless Bites - Honey Jalapeño	½ serving	380	15	3	40	1380	43	1	16	18	Milk, Wheat, Soy, Fish, Sulphites/Sulphur Dioxide, Mustard, Allium, Nightshades
JB's Boneless Bites - Naked	½ serving	440	22	4	45	1360	40	1	3	19	Milk, Eggs, Wheat, Soy, Sulphites/ Sulphur Dioxide, Mustard, Allium
Sriracha Wings	½ serving	920	63	18	485	3090	15	0	1	81	Milk, Eggs, Soy, Sulphites/Sulphur Dioxide, Mustard, Celery
Trashed Wings	½ serving	940	60	19	486	2651	11	0	0	81	Allium, Celery, Milk, Nightshades
Warm Pretzels & Cheese Sauce	½ serving	386	13	7	34	968	49	3	4	15	Allium, Milk, Mustard, Nightshades, Wheat
SALADS & CHILI											
Asian Chicken Salad	1 serving	890	46	8	165	1020	60	10	31	70	Eggs, Wheat, Nightshades, Legumes
Asian Salmon Salad	1 serving	970	62	12	110	1010	60	10	31	52	Eggs, Wheat, Fish, Nightshades, Legumes
BLT Salad	1 serving	904	72	21	146	2461	19	5	7	45	Eggs, Milk, Mustard, Nightshades, Soy, Sulphites/ Sulphur Dioxide
BLT Salad - Chicken	1 serving	1184	78	23	291	2587	19	5	7	98	Eggs, Milk, Mustard, Nightshades, Soy, Sulphites/ Sulphur Dioxide
BLT Salad - Salmon	1 serving	1265	95	26	236	2559	19	5	7	80	Eggs, Fish, Milk, Mustard, Nightshades, Soy, Sulphites/Sulphur Dioxide
Blue Cheese & Apple	1 serving	1086	66	15	43	5160	93	11	37	35	Milk, Tree Nuts
Blue Cheese & Apple - Chicken	1 serving	1367	72	17	187	5286	93	11	37	88	Milk, Tree Nuts
Blue Cheese & Apple - Salmon	1 serving	1447	89	20	133	5258	93	11	37	70	Fish, Milk, Tree Nuts
California Cobb Salad	1 serving	1360	95	24	244	1867	39	10	12	92	Allium, Milk, Nightshades, Sulphites/Sulphur Dioxide

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SALADS & CHILI (CONTINUED)											
California Cobb - Salmon	1 serving	1431	111	27	189	1836	37	9	11	74	Allium, Fish, Milk, Nightshades, Sulphites/Sulphur Dioxide
Chicken Chopped Salad	1 serving	1534	105	28	282	2994	53	8	17	95	Eggs, Milk, Mustard, Nightshades, Soy, Sulphites/ Sulphur Dioxide, Tree Nuts
Chicken Chopped (Sub Salmon)	1 serving	1615	121	32	228	2966	53	8	17	77	Eggs, Fish, Milk, Mustard, Nightshades, Soy, Sulphites/Sulphur Dioxide, Tree Nuts
Ceasar	1 serving	520	42	10	50	960	23	7	4	13	Milk, Eggs, Soy, Fish, Sulphites/Sulphur Dioxide, Allium, Nightshades
Ceasar - Chicken	1 serving	800	48	11	195	1090	23	7	4	66	Milk, Eggs, Soy, Fish, Sulphites/Sulphur Dioxide, Allium, Nightshades
Ceasar - Salmon	1 serving	880	65	15	140	1060	23	7	4	48	Milk, Eggs, Soy, Fish, Sulphites/Sulphur Dioxide, Allium, Nightshades
Chili	1 serving	460	25	12	100	1230	23	4	5	36	Milk, Allium, Nightshades, May contain wheat
Chili & Grilled Cheese	1 serving	980	70	26	140	2070	44	5	9	48	Milk, Wheat, Sulphites/Sulphur Dioxide, Allium, Nightshades, May contain Soy
SMASHED BURGERS											
All Americans Mini Burgers	1 serving	1545	99	35	326	2578	73	4	19	88	Allium, Eggs, Milk, Mustard, Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
BBQ Burger	1 serving	1851	110	45	393	2545	91	7	37	116	Allium, Fish, Milk, Mustard, Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
Cheddar Burger	1 serving	1313	76	28	290	1595	68	5	18	84	Allium, Milk, Nightshades, Sulphites/Sulphur Dioxide, Wheat
Drake's Patty Melt	1 serving	1148	71	26	245	976	48	3	7	80	Allium, Milk, Sulphites/Sulphur Dioxide, Wheat
Mini Cheeseburgers - 3	1 serving	1212	70	26	252	1943	74	5	20	69	Milk, Nightshades, Sulphites/Sulphur Dioxide, Wheat
Mini Cheeseburgers - 2	1 serving	857	52	18	168	1484	51	4	14	47	Milk, Nightshades, Sulphites/Sulphur Dioxide, Wheat
Mini Juicy Lucy's	1 serving	1429	94	39	335	2413	54	4	17	91	Milk, Nightshades, Sulphites/Sulphur Dioxide, Wheat
Morning Glory Burger	1 serving	1756	95	35	468	3012	110	10	37	108	Allium, Eggs, Milk, Nightshades, Sulphites/Sulphur Dioxide, Wheat
Mushroom Swiss Burger	1 serving	1337	75	28	287	1090	74	6	22	87	Allium, Fish, Milk, Nightshades, Sulphites/Sulphur Dioxide, Wheat
Southwest Black Bean Burger	1 serving	1064	60	17	100	1606	96	16	18	32	Allium, Eggs, Milk, Mustard, Soy, Sulphites/Sulphur Dioxide, Wheat
Tailgate Burger	1 serving	1331	79	30	297	2068	68	4	19	83	Allium, Milk, Mustard, Nightshades, Sulphites/ Sulphur Dioxide, Wheat
Triple Double Mini Burgers	1 serving	1308	86	34	310	1603	48	2	14	85	Milk, Sulphites/Sulphur Dioxide, Wheat
Queso Burger	1 serving	1228	75	28	281	1381	51	4	15	81	Allium, Milk, Nightshades, Sulphites/Sulphur Dioxide, Wheat

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NUTRITION INFORMATION

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STEAKS & COMBOS											
New York Strip	1 serving	1008	77	27	225	188	0	0	0	74	
Ribeye	1 serving	1010	73	22	267	299	6	0	0	83	
Sirloin	1 serving	543	39	12	158	102	0	0	0	46	
Sirloin W/ California Roll	1 serving	1040	70	30	245	1250	48	3	22	53	Milk, Wheat, Soy, Nightshades
Sirloin W/ Crab Rangoon Roll	1 serving	1468	64	19	203	1613	155	1	58	60	Fish, Milk, Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
Twin Filet Medallions	1 serving	807	58	20	249	205	0	0	0	68	Sulphites/Sulphur Dioxide
SANDWICHES											
Buffalo Chicken Minis - 3	1 serving	810	28	10	175	3960	66	7	12	69	Milk, Eggs, Wheat, Soy, Sulphites/Sulphur Dioxide, Mustard, Allium, Nightshades
Buffalo Chicken Minis - 2	1 serving	600	36	9	125	3720	46	5	9	47	Milk, Eggs, Wheat, Soy, Sulphites/Sulphur Dioxide, Mustard, Allium, Nightshades
Drake's BLT	1 serving	1039	65	17	125	2992	66	5	11	51	Eggs, Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
Fried Fish Minis - 3	1 serving	790	36	6	55	1350	71	8	16	48	Milk, Eggs, Wheat, Soy, Fish, Sulphites/ Sulphur Dioxide, Allium, Nightshades
Fried Fish Minis - 2	1 serving	590	30	5	40	950	50	6	12	33	Milk, Eggs, Wheat, Soy, Fish, Sulphites/ Sulphur Dioxide, Allium, Nightshades
Nick's Club	1 serving	1220	71	21	180	3600	80	7	18	66	Milk, Eggs, Soy, Sulphites/Sulphur Dioxide, Mustard, Nightshades
Simply Grilled Chicken Sandwich	1 serving	780	34	7	194	920	50	3	12	63	Eggs, Milk, Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
Southern Fried Chicken Minis - 3	1 serving	907	24	5	153	2184	94	7	12	72	Eggs, Milk, Nightshades, Wheat
Southern Fried Chicken Minis - 2	1 serving	633	17	4	103	1634	66	5	9	49	Eggs, Milk, Nightshades, Wheat
Turkey, Swiss & Avocado Grill	1 serving	584	35	8	93	2162	40	5	9	28	Allium, Eggs, Fish, Milk, Nightshades, Soy, Sulphites/Sulphur Dioxide
FAVORITES											
Atlantic Salmon	1 serving	370	24	6	95	115	0	0	0	36	Fish
Buffalo Chicken Mac & Cheese	1 serving	1915	77	27	186	5728	223	10	9	84	Allium, Eggs, Milk, Mustard, Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
Buffalo Chicken Quesadilla	½ serving	680	36	17	160	1350	34	2	3	53	Milk, Eggs, Wheat, Soy, Sulphites/Sulphur Dioxide, Mustard, Allium, Nightshades
Buttermilk Fried Chicken Tenders	1 serving	1460	90	15	150	4990	104	3	14	57	Milk, Wheat, Soy, Sulphites/Sulphur Dioxide, Mustard
Chicken Asada Tacos	1 serving	1375	51	19	267	1925	123	12	12	104	Allium, Eggs, Milk, Nightshades, Soy, Sulphites/ Sulphur Dioxide, Wheat

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FAVORITES (CONTINUED)											
Drake's Quesadilla	½ serving	727	42	22	158	1076	35	3	7	50	Allium, Milk, Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
Fried Fish	1 serving	1020	68	11	75	1870	64	3	9	39	Eggs, Wheat, Soy, Fish, Sulphites/Sulphur Dioxide, Allium, Nightshades
Small Order	1 serving	590	20	4	60	2470	52	2	3	48	Eggs, Wheat, Soy, Fish, Sulphites/Sulphur Dioxide, Allium, Nightshades
Fried Fish Tacos	1 serving	1257	63	16	96	2916	112	9	9	61	Allium, Eggs, Fish, Milk, Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
Griddle Seared Chicken	1 serving	600	15	4	290	401	2	0	2	106	Allium, Milk, Nightshades, Soy, Sulphites/Sulphur Dioxide
Teriyaki Chicken Bowl	1 serving	1320	36	10	185	4330	194	8	24	49	Wheat, Soy, Sulphites/Sulphur Dioxide, Sesame, Allium, Nightshades
SIDES											
Broccoli Florets	1 serving	60	1	0	0	75	12	6	2	4	
Coleslaw	1 serving	170	9	2	15	230	20	4	14	2	
Crinkle Cut Fries	1 serving	350	17	5	0	780	50	5	2	5	Nightshades
Mac & Cheese	1 serving	860	23	12	60	730	130	6	6	35	Milk, Wheat, Allium, Nightshades
Side Salad - BLT	1 serving	400	31	9	65	1150	9	2	3	22	Milk, Eggs, Soy, Sulphites/Sulphur Dioxide, Mustard, Nightshade
Side Salad - Blue Cheese & Apple	1 serving	500	31	7	20	2510	42	6	14	18	Milk, Tree Nuts, May contain: Eggs, Wheat, Soy, Allium
Side Salad - California Cobb	1 serving	520	38	11	75	880	18	5	5	29	Milk, Sulphites/Sulphur Dioxide, Allium, Nightshades
Side Salad - Chicken Chopped	1 serving	610	44	12	90	1380	27	4	6	30	Milk, Eggs, Soy, Tree Nuts, Sulphites/Sulphur, Dioxide, Mustard, Nightshades
Sweet Potato Fries	1 serving	470	34	3	0	330	39	5	10	3	Nightshades
Tater Tots	1 serving	300	18	4	0	990	30	5	2	2	
DESSERTS											
Carrot Cake	1 serving	1220	70	25	170	1090	137	4	99	13	Milk, Eggs, Wheat, Soy, Tree Nuts
Jumbo Cookie Ala Mode	1 serving	1340	59	31	155	530	179	3	135	14	Milk, Eggs, Wheat, Soy
KIDS MENU											
Kid's Cheeseburger Minis	1 serving	685	36	15	138	959	42	4	8	48	Eggs, Milk, Wheat
Kid's Chicken Tenders	1 serving	715	29	5	79	3735	72	2	2	38	Milk, Wheat
Kid's Grilled Cheese	1 serving	541	27	14	65	1211	61	4	10	21	Milk, Wheat

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KIDS MENU (CONTINUED)											
Kid's Mac & Cheese	1 serving	1159	31	16	79	999	175	8	8	48	Allium, Milk, Nightshades, Wheat
Kid's Quesadilla	1 serving	823	42	23	122	1439	59	3	0	50	Milk, Wheat
BRUNCH											
Brunch BLT	1 serving	1113	70	19	262	3064	66	5	11	56	Eggs, Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
Breakfast Quesadilla	1 serving	1940	144	59	900	3360	70	5	10	90	Milk, Eggs, Wheat, Sulphites/Sulphur Dioxide, Allium, Nightshades, May contain Soy
Morning Glory Burger	1 serving	1756	95	35	468	3012	110	10	37	108	Allium, Eggs, Milk, Nightshades, Sulphites/Sulphur Dioxide, Wheat
Breakfast Burrito	1 serving	1540	88	32	625	3380	110	5	10	72	Milk, Eggs, Wheat, Sulphites/Sulphur Dioxide, Allium, Nightshades, May contain Soy
AQUA - SOUP & SALAD											
Miso Soup	1 serving	494	21	4	101	621	59	5	44	18	Eggs, Fish, Nightshades, Soy, Sulphites/Sulphur Dioxide
Seaweed Salad	1 serving	152	10	1	0	1410	11	3	4	4	Sesame
AQUA - SMALL PLATES											
Chicken Dumplings	1 serving	193	4	1	14	1315	29	2	7	9	Allium, Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
Edamame	1 serving	367	21	3	0	1149	23	13	5	29	Sesame, Soy
Pork Dumplings	1 serving	283	6	2	20	1961	42	3	11	12	Allium, Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
Side Of Rice	1 serving	540	0	0	0	1	117	0	0	11	Sulphites/Sulphur Dioxide
Shrimp Dumplings	1 serving	318	3	1	114	2177	49	2	8	21	Allium, Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
Shrimp Tempura Small Plate	1 serving	253	6	1	203	1666	22	1	15	24	Shellfish, Soy, Sulphites/Sulphur Dioxide, Wheat
Spicy Beef Dumplings	1 serving	290	8	3	16	2035	40	2	11	13	Allium, Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
AQUA - SPECIALTY ROLLS											
Baked Lava Roll	1 serving	1157	51	8	102	2601	142	6	29	27	Allium, Eggs, Fish, Nightshades, Sesame, Soy, Sulphites/Sulphur Dioxide, Wheat
Eel Roll	1 serving	677	14	3	91	1063	107	3	17	24	Soy, Sulphites/Sulphur Dioxide, Wheat
Dragon Roll	1 serving	871	21	4	91	1065	139	6	17	27	Sesame, Soy, Wheat
Fantasy Roll With Salmon	1 serving	932	31	5	79	989	122	3	4	37	Allium, Eggs, Fish, Nightshades, Sesame, Shellfish, Soy, Sulphites/Sulphur Dioxide

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AQUA - SPECIALTY ROLLS (CONTINUED)											
Fantasy Roll With Shrimp	1 serving	758	24	4	169	1492	94	3	4	35	Allium, Eggs, Nightshades, Sesame, Shellfish, Soy, Sulphites/Sulphur Dioxide
Fantasy Roll With Tuna	1 serving	765	23	4	76	987	94	3	4	39	Allium, Eggs, Fish, Nightshades, Sesame, Shellfish, Soy, Sulphites/Sulphur Dioxide
Fantasy Roll With White Tuna	1 serving	806	29	4	96	1034	95	3	4	37	Allium, Eggs, Nightshades, Sesame, Shellfish, Soy, Sulphites/Sulphur Dioxide
Fantasy Roll With Yellow Tail	1 serving	770	25	4	67	970	101	3	4	31	Allium, Eggs, Fish, Nightshades, Sesame, Shellfish, Soy, Sulphites/Sulphur Dioxide
Rainbow Roll	1 serving	713	14	2	102	857	105	4	6	37	Fish, Sesame, Shellfish, Sulphites/Sulphur Dioxide
New York Roll	1 serving	610	7	1	50	358	92	3	2	40	Fish, Sulphites/Sulphur Dioxide
Boston Roll	1 serving	688	20	4	56	367	92	3	2	30	Sulphites/Sulphur Dioxide
Sunset Roll	1 serving	741	11	2	133	1068	121	4	26	32	Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
Midori Roll	1 serving	726	20	4	47	999	100	3	10	31	Allium, Eggs, Fish, Nightshades, Sesame, Soy, Sulphites/Sulphur Dioxide, Wheat
Crunchy Munchy Roll	1 serving	725	12	2	162	1667	116	4	14	31	Fish, Shellfish, Soy, Sulphites/Sulphur Dioxide, Wheat
Surf And Turf Roll	1 serving	826	26	9	95	1376	112	4	16	31	Allium, Fish, Milk, Nightshades, Soy, Sulphites/ Sulphur Dioxide, Wheat
Crab Rangoon Roll	1 serving	828	13	5	52	1423	155	1	58	16	Fish, Milk, Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
Mardi Party Roll	1 serving	794	21	8	44	1196	129	3	34	18	Allium, Eggs, Fish, Milk, Nightshades, Sesame, Soy, Sulphites/Sulphur Dioxide, Wheat
Tempura Rainbow Roll	1 serving	877	31	5	239	1483	98	3	4	45	Allium, Eggs, Fish, Nightshades, Sesame, Shellfish, Soy, Sulphites/Sulphur Dioxide, Wheat
Volcano Roll	1 serving	815	24	4	113	924	103	3	8	41	Allium, Eggs, Fish, Nightshades, Sesame, Soy, Sulphites/Sulphur Dioxide
Chicago Roll	1 serving	993	48	14	98	1721	107	7	11	29	Allium, Eggs, Milk, Nightshades, Sesame, Soy, Sulphites/Sulphur Dioxide, Wheat
Crunchy Texas Roll	1 serving	963	34	4	73	1835	127	4	23	29	Allium, Eggs, Fish, Nightshades, Sesame, Soy, Sulphites/Sulphur Dioxide, Wheat
Drake's Yum Yum Roll	1 serving	1053	50	8	352	2482	97	2	5	47	Allium, Eggs, Fish, Nightshades, Shellfish, Soy, Sulphites/Sulphur Dioxide
Dynamite Roll	1 serving	957	15	2	248	2276	160	5	58	38	Nightshades, Shellfish, Soy, Sulphites/Sulphur Dioxide, Wheat
Tuna Stack	1 serving	501	6	1	40	1440	76	4	18	33	Allium, Fish, Sulphites/Sulphur Dioxide
AQUA - BOWLS											
Dynamite Shrimp Bowl	1 portion	1284	30	5	60	2442	212	4	43	34	Allium, Eggs, Fish, Nightshades, Shellfish, Soy, Sulphites/Sulphur Dioxide, Wheat

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AQUA - BOWLS (CONTINUED)											
Teriyaki Chicken Bowl	1 portion	1321	36	10	186	4339	194	8	24	49	Allium, Nightshades, Sesame, Soy, Sulphites/ Sulphur Dioxide, Wheat
Orange Shrimp Bowl	1 portion	531	13	2	42	963	92	5	25	12	Allium, Sesame, Shellfish, Sulphites/Sulphur Dioxide, Wheat
Poke Bowl, Salmon	1 portion	1072	28	5	37	1207	171	4	6	28	Allium, Fish, Nightshades
Poke Bowl, Tuna	1 portion	1014	20	3	29	1200	171	4	6	30	Allium, Fish, Nightshades
Crunchy Cali Bowl	1 portion	646	24	4	74	1616	86	5	13	19	Allium, Eggs, Fish, Nightshades, Soy, Sulphites/ Sulphur Dioxide, Wheat
Pork Dumpling Bowl	1 portion	548	25	5	26	1931	70	5	46	9	Allium, Eggs, Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
Shrimp Dumpling Bowl	1 portion	569	23	4	82	2061	75	5	44	14	Allium, Eggs, Nightshades, Soy, Sulphites/Sulphur Dioxide, Wheat
AQUA - CLASSIC											
California Roll	1 serving	494	7	1	0	302	93	3	3	9	Sesame, Sulphites/Sulphur Dioxide
Spicy California Roll	1 serving	636	16	2	45	826	95	4	4	23	Allium, Eggs, Nightshades, Sesame, Shellfish, Soy, Sulphites/Sulphur Dioxide
Teriyaki Salmon Roll	1 serving	751	15	2	26	2077	126	4	33	21	Soy, Sulphites/Sulphur Dioxide, Wheat
Spring Roll With Salmon	1 serving	475	20	4	39	620	59	5	44	16	Eggs, Fish, Nightshades, Soy, Sulphites/Sulphur Dioxide
Spring Roll With Shrimp	1 serving	461	14	3	189	1390	60	5	44	24	Eggs, Fish, Nightshades, Shellfish, Soy, Sulphites/ Sulphur Dioxide
Spring Roll With Tuna	1 serving	448	15	2	37	655	59	5	45	21	Allium, Eggs, Fish, Nightshades, Sesame, Soy, Sulphites/Sulphur Dioxide
Spring Roll With White Tuna	1 serving	480	20	2	57	689	59	5	45	17	Allium, Eggs, Fish, Nightshades, Sesame, Soy, Sulphites/Sulphur Dioxide
Spicy Roll With Salmon	1 serving	764	31	5	39	601	96	4	5	21	Allium, Eggs, Nightshades, Sesame, Soy, Sulphites/ Sulphur Dioxide
Spicy Roll With Shrimp	1 serving	717	25	4	128	1105	97	4	5	23	Allium, Eggs, Nightshades, Sesame, Shellfish, Soy, Sulphites/Sulphur Dioxide
Spicy Roll With Tuna	1 serving	722	24	4	35	596	96	4	5	26	Allium, Eggs, Fish, Nightshades, Sesame, Soy, Sulphites/Sulphur Dioxide
Spicy Roll With White Tuna	1 serving	754	30	4	56	630	96	4	5	22	Allium, Eggs, Nightshades, Sesame, Soy, Sulphites/ Sulphur Dioxide
Spicy Roll With Yellow Tail	1 serving	727	25	4	27	579	102	4	5	18	Allium, Eggs, Fish, Nightshades, Sesame, Soy, Sulphites/Sulphur Dioxide
Philly Roll With Crab	1 serving	742	27	13	69	779	104	4	8	17	Fish, Milk, Sesame, Sulphites/Sulphur Dioxide
Philly Roll With Salmon	1 serving	803	35	14	87	514	96	3	4	24	Milk, Sesame, Sulphites/Sulphur Dioxide
Philly Roll With Shrimp	1 serving	755	28	13	177	1016	96	3	4	26	Milk, Sesame, Shellfish, Sulphites/Sulphur Dioxide

DRAKE'S

NUTRITION INFORMATION

RECIPE NAME	SERVING SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARB (mg)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)	ALLERGENS
AQUA - CLASSIC (CONTINUED)											
Philly Roll With White Tuna	1 serving	794	33	13	104	544	96	3	4	25	Milk, Sesame, Sulphites/Sulphur Dioxide
Philly Roll With Yellow Tail	1 serving	766	29	13	75	492	102	3	4	21	Fish, Milk, Sesame, Sulphites/Sulphur Dioxide
Vegetable Roll	1 serving	508	8	1	0	326	97	5	4	10	Sesame, Sulphites/Sulphur Dioxide
Crunchy Roll With Salmon	1 serving	617	15	3	45	414	95	3	3	22	Sulphites/Sulphur Dioxide, Wheat
Crunchy Roll With Shrimp	1 serving	569	8	1	134	916	96	3	3	23	Shellfish, Sulphites/Sulphur Dioxide, Wheat
Crunchy Roll With Tuna	1 serving	584	9	1	38	395	94	3	3	27	Fish, Sulphites/Sulphur Dioxide, Wheat
Crunchy Roll With White Tuna	1 serving	617	14	1	59	429	94	3	3	23	Sulphites/Sulphur Dioxide, Wheat
Crunchy Roll With Yellow Tail	1 serving	580	9	1	32	392	102	3	3	19	Fish, Sulphites/Sulphur Dioxide, Wheat
Fried Calamari Roll	1 ea	714	19	3	90	619	112	4	3	18	Mollusks, Sesame, Sulphites/Sulphur Dioxide, Wheat
Tempura Shrimp Roll	1 ea	704	13	2	143	1691	113	4	17	27	Sesame, Shellfish, Soy, Sulphites/Sulphur Dioxide, Wheat
AQUA - NIGIRI											
Tuna Nigiri	1 serving	315	1	0	20	320	55	1	2	17	Fish, Sulphites/Sulphur Dioxide
Salmon Nigiri	1 serving	346	6	1	23	323	55	1	2	13	Sulphites/Sulphur Dioxide
Eel Nigiri	1 serving	378	9	2	68	325	56	1	2	15	Sesame, Sulphites/Sulphur Dioxide
Shrimp Nigiri	1 serving	327	2	0	120	834	56	1	2	18	Shellfish, Sulphites/Sulphur Dioxide
Squid Nigiri	1 serving	366	5	1	57	372	66	1	2	10	Mollusks, Sulphites/Sulphur Dioxide
Crab Stick Nigiri	1 serving	341	1	0	17	747	68	1	7	11	Fish, Sulphites/Sulphur Dioxide
Yellow Tail Nigiri	1 serving	319	2	0	13	307	60	1	2	11	Fish, Sulphites/Sulphur Dioxide
Flying Fish Eggs Nigiri	1 serving	321	4	1	159	336	56	1	2	14	Fish, Sulphites/Sulphur Dioxide
AQUA - SASHIMI											
Tuna Sashimi	1 serving	322	4	1	159	337	56	1	2	14	Fish, Sulphites/Sulphur Dioxide
Salmon Sashimi	1serving	119	6	1	23	331	6	1	2	9	
Squid Sashimi	1 serving	139	5	1	57	379	17	1	2	6	Mollusks
Yellow Tail Sashimi	1 serving	92	2	0	13	314	11	1	2	7	Fish