



Nutrition Information (USA) 2017

CLASSIC ROLLS	Serving Size [oz / g]	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CALIFORNIA ROLL	9.5oz [269g]	370	50	6	1	0	5	1300	74	3	14	10
CALIFORNIA ROLL (Brown Rice)	9.5oz [269g]	310	60	6	1	0	5	850	55	5	8	9
CALIFORNIA ROLL & INARI	10.5oz [297g]	490	70	8	1	0	0	1570	96	2	21	12
CLASSIC CRAB ROLL	9.5oz [269g]	460	140	16	0	0	50	1250	66	3	18	18
CLASSIC CRAB ROLL (Brown Rice)	9.5oz [269g]	410	150	17	0	0	50	880	50	5	13	17
CLASSIC TUNA ROLL	7.25oz [206g]	320	100	11	1	0	15	740	51	0	9	24
CLASSIC TUNA ROLL (Brown Rice)	7.25oz [206g]	270	100	11	1	0	15	370	36	2	4	23
CREAM CHEESE ROLL - BABY SHRIMP	9.5oz [269g]	430	110	12	7	0	110	1380	63	1	13	19
CREAM CHEESE ROLL - BABY SHRIMP (Brown Rice)	9.5oz [269g]	370	110	13	7	0	110	940	45	2	7	18
CREAM CHEESE ROLL - EEL	9.5oz [269g]	530	190	22	10	0	100	1190	69	2	15	17
CREAM CHEESE ROLL - EEL (Brown Rice)	9.5oz [269g]	470	200	22	10	0	100	750	50	4	9	16
CREAM CHEESE ROLL - IMITATION CRAB	9.5oz [269g]	440	100	12	7	0	20	1500	73	1	15	13
CREAM CHEESE ROLL - IMITATION CRAB (Brown Rice)	9.5oz [269g]	390	110	12	7	0	20	1070	54	3	10	12
CREAM CHEESE ROLL - SALMON	9.5oz [269g]	500	180	20	9	0	55	1000	63	1	13	19
CREAM CHEESE ROLL - SALMON (Brown Rice)	9.5oz [269g]	450	190	21	9	0	55	560	45	2	7	18
CREAM CHEESE ROLL - SMOKED SALMON	9.5oz [269g]	500	170	20	8	0	50	1490	63	1	13	20
CREAM CHEESE ROLL - SMOKED SALMON (Brown Rice)	9.5oz [269g]	450	180	20	8	0	50	1050	45	2	7	19
CREAM CHEESE ROLL - SMOKED STEELHEAD	9.5oz [269g]	460	140	15	8	0	50	1490	63	10	13	19
CREAM CHEESE ROLL - SMOKED STEELHEAD (Brown Rice)	9.5oz [269g]	400	140	16	8	0	50	1050	45	2	7	18
CREAM CHEESE ROLL - STEELHEAD	9.5oz [269g]	470	150	17	8	0	55	1000	63	1	13	18
CREAM CHEESE ROLL - STEELHEAD (Brown Rice)	9.5oz [269g]	420	160	18	8	0	55	560	45	2	7	17
CREAM CHEESE ROLL - TUNA	9.5oz [269g]	460	170	19	8	0	25	980	63	1	13	22
CREAM CHEESE ROLL - TUNA (Brown Rice)	9.5oz [269g]	400	180	20	8	0	25	550	45	2	7	21
CRUNCHY SHRIMP ROLL	10.25oz [291g]	480	150	17	1	0	110	1580	70	3	17	18
CRUNCHY SHRIMP ROLL (Brown Rice)	10.25oz [291g]	430	160	18	1	0	110	1150	52	5	11	17
DRAGON ROLL - EEL	9.75oz [276g]	430	110	13	3	0	70	1070	71	3	14	14
DRAGON ROLL - EEL (Brown Rice)	9.75oz [276g]	380	120	13	3	0	70	620	52	5	8	13
DRAGON ROLL - IMITATION CRAB	9.75oz [276g]	360	35	4	0.5	0	5	1330	74	3	15	10
DRAGON ROLL - IMITATION CRAB (Brown Rice)	9.75oz [276g]	300	45	5	0.5	0	5	880	55	5	9	9
DRAGON ROLL - TUNA	9.75oz [276g]	370	90	11	1.5	0	10	900	66	2	12	18
DRAGON ROLL - TUNA (Brown Rice)	9.75oz [276g]	320	100	11	1.5	0	10	450	47	4	6	17
DRAGON ROLL SPECIAL - EEL	6oz [170g]	300	70	8	2	0	45	750	50	2	10	9
DRAGON ROLL SPECIAL - EEL (Brown Rice)	6oz [170g]	260	80	9	2	0	45	430	37	3	5	8
DRAGON ROLL SPECIAL - IMITATION CRAB	6oz [170g]	250	30	3	0	0	5	920	52	2	10	7
DRAGON ROLL SPECIAL - IMITATION CRAB (Brown Rice)	6oz [170g]	210	30	3.5	0	0	5	590	39	3	6	6
DRAGON ROLL SPECIAL - TUNA	6oz [170g]	260	60	7	1	0	5	650	47	1	9	12
DRAGON ROLL SPECIAL - TUNA (Brown Rice)	6oz [170g]	220	70	8	1	0	5	320	34	3	4	11
EEL ROLL	9.5oz [269g]	470	140	15	4	0	105	1330	71	3	18	18
EEL ROLL (Brown Rice)	9.5oz [269g]	420	140	16	4	0	105	940	54	4	13	17
FULLMOON COMBO	9.5oz [269g]	370	70	8	1	0	40	1270	66	2	13	12
FULLMOON COMBO (Brown Rice)	9.5oz [269g]	320	80	9	1	0	40	850	49	4	7	11
GRILLED SALMON ROLL	8.5oz [240g]	300	15	1.5	0	0	20	860	62	2	13	14
GRILLED SALMON ROLL (Brown Rice)	8.5oz [240g]	250	20	2	0	0	20	450	45	4	7	13
HAWAIIAN ROLL - SALMON	13oz [368g]	680	290	33	3.5	0	60	1650	78	4	23	22
HAWAIIAN ROLL - SALMON (Brown Rice)	13oz [368g]	630	300	34	3.5	0	60	1230	60	5	17	21
HAWAIIAN ROLL - STEELHEAD	13oz [368g]	630	250	29	2.5	0	55	1650	78	4	23	21
HAWAIIAN ROLL - STEELHEAD (Brown Rice)	13oz [368g]	580	260	29	2.5	0	55	1230	60	5	17	20
HAWAIIAN ROLL - TUNA	13oz [368g]	610	280	32	2	0	15	1630	78	4	23	26
HAWAIIAN ROLL - TUNA (Brown Rice)	13oz [368g]	560	290	32	2	0	15	1210	60	5	17	25
HAWAIIAN ROLL 8	7.5oz [213g]	630	270	31	2	0	10	1420	86	4	17	20
INARI	7.5oz [213g]	390	60	7	0.5	0	0	1190	75	0	18	9
INARI (Brown Rice)	7.5oz [213g]	330	70	8	0.5	0	0	730	56	2	12	8
INARI SPECIAL	5oz [142g]	250	70	8	1	0	30	880	36	1	13	9
MARINA PLATE	7.25oz [206g]	410	130	15	3.5	0	100	880	53	1	11	19
MARINA PLATE (Brown Rice)	7.25oz [206g]	360	140	15	3.5	0	100	540	38	2	6	19
OCEAN CRAB ROLL	9.5oz [269g]	360	70	8	1	0	80	1240	62	3	11	16
ORANGE ROLL	10oz [283g]	360	45	5	1	0	55	1580	69	3	13	12
ORANGE ROLL (Brown Rice)	10oz [283g]	300	50	6	1	0	55	1160	52	4	8	11



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ORANGE ROLL 8	5oz [142g]	180	25	2.5	0	0	30	790	35	1	7	8
RAINBOW ROLL	12oz [340g]	490	150	17	2.5	0	35	1250	71	3	14	25
RAINBOW ROLL (Brown Rice)	12oz [340g]	440	160	18	2.5	0	35	820	53	5	8	24
RAINBOW ROLL SPECIAL	8oz [227g]	350	150	17	3.5	0	125	360	16	0	3	35
RAINBOW ROLL SPECIAL (Brown Rice)	8oz [227g]	290	100	12	1.5	0	30	570	35	3	5	19
RED CHILI ROLL - SALMON	8oz [227g]	390	150	16	2.5	0	40	970	49	2	12	15
RED CHILI ROLL - STEELHEAD	8oz [227g]	370	120	14	2	0	35	970	49	2	12	14
RED CHILI ROLL - TUNA	8oz [227g]	360	140	15	2	0	15	960	49	2	12	17
SASHIMI SAMPLER	2.6oz [74g]	110	70	8	1	0	40	70	0	0	0	17
SEASIDE COMBO - BABY SHRIMP	7.25oz [206g]	290	0	0.5	0	0	90	1250	61	0	11	15
SEASIDE COMBO - BABY SHRIMP (Brown Rice)	7.25oz [206g]	240	10	1	0	0	90	810	43	2	5	14
SEASIDE COMBO - EEL	7.25oz [206g]	390	80	9	2.5	0	75	1120	68	1	14	14
SEASIDE COMBO - EEL (Brown Rice)	7.25oz [206g]	330	90	10	2.5	0	75	680	49	3	8	13
SEASIDE COMBO - SALMON	7.25oz [206g]	370	70	8	1.5	0	40	890	61	0	11	15
SEASIDE COMBO - SALMON (Brown Rice)	7.25oz [206g]	310	80	9	1.5	0	40	450	43	2	5	14
SEASIDE COMBO - SMOKED SALMON	7.25oz [206g]	370	70	8	1.5	0	30	1350	61	0	11	17
SEASIDE COMBO - SMOKED SALMON (Brown Rice)	7.25oz [206g]	310	70	8	1.5	0	30	910	43	2	6	16
SEASIDE COMBO - SMOKED STEELHEAD	7.25oz [206g]	330	30	3.5	0.5	0	35	1350	61	0	11	15
SEASIDE COMBO - SMOKED STEELHEAD (Brown Rice)	7.25oz [206g]	270	35	4	0.5	0	0	910	43	2	6	14
SEASIDE COMBO - STEELHEAD	7.25oz [206g]	340	45	5	1	0	35	890	61	0	11	15
SEASIDE COMBO - STEELHEAD (Brown Rice)	7.25oz [206g]	280	50	6	1	0	35	450	43	2	5	14
SEASIDE COMBO - TUNA	7.25oz [206g]	320	60	7	1	0	10	870	61	0	11	18
SEASIDE COMBO - TUNA (Brown Rice)	7.25oz [206g]	270	70	8	1	0	10	440	43	2	5	17
SHORELINE COMBO	11.25oz [319g]	500	100	11	2	0	40	1400	86	2	16	18
SHORELINE COMBO (Brown Rice)	11.25oz [319g]	430	110	12	2	0	40	830	62	4	9	17
SHRIMP TEMPURA ROLL 8	6.8oz [193g]	330	90	10	3	0	15	1080	54	2	14	7
SNACK PACK	7.25oz [206g]	310	40	4.5	0.5	0	5	1140	63	2	12	9
SNACK PACK (Brown Rice)	7.25oz [206g]	270	45	5	0.5	0	5	760	47	4	7	8
SPICY ROLL - BABY SHRIMP	9.5oz [269g]	370	70	8	0	0	115	1440	62	1	12	18
SPICY ROLL - BABY SHRIMP (Brown Rice)	9.5oz [269g]	320	80	9	0	0	115	1010	44	3	7	18
SPICY ROLL - SALMON	9.5oz [269g]	470	160	18	2	0	50	990	62	1	12	19
SPICY ROLL - SALMON (Brown Rice)	9.5oz [269g]	410	160	18	2	0	50	560	44	3	7	18
SPICY ROLL - SMOKED SALMON	9.5oz [269g]	470	150	17	2	0	40	1580	62	1	13	20
SPICY ROLL - SMOKED SALMON (Brown Rice)	9.5oz [269g]	410	150	17	2	0	40	1150	44	3	7	19
SPICY ROLL - SMOKED STEELHEAD	9.5oz [269g]	410	100	12	1	0	40	1580	62	1	13	18
SPICY ROLL - SMOKED STEELHEAD (Brown Rice)	9.5oz [269g]	360	110	12	1	0	40	1150	44	3	7	18
SPICY ROLL - STEELHEAD	9.5oz [269g]	430	120	14	1.5	0	45	990	62	1	12	18
SPICY ROLL - STEELHEAD (Brown Rice)	9.5oz [269g]	380	130	14	1.5	0	45	560	44	3	7	17
SPICY ROLL - TUNA	9.5oz [269g]	410	140	16	1	0	10	970	62	1	12	22
SPICY ROLL - TUNA (Brown Rice)	9.5oz [269g]	360	150	17	1	0	10	540	44	3	7	21
SPICY ROLL - YELLOWTAIL	9.5oz [269g]	490	170	19	2.5	0	50	980	62	1	12	18
SPICY ROLL - YELLOWTAIL (Brown Rice)	9.5oz [269g]	440	170	19	2.5	0	50	550	44	3	7	17
VEGETABLE COMBO	9.5oz [269g]	330	60	7	1	0	0	850	67	4	13	6
VEGETABLE COMBO (Brown Rice)	9.5oz [269g]	280	70	8	1	0	0	430	49	6	8	5

HYBRID ROLLS	Serving Size [oz / g]	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BERRY ROLL - EEL	6oz [170g]	240	50	6	1.5	0	35	620	43	2	12	7
BERRY ROLL - EEL (Brown Rice)	6oz [170g]	210	60	7	1.5	0	35	380	33	3	8	7
BERRY ROLL - IMITATION CRAB	6oz [170g]	230	40	5	0.5	0	5	730	44	2	12	5
BERRY ROLL - IMITATION CRAB (Brown Rice)	6oz [170g]	200	45	5	0.5	0	5	490	34	3	9	4
BLUEBERRY ROLL - EBI	8oz [227g]	320	100	12	1	0	25	920	45	3	10	12
BLUEBERRY ROLL - EBI (Brown Rice)	8oz [227g]	290	110	12	1	0	25	670	35	4	7	12
BLUEBERRY ROLL - SALMON	8oz [227g]	360	140	16	2	0	30	870	45	3	10	12
BLUEBERRY ROLL - SALMON (Brown Rice)	8oz [227g]	330	150	16	2	0	30	630	35	4	7	12
BLUEBERRY ROLL - SMOKED SALMON	8oz [227g]	360	140	16	2	0	25	1130	45	3	10	13
BLUEBERRY ROLL - SMOKED SALMON (Brown Rice)	8oz [227g]	330	140	16	2	0	25	880	35	4	7	13
BLUEBERRY ROLL - SMOKED STEELHEAD	8oz [227g]	340	120	13	1.5	0	25	1130	45	3	10	12



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BLUEBERRY ROLL - SMOKED STEELHEAD (Brown Rice)	8oz [227g]	310	120	14	1.5	0	25	880	35	4	7	12
BLUEBERRY ROLL - STEELHEAD	8oz [227g]	350	130	14	2	0	25	870	45	3	10	12
BLUEBERRY ROLL - STEELHEAD (Brown Rice)	8oz [227g]	310	130	15	2	0	25	630	35	4	7	11
BLUEBERRY ROLL - TUNA	8oz [227g]	340	140	15	1.5	0	10	870	45	3	10	14
BLUEBERRY ROLL - TUNA (Brown Rice)	8oz [227g]	310	140	16	1.5	0	10	620	35	4	7	13
CLASSIC YUMMY ROLL	7oz [198g]	380	160	18	2	0	10	1200	50	2	15	8
CRUNCHY DRAGON ROLL - IMITATION CRAB	8oz [227g]	520	220	25	1.5	0	20	960	59	5	25	18
CRUNCHY DRAGON ROLL - SALMON	8oz [227g]	560	280	31	2.5	0	35	960	59	5	25	17
CRUNCHY DRAGON ROLL - STEELHEAD	8oz [227g]	530	250	28	2	0	30	980	59	5	25	16
CRUNCHY DRAGON ROLL - TUNA	8oz [227g]	520	220	25	1.5	0	20	980	60	5	26	17
CRUNCHY TEMPURA ROLL	8oz [227g]	340	80	9	2.5	0	20	1000	62	2	13	7
DELUXE ROLL - EEL	7oz [198g]	460	260	29	6	0	50	990	43	2	10	10
DELUXE ROLL - SALMON	7oz [198g]	450	250	29	6	0	30	910	40	2	9	10
DELUXE ROLL - SMOKED SALMON	7oz [198g]	450	250	28	6	0	25	1120	40	2	9	11
DELUXE ROLL - SMOKED STEELHEAD	7oz [198g]	440	230	27	5	0	25	1120	40	2	9	10
DELUXE ROLL - STEELHEAD	7oz [198g]	350	130	14	4	0	35	1200	41	2	9	15
DELUXE ROLL - TUNA	7oz [198g]	440	250	28	5	0	15	910	40	2	9	12
DONE DEAL ROLL - EEL	7oz [198g]	400	170	19	6	0	75	960	46	3	10	14
DONE DEAL ROLL - EEL (Brown Rice)	7oz [198g]	370	170	20	6	0	75	710	35	4	7	13
DONE DEAL ROLL - SALMON	7oz [198g]	380	160	18	5	0	40	810	41	2	8	15
DONE DEAL ROLL - SALMON (Brown Rice)	7oz [198g]	350	160	19	5	0	40	560	31	3	5	15
DONE DEAL ROLL - SHRIMP EBI	7oz [198g]	320	100	12	3.5	0	40	880	41	2	8	15
DONE DEAL ROLL - SHRIMP EBI (Brown Rice)	7oz [198g]	290	100	12	3.5	0	40	640	31	3	5	15
DONE DEAL ROLL - SMOKED SALMON	7oz [198g]	380	160	18	4.5	0	35	1200	41	2	9	16
DONE DEAL ROLL - SMOKED SALMON (Brown Rice)	7oz [198g]	350	160	18	4.5	0	35	950	31	3	5	16
DONE DEAL ROLL - SMOKED STEELHEAD	7oz [198g]	350	130	14	4	0	35	1200	41	2	9	15
DONE DEAL ROLL - SMOKED STEELHEAD (Brown Rice)	7oz [198g]	320	130	15	4	0	35	950	31	3	5	14
DONE DEAL ROLL - STEELHEAD	7oz [198g]	360	140	16	4.5	0	40	810	41	2	8	15
DONE DEAL ROLL - STEELHEAD (Brown Rice)	7oz [198g]	330	140	16	4.5	0	40	560	31	3	5	14
DONE DEAL ROLL - TUNA	7oz [198g]	330	100	12	3.5	0	25	800	41	2	8	16
DONE DEAL ROLL - TUNA (Brown Rice)	7oz [198g]	310	160	18	4	0	15	550	31	3	5	17
DYNAMITE ROLL - IMITATION CRAB	8oz [227g]	450	180	21	6	0	25	1260	56	2	13	10
DYNAMITE ROLL - SALMON	8oz [227g]	490	230	26	6	0	45	980	51	2	11	14
DYNAMITE ROLL - SMOKED SALMON	8oz [227g]	490	230	26	6	0	40	1240	51	3	11	15
DYNAMITE ROLL - SMOKED STEELHEAD	8oz [227g]	460	210	24	6	0	40	1240	52	2	11	14
DYNAMITE ROLL - STEELHEAD	8oz [227g]	470	220	25	6	0	45	980	51	3	11	14
DYNAMITE ROLL - TUNA	8oz [227g]	460	230	26	6	0	25	980	51	2	11	16
GIANT ROLL - BABY SHRIMP	6.5oz [184g]	310	90	11	2.5	0	55	980	46	2	12	10
GIANT ROLL - EEL	6.5oz [184g]	360	140	16	4	0	50	880	49	2	13	10
GIANT ROLL - STEELHEAD	6.5oz [184g]	330	120	13	3	0	25	780	46	2	12	10
GIANT ROLL - TUNA	6.5oz [184g]	320	90	11	2.5	0	15	780	46	2	12	11
HAPPY MANGO ROLL	8oz [227g]	410	170	19	7	0	55	830	51	4	17	11
JALAPENO ROLL - BABY SHRIMP	8oz [227g]	280	50	6	1	0	25	830	48	3	9	12
JALAPENO ROLL - SALMON	8oz [227g]	320	90	10	1.5	0	25	780	48	3	9	12
JALAPENO ROLL - SMOKED SALMON	8oz [227g]	320	90	10	1.5	0	20	1040	48	3	9	13
JALAPENO ROLL - SMOKED STEELHEAD	8oz [227g]	290	70	8	1	0	20	1040	48	3	9	12
JALAPENO ROLL - STEELHEAD	8oz [227g]	300	70	8	1.5	0	25	780	48	3	9	12
JALAPENO ROLL - TUNA	8oz [227g]	290	80	10	1	0	5	770	48	3	9	14
MANGO SHRIMP ROLL	6oz [170g]	360	170	19	7	0	25	740	42	2	8	8
RED ROCK	7oz [198g]	360	120	14	3.5	0	35	920	44	1	12	16
RED ROCK (Brown Rice)	7oz [198g]	340	170	20	4.5	0	20	670	34	3	8	17
SALMON ONION ROLL - SALMON	7oz [198g]	330	120	14	2.5	0	35	780	40	1	8	13
SALMON ONION ROLL - SMOKED SALMON	7oz [198g]	330	120	13	2	0	30	1120	40	1	8	14
SPICY JUMBO ROLL - BABY SHRIMP	9.5oz [269g]	370	90	10	0.5	0	85	1300	60	2	12	15
SPICY JUMBO ROLL - SALMON	9.5oz [269g]	440	150	17	2	0	40	950	60	2	12	15
SPICY JUMBO ROLL - SMOKED SALMON	9.5oz [269g]	440	150	16	1.5	0	30	1400	61	2	12	17
SPICY JUMBO ROLL - SMOKED STEELHEAD	9.5oz [269g]	400	110	13	1	0	30	1400	61	2	12	15
SPICY JUMBO ROLL - STEELHEAD	9.5oz [269g]	410	130	14	1.5	0	35	950	60	2	12	15



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SPICY JUMBO ROLL - TUNA	9.5oz [269g]	400	140	16	1	0	10	940	60	2	12	18
SPICY JUMBO ROLL - YELLOWTAIL	9.5oz [269g]	460	160	18	2	0	35	950	60	2	12	15
SPICY MANGO ROLL - BABY SHRIMP	8oz [227g]	360	140	16	5	0	70	940	45	3	14	12
SPICY MANGO ROLL - SALMON	8oz [227g]	400	180	21	6	0	30	660	45	3	14	12
SPICY MANGO ROLL - SMOKED SALMON	8oz [227g]	400	180	20	6	0	25	920	46	3	14	12
SPICY MANGO ROLL - SMOKED STEELHEAD	8oz [227g]	380	160	18	5	0	25	920	46	3	14	12
SPICY MANGO ROLL - STEELHEAD	8oz [227g]	390	170	19	6	0	30	660	45	3	14	11
SPICY MANGO ROLL - TUNA	8oz [227g]	380	180	20	5	0	15	650	45	3	14	13
SPICY OCTOPUS ROLL	9.5oz [269g]	390	70	7	0	0	80	1090	60	1	12	20
SPICY SCALLOP ROLL	9.5oz [269g]	360	70	8	0	0	15	1190	62	1	12	14
SUPER MARINA PLATE	9.5oz [269g]	460	140	15	2.5	0	50	970	66	0	12	28
SUPER VOLCANO	6oz [170g]	310	140	16	1	0	10	710	36	1	9	16
TEMPTATION ROLL	6oz [170g]	360	140	16	6	0	20	920	47	2	10	8
ULTIMATE CHILI ROLL - EBI	6oz [170g]	260	70	8	0.5	0	20	810	39	1	9	9
ULTIMATE CHILI ROLL - SALMON	6oz [170g]	290	100	11	1.5	0	20	770	39	1	9	9
ULTIMATE CHILI ROLL - STEELHEAD	6oz [170g]	270	90	10	1	0	20	770	39	1	9	9

PLUS ROLLS	Serving Size [oz / g]	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CALIFORNIA PLUS	12oz [340g]	450	70	8	1	0	5	1510	88	4	17	12
CLASSIC TUNA PLUS	12oz [340g]	520	190	22	2.5	0	25	1080	74	0	14	46
CREAM CHEESE PLUS - BABY SHRIMP	12oz [340g]	510	130	15	9	0	115	1590	76	1	16	21
CREAM CHEESE PLUS - EEL	12oz [340g]	620	220	25	12	0	105	1400	82	2	18	19
CREAM CHEESE PLUS - IMITATION CRAB	12oz [340g]	520	130	14	9	0	25	1720	86	1	18	14
CREAM CHEESE PLUS - SALMON	12oz [340g]	590	210	23	10	0	60	1200	76	1	16	21
CREAM CHEESE PLUS - SMOKED SALMON	12oz [340g]	590	200	22	10	0	55	1710	76	1	16	22
CREAM CHEESE PLUS - SMOKED STEELHEAD	12oz [340g]	540	160	18	9	0	55	1710	76	1	16	21
CREAM CHEESE PLUS - STEELHEAD	12oz [340g]	560	180	20	10	0	60	1200	76	1	16	20
CREAM CHEESE PLUS - TUNA	12oz [340g]	540	250	29	2	0	30	980	60	5	26	16
EEL PLUS	12oz [340g]	540	120	13	3.5	0	100	1630	94	2	22	18
SEASIDE PLUS - BABY SHRIMP	12oz [340g]	460	10	1	0	0	195	2110	90	0	17	29
SEASIDE PLUS - EEL	12oz [340g]	670	180	21	6	0	175	1720	103	3	21	26
SEASIDE PLUS - SALMON	12oz [340g]	620	160	18	3.5	0	90	1330	91	0	17	29
SEASIDE PLUS - SMOKED SALMON	12oz [340g]	620	140	16	3	0	70	2350	91	0	17	32
SEASIDE PLUS - SMOKED STEELHEAD	12oz [340g]	530	70	8	1.5	0	70	2350	91	0	17	29
SEASIDE PLUS - STEELHEAD	12oz [340g]	560	100	11	2	0	80	1330	91	0	17	28
SEASIDE PLUS - TUNA	12oz [340g]	530	140	16	1.5	0	20	1310	91	0	17	36
SPICY PLUS - BABY SHRIMP	12oz [340g]	530	140	16	1.5	0	135	1700	78	3	15	24
SPICY PLUS - IMITATION CRAB	12oz [340g]	550	140	16	1.5	0	10	1870	92	4	19	16
SPICY PLUS - SALMON	12oz [340g]	640	250	28	3.5	0	60	1160	78	3	15	25
SPICY PLUS - SMOKED SALMON	12oz [340g]	640	240	27	3.5	0	60	1860	79	3	15	27
SPICY PLUS - SMOKED STEELHEAD	12oz [340g]	580	180	21	2.5	0	0	1860	79	3	15	24
SPICY PLUS - STEELHEAD	12oz [340g]	600	210	23	3	0	55	1160	78	3	15	24
SPICY PLUS - TUNA	12oz [340g]	580	230	26	2.5	0	15	1150	78	3	15	29
SPICY PLUS - YELLOWTAIL	12oz [340g]	670	260	29	4	0	60	1160	78	3	15	24
SPICY TRIO	12oz [340g]	600	270	30	4.5	0	80	1040	63	4	13	26
VEGETABLE PLUS COMBO	12oz [340g]	430	70	8	1	0	0	1150	89	5	18	8

COLD BOWL	Serving Size [oz / g]	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
ORANGE CHICKEN	17oz [482g]	730	90	11	1.5	0	55	730	141	1	21	25
SESAME CHICKEN	17oz [482g]	760	130	15	2	0	50	580	138	2	20	25
SUKIYAKI BEEF	17oz [482g]	790	240	27	12	0	60	460	120	2	6	22
TEMPURA SHRIMP	17oz [482g]	790	70	8	1	0	30	1460	168	3	25	17
TERIYAKI CHICKEN	17oz [482g]	790	120	14	3.5	0	110	1700	134	2	31	42



Nutrition Information (USA) 2017

CHEF SAMPLERS*	Serving Size [oz / g]	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CHEF SAMPLER A	5.5oz [156g]	240	60	7	1.5	0	30	610	37	1	7	11
CHEF SAMPLER B	5.5oz [156g]	260	70	8	2	0	20	750	41	2	9	7
CHEF SAMPLER C	5.5oz [156g]	250	80	9	1.5	0	15	750	37	1	8	10
CHEF SAMPLER D	5.5oz [156g]	240	50	5	1	0	20	700	43	2	8	7
PREMIUM CHEF SAMPLER	5.5oz [156g]	260	80	9	1.5	0	30	570	35	0	7	14
ULTIMATE CHEF SAMPLER	5.5oz [156g]	250	90	11	1.5	0	15	630	33	1	7	9

HYBRID PARTY TRAYS*	Serving Size [oz / g]	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
HAPPY HEART TRAY	5.5oz [156g]	220	70	8	1	0	30	590	31	1	6	16
HYBRID GO TRAY	5.5oz [156g]	320	140	15	2	0	20	640	38	2	12	12
HYBRID ICHI PLATTER	5.5oz [156g]	310	150	17	1.5	0	10	760	35	3	13	9
HYBRID MINI PLATTER	5.5oz [156g]	280	100	11	2.5	0	10	810	40	1	10	8
HYBRID NI PLATTER	5.5oz [156g]	300	110	13	2	0	30	630	39	1	10	14
HYBRID ROKU TRAY	5.5oz [156g]	300	130	14	2	0	15	690	38	2	12	10
HYBRID SAN PLATTER	5.5oz [156g]	280	100	11	1	0	20	690	39	2	11	11
HYBRID YON TRAY	5.5oz [156g]	310	140	15	2	0	15	680	39	3	13	10
KOWALSKI'S MEDLEY PARTY TRAY	5.5oz [156g]	250	80	9	2	0	30	660	37	1	7	10
MOONLIGHT PARTY TRAY	5.5oz [156g]	280	90	11	2.5	0	30	670	38	1	8	10
SAMURAI PLATTER	5.5oz [156g]	240	60	6	1.5	0	5	790	42	2	8	6
SUMO TRAY	5.5oz [156g]	230	30	3	0.5	0	20	650	39	1	7	11
SUNNY DELIGHT PARTY TRAY	5.5oz [156g]	240	60	6	1.5	0	15	640	39	1	8	9
SUNRISE PLATTER	5.5oz [156g]	220	25	2.5	0	0	30	970	42	1	12	9
SUNSET PLATTER	5.5oz [156g]	240	35	3.5	0.5	0	35	630	37	1	7	15

*Based upon a recommended serving size of 5.5 ounces per serving.

SPECIAL HYBRID ITEMS	Serving Size [oz / g]	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CALIFORNIA ROLL SP	6oz [170g]	240	35	4	0.5	0	5	840	47	2	9	7
CALIFORNIA ROLL SP (Brown Rice)	6oz [170g]	210	40	4.5	0.5	0	5	550	36	3	5	6
CALIFORNIA SALAD ROLL SP	6oz [170g]	270	70	8	1	0	5	820	47	2	9	6
CALIFORNIA SALAD ROLL SP (Brown Rice)	6oz [170g]	260	80	9	1	0	5	580	38	4	6	6
CREAM CHEESE ROLL SP - BABY SHRIMP	6oz [170g]	280	80	9	5	0	50	810	42	1	8	10
CREAM CHEESE ROLL SP - BABY SHRIMP (Brown Rice)	6oz [170g]	240	80	9	5	0	50	520	30	2	5	9
CREAM CHEESE ROLL SP - EEL	6oz [170g]	320	110	13	6	0	45	730	44	1	9	10
CREAM CHEESE ROLL SP - EEL (Brown Rice)	6oz [170g]	290	110	13	6	0	45	450	32	2	5	9
CREAM CHEESE ROLL SP - IMITATION CRAB	6oz [170g]	290	70	8	5	0	10	860	46	1	9	8
CREAM CHEESE ROLL SP - IMITATION CRAB (Brown Rice)	6oz [170g]	250	80	9	5	0	10	570	34	2	6	7
CREAM CHEESE ROLL SP - SALMON	6oz [170g]	310	110	12	6	0	25	650	42	1	8	10
CREAM CHEESE ROLL SP - SALMON (Brown Rice)	6oz [170g]	280	110	12	6	0	25	370	30	2	5	10
CREAM CHEESE ROLL SP - SMOKED SALMON	6oz [170g]	310	100	12	5	0	25	850	42	1	8	11
CREAM CHEESE ROLL SP - SMOKED SALMON (Brown Rice)	6oz [170g]	280	110	12	5	0	25	570	30	2	5	10
CREAM CHEESE ROLL SP - SMOKED STEELHEAD	6oz [170g]	290	90	10	5	0	25	580	42	1	8	10
CREAM CHEESE ROLL SP - SMOKED STEELHEAD (Brown Rice)	6oz [170g]	260	90	10	5	0	25	570	30	2	5	9
CREAM CHEESE ROLL SP - STEELHEAD	6oz [170g]	300	90	11	5	0	25	650	42	1	8	10
CREAM CHEESE ROLL SP - STEELHEAD (Brown Rice)	6oz [170g]	260	100	11	5	0	25	370	30	2	5	9
CREAM CHEESE ROLL SP - TUNA	6oz [170g]	290	100	11	5	0	15	650	42	1	8	11
CREAM CHEESE ROLL SP - TUNA (Brown Rice)	6oz [170g]	260	110	12	5	0	15	370	30	2	5	11
CRUNCHY CA ROLL SP - BABY SHRIMP	6oz [170g]	360	140	15	4	0	25	980	51	2	14	8
CRUNCHY CA ROLL SP - BABY SHRIMP (Brown Rice)	6oz [170g]	330	140	16	4	0	25	730	40	3	10	7
CRUNCHY CA ROLL SP - IMITATION CRAB	6oz [170g]	380	150	17	4.5	0	0	1000	53	2	14	6
CRUNCHY CA ROLL SP - IMITATION CRAB (Brown Rice)	6oz [170g]	350	150	17	4.5	0	0	760	43	3	11	5
CRUNCHY DRAGON ROLL SP - IMITATION CRAB	6oz [170g]	350	140	16	1	0	5	980	48	3	15	8
CRUNCHY DRAGON ROLL SP - IMITATION CRAB (Brown Rice)	6oz [170g]	320	140	16	1	0	5	760	39	4	12	7
CRUNCHY DRAGON ROLL SP - SALMON	6oz [170g]	370	160	18	1.5	0	15	850	45	3	14	9
CRUNCHY DRAGON ROLL SP - SALMON (Brown Rice)	6oz [170g]	340	160	18	1.5	0	15	630	36	4	12	9
CRUNCHY DRAGON ROLL SP - STEELHEAD	6oz [170g]	360	160	18	1.5	0	15	840	45	3	14	9
CRUNCHY DRAGON ROLL SP - STEELHEAD (Brown Rice)	6oz [170g]	330	150	17	1.5	0	15	360	36	4	12	9
CRUNCHY DRAGON ROLL SP - TUNA	6oz [170g]	350	160	18	1.5	0	5	850	45	3	14	10



Nutrition Information (USA) 2017

SPECIAL HYBRID ITEMS	Serving Size (oz / g)	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CRUNCHY DRAGON ROLL SP - TUNA (Brown Rice)	6oz [170g]	330	160	18	1.5	0	5	630	36	4	12	10
CRUNCHY ROLL SP - BABY SHRIMP	8oz [227g]	440	180	20	5	0	40	1290	55	3	13	12
CRUNCHY ROLL SP - BABY SHRIMP (Brown Rice)	8oz [227g]	410	180	21	5	0	40	1040	45	4	10	12
CRUNCHY ROLL SP - IMITATION CRAB	8oz [227g]	440	180	20	5	0	10	1330	58	3	14	10
CRUNCHY ROLL SP - IMITATION CRAB (Brown Rice)	8oz [227g]	410	180	21	5	0	10	1090	48	4	11	9
CRUNCHY SHRIMP TEMPURA ROLL SP	8oz [227g]	470	220	25	8	0	20	870	5	3	12	7
CRUNCHY SHRIMP TEMPURA ROLL SP (Brown Rice)	8oz [227g]	440	230	26	8	0	20	630	46	4	9	7
EEL ROLL SP	6oz [170g]	300	80	9	2.5	0	65	870	45	2	12	11
EEL ROLL SP (Brown Rice)	6oz [170g]	270	90	10	2.5	0	65	630	35	3	9	11
HAPPY MANGO ROLL SP	8oz [227g]	410	170	19	7	0	55	830	51	4	17	11
HAPPY MANGO ROLL SP (Brown Rice)	8oz [227g]	380	170	19	7	0	55	580	41	5	14	11
SPICY ALASKAN ROLL SP - SMOKED STEELHEAD	6oz [170g]	250	40	4.5	0.5	0	15	910	47	1	9	9
SPICY ALASKAN ROLL SP - SMOKED STEELHEAD (Brown Rice)	6oz [170g]	210	45	5	0.5	0	15	580	33	2	5	8
SPICY ALASKAN ROLL SP - STEELHEAD	6oz [170g]	260	50	5	0.5	0	20	680	46	1	9	9
SPICY ALASKAN ROLL SP - STEELHEAD (Brown Rice)	6oz [170g]	220	50	6	0.5	0	20	350	33	2	5	8
SPICY CALIFORNIA ROLL SP	7oz [198g]	300	70	8	1	0	5	920	55	2	10	6
SPICY CALIFORNIA ROLL SP (Brown Rice)	7oz [198g]	260	70	8	1	0	5	570	40	4	6	6
SPICY MANGO ROLL SP - BABY SHRIMP	8oz [227g]	360	140	16	5	0	70	940	45	3	14	12
SPICY MANGO ROLL SP - BABY SHRIMP (Brown Rice)	8oz [227g]	330	150	17	5	0	70	700	35	4	11	12
SPICY MANGO ROLL SP - SALMON	8oz [227g]	400	180	21	6	0	30	660	45	3	14	12
SPICY MANGO ROLL SP - SALMON (Brown Rice)	8oz [227g]	370	190	21	6	0	30	410	35	4	11	11
SPICY MANGO ROLL SP - SMOKED SALMON	8oz [227g]	400	180	20	6	0	25	920	46	3	14	12
SPICY MANGO ROLL SP - SMOKED SALMON (Brown Rice)	8oz [227g]	370	180	21	6	0	25	670	35	4	11	12
SPICY MANGO ROLL SP - SMOKED STEELHEAD	8oz [227g]	380	160	18	5	0	25	920	46	3	14	12
SPICY MANGO ROLL SP - SMOKED STEELHEAD (Brown Rice)	8oz [227g]	350	160	18	5	0	25	670	35	4	11	11
SPICY MANGO ROLL SP - STEELHEAD	8oz [227g]	390	170	19	6	0	30	660	45	3	14	11
SPICY MANGO ROLL SP - STEELHEAD (Brown Rice)	8oz [227g]	360	170	19	6	0	30	410	35	4	11	11
SPICY MANGO ROLL SP - TUNA	8oz [227g]	380	180	20	5	0	15	650	45	3	14	13
SPICY MANGO ROLL SP - TUNA (Brown Rice)	8oz [227g]	350	180	20	5	0	15	400	35	4	11	13
SPICY SALMON ROLL SP	6oz [170g]	290	100	11	1.5	0	30	600	39	1	8	11
SPICY SALMON ROLL SP (Brown Rice)	6oz [170g]	260	100	11	1.5	0	30	330	28	2	4	11
SPICY SALMON ROLL SP - SMOKED SALMON	6oz [170g]	290	90	10	1	0	25	960	39	1	8	13
SPICY SALMON ROLL SP - SMOKED SALMON (Brown Rice)	6oz [170g]	260	90	11	1	0	25	690	28	2	4	12
SPICY SHRIMP ROLL SP	6oz [170g]	230	45	5	0	0	70	880	39	1	8	11
SPICY SHRIMP ROLL SP (Brown Rice)	6oz [170g]	200	45	5	0	0	70	610	28	2	4	11
SPICY TUNA ROLL SP	6oz [170g]	260	90	10	1	0	5	590	39	1	8	14
SPICY TUNA ROLL SP (Brown Rice)	6oz [170g]	220	90	10	1	0	5	330	28	2	4	13
VEGETABLE COMBO SP	6oz [170g]	230	40	4.5	0.5	0	0	580	45	3	9	4
VEGETABLE COMBO SP (Brown Rice)	6oz [170g]	190	45	5	0.5	0	0	290	33	4	5	4

REGIONAL SPECIAL	Serving Size (oz / g)	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
ABURI ALASKAN CHEESE ROLL	7oz [198g]	410	170	19	6	0	25	870	50	3	13	12
ABURI SALMON CHEESE ROLL	7oz [198g]	430	180	21	6	0	25	870	50	3	13	12
AFC HELLO KITTY SPECIAL	5.5oz [156g]	280	110	12	1.5	0	15	720	37	2	13	9
AFC HELLO KITTY SPECIAL (Fully Cooked)	5.5oz [156g]	250	80	8	1.5	0	5	680	41	2	9	5
AFC HELLO KITTY SPECIAL (Kids)	5.5oz [156g]	240	25	3	0.5	0	40	770	50	1	12	5
ALASKAN ONION ROLL - SMOKED STEELHEAD	7oz [198g]	300	90	11	1.5	0	30	1120	40	1	8	12
ALASKAN ONION ROLL - STEELHEAD	7oz [198g]	310	100	12	2	0	35	780	40	1	8	12
CAJUN CRAWFISH ROLL	11.5oz [326g]	810	350	39	2.5	0	90	1990	98	5	42	23
CALIFORNIA SALAD ROLL - QUINOA	6.5oz [184g]	240	45	5	0.5	0	5	590	42	4	6	8
CALIFORNIA SALAD ROLL - QUINOA (Brown Rice)	6.5oz [184g]	220	50	6	0.5	0	5	440	36	5	4	8
CALIFORNIA SUMMER COMBO (CSC)	9.5oz [269g]	340	50	6	1	0	15	1160	63	4	11	13
CHIRASHI BOWL - CHICKEN	11oz [312g]	430	90	11	1	0	55	1580	63	1	12	23
CHIRASHI BOWL - EEL	11oz [312g]	530	170	20	4.5	0	115	1380	76	5	19	18
CHIRASHI BOWL - SEAFOOD	11oz [312g]	420	110	13	2	0	30	1100	66	3	13	21
HAPPY MANGO ROLL - QUINOA	8oz [227g]	250	50	6	1	0	5	560	44	5	11	8
HAPPY MANGO ROLL - QUINOA (Brown Rice)	8oz [227g]	230	50	6	1	0	5	430	39	5	9	7



Nutrition Information (USA) 2017

REGIONAL SPECIAL	Serving Size [oz / g]	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
MT. FUJI 005	7oz [198g]	360	120	14	3.5	0	35	920	44	1	12	16
PUBLIX SPECIAL	10.75oz [305g]	610	240	27	6	0	90	1900	83	3	18	13
PUBLIX SPECIAL (Brown Rice)	10.75oz [305g]	550	240	28	6	0	90	1450	65	5	12	12
ROASTED EEL & CUCUMBER ROLL	7oz [198g]	350	100	12	3.5	0	40	1010	52	2	14	12
SEARED TUNA & MISO MAYO ROLL	7oz [198g]	380	130	15	30	0	5	1030	57	3	17	15
SEASIDE & SUMMER COMBO - BABY SHRIMP	8.1oz [230g]	290	10	1.5	0	0	115	1200	52	1	9	20
SEASIDE & SUMMER COMBO - EEL	8.1oz [230g]	390	100	11	3	0	105	1000	58	2	11	18
SEASIDE & SUMMER COMBO - SALMON	8.1oz [230g]	370	90	10	2	0	60	810	52	1	9	20
SEASIDE & SUMMER COMBO - SMOKED SALMON	8.1oz [230g]	370	80	9	1.5	0	50	1310	53	1	10	21
SEASIDE & SUMMER COMBO - TUNA	8.1oz [230g]	320	80	9	1	0	25	790	52	1	9	23
SHRIMP DYNAMITE ROLL	7oz [198g]	330	90	10	1	0	40	1220	48	2	14	14
SNACK PACK - QUINOA	6.5oz [184g]	260	45	5	0.5	0	5	730	46	4	6	9
SNACK PACK - QUINOA (Brown Rice)	6.5oz [184g]	240	45	5	0.5	0	5	570	39	5	4	8
SPICY & SUMMER COMBO - BABY SHRIMP	8.1oz [230g]	290	50	6	0	0	85	1020	46	1	9	17
SPICY & SUMMER COMBO - SALMON	8.1oz [230g]	340	100	12	1.5	0	45	740	46	1	9	17
SPICY & SUMMER COMBO - SMOKED SALMON	8.1oz [230g]	340	100	11	1.5	0	40	1100	46	1	9	18
SPICY & SUMMER COMBO - TUNA	8.1oz [230g]	310	90	11	1	0	20	730	46	1	9	19
SPICY & SUMMER COMBO - YELLOWTAIL	8.1oz [230g]	360	110	12	1.5	0	45	740	46	1	9	16
TUNA TATAKI ROLL	7oz [198g]	400	180	20	4	0	10	1050	51	3	11	14
ULTIMATE CHILI ROLL - QUINOA - EBI	8oz [227g]	350	110	13	1	0	20	1070	50	2	11	11
ULTIMATE CHILI ROLL - QUINOA - EBI (Brown Rice)	8oz [227g]	310	120	14	1	0	20	640	35	4	5	12
ULTIMATE CHILI ROLL - QUINOA - SALMON	8oz [227g]	370	140	16	2	0	25	1030	50	2	11	11
ULTIMATE CHILI ROLL - QUINOA - SALMON (Brown Rice)	8oz [227g]	340	150	17	2	0	25	610	35	4	5	11
ULTIMATE CHILI ROLL - QUINOA - STEELHEAD	8oz [227g]	360	130	15	1.5	0	20	1030	50	2	11	11
ULTIMATE CHILI ROLL - QUINOA - STEELHEAD (Brown Rice)	8oz [227g]	330	140	16	1.5	0	20	610	35	4	5	11
UNA MAYO ROLL	7oz [198g]	540	280	31	6	0	95	1070	55	4	18	15
VEGETABLE COMBO SP - QUINOA	6.5oz [184g]	220	50	6	0.5	0	0	330	39	5	6	5
VEGETABLE COMBO SP - QUINOA (Brown Rice)	6.5oz [184g]	200	50	6	0.5	0	0	170	33	5	4	5

DUMPLINGS	Serving Size [oz / g]	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
GRILLED DUMPLING (Shrimp)	6oz [170g]	310	80	9	1.5	0	25	800	46	5	2	10
GRILLED DUMPLING (Vegetable)	6oz [170g]	370	140	15	3.5	0	0	660	48	5	0	10

SALADS	Serving Size [oz / g]	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
ASIAN SALAD	11.4oz [324g]	420	190	21	4	0	50	1360	47	3	14	13
CALAMARI SALAD	4oz [113g]	140	10	1	0.5	0	195	500	15	5	10	17
CEVICHE	6oz [170g]	80	10	1	0	0	130	570	5	1	2	16
EDAMAME (SOYBEANS)	8oz [226g]	300	60	6	0	0	0	0	30	15	5	30
HAWAIIAN POKE BOWL - MIX	14oz [397g]	800	380	43	6	0	50	1570	94	5	18	32
HAWAIIAN POKE BOWL - SALMON	14oz [397g]	850	390	45	6	0	85	1580	94	5	18	29
HAWAIIAN POKE BOWL - STEELHEAD	14oz [397g]	790	340	38	5	0	80	1580	94	5	18	28
HAWAIIAN POKE BOWL - TILAPIA	14oz [397g]	740	300	34	5	0	30	1550	94	5	18	25
HAWAIIAN POKE BOWL - TUNA	14oz [397g]	760	370	42	5	0	20	1560	94	5	18	35
RAMEN NOODLE SALAD WITH SESAME DRESSING	11.75oz [333g]	380	140	15	2	0	0	1060	50	3	9	13
SEABREEZE SALAD	4oz [113g]	90	20	2.5	0	0	0	960	17	1	15	2
TINY OCTOPUS SALAD	4oz [113g]	140	10	1	0.5	0	140	1380	16	0	0	17
TROPICAL SALAD - MANGO	7.5oz [213g]	290	220	25	2	0	15	710	14	3	10	24
TROPICAL SALAD - TUNA AVOCADO	7.5oz [213g]	230	180	20	2.5	0	15	150	9	4	3	25



Nutrition Information (USA) 2017

CONDIMENTS/SAUCES	Serving Size [oz / g]	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
GINGER DRESSING	2 Tbsp [30g]	50	15	1.5	0	0	0	430	8	0	4	1
HOT GARLIC SAUCE	3 fl oz [85g]	140	30	4	0	0	0	520	26	1	21	1
MAYONNAISE	1 Tbsp [20g]	140	140	15	2	0	10	130	0	0	0	0
PEANUT SAUCE	1 pack [40g]	60	0	0	0	0	0	620	12	0	12	0
PICKLED GINGER	0.5oz [14g]	10	0	0	0	0	0	200	2	<1	1	0
PONZU DRESSING	2 Tbsp [30g]	20	0	0	0	0	0	710	3	0	3	1
SOY SAUCE	1 Tbsp [15g]	35	0	0	0	0	0	740	2	2	2	2
SOY SAUCE (LOW SODIUM)	1 Tbsp [15g]	10	0	0	0	0	0	540	0	0	1	1
SPICY SAUCE	1 Tbsp [15g]	80	70	8	0	0	0	160	1	0	1	0
SUSHI SAUCE	1 Tbsp [15g]	30	0	0	0	0	0	310	7	0	5	0
SWEET CHILI SAUCE	1 pack [40g]	100	0	0	0	0	0	520	24	0	22	0
WASABI	0.5oz [14g]	10	0	0	0	0	0	0	2	0	0	0
WASABI DRESSING	2 Tbsp [30g]	35	20	2	1	0	0	640	2	0	3	0
YUM YUM SAUCE	1.5 fl oz [43g]	200	160	17	3	0	10	320	12	0	9	0

WRAPS	Serving Size [oz / g]	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
AVOCADO SALAD ROLL	4.6oz [130g]	100	40	4.5	0.5	0	0	40	15	3	3	2
BERRY WRAP	4.6oz [130g]	200	80	9	1.5	0	5	430	28	3	9	4
CALIFORNIA WRAP	6.6oz [187g]	270	130	15	2.5	0	15	880	26	3	5	8
CREAM CHEESE WRAP - BABY SHRIMP	6.6oz [187g]	220	120	13	7	0	85	470	15	3	3	12
CREAM CHEESE WRAP - EEL	6.6oz [187g]	300	180	21	9	0	80	320	20	4	5	11
CREAM CHEESE WRAP - IMITATION CRAB	6.6oz [187g]	280	160	18	7	0	20	540	21	3	5	6
CREAM CHEESE WRAP - MASAGO	6.6oz [187g]	290	170	19	8	0	45	170	15	3	3	12
CREAM CHEESE WRAP - SALMON	6.6oz [187g]	220	120	13	7	0	85	470	15	3	3	12
CREAM CHEESE WRAP - SHRIMP EBI	6.6oz [187g]	290	170	19	8	0	40	560	15	3	3	13
CREAM CHEESE WRAP - SMOKED SALMON	6.6oz [187g]	250	140	16	7	0	40	560	15	3	3	12
CREAM CHEESE WRAP - SMOKED STEELHEAD	6.6oz [187g]	260	150	17	7	0	45	170	15	3	3	11
CREAM CHEESE WRAP - STEELHEAD	6.6oz [187g]	250	160	19	7	0	20	160	15	3	3	14
CREAM CHEESE WRAP - TUNA	6.6oz [187g]	230	120	14	6	0	50	160	39	3	25	13
MANGO WRAP	6.6oz [187g]	130	40	4.5	0.5	0	0	55	22	5	7	2
SMOKED ALASKAN SALAD ROLL	4.6oz [130g]	170	80	9	1	0	25	480	13	2	1	9
SMOKED SALMON SALAD ROLL	4.6oz [130g]	200	110	13	1.5	0	25	480	13	2	1	11
SPICY CALIFORNIA WRAP	6.6oz [187g]	240	130	15	1.5	0	10	600	23	4	5	5
SPICY CHICKEN ROLL	4.6oz [130g]	170	80	9	0	0	25	440	13	1	2	9
SPICY CREAM CHEESE WRAP - BABY SHRIMP	6.6oz [187g]	250	140	16	7	0	85	540	15	3	4	12
SPICY CREAM CHEESE WRAP - EEL	6.6oz [187g]	340	210	24	9	0	80	390	20	4	5	11
SPICY CREAM CHEESE WRAP - IMITATION CRAB	6.6oz [187g]	310	190	21	7	0	20	610	22	3	5	6
SPICY CREAM CHEESE WRAP - SALMON	6.6oz [187g]	320	200	23	8	0	45	240	15	3	4	12
SPICY CREAM CHEESE WRAP - SMOKED SALMON	6.6oz [187g]	320	200	22	8	0	40	630	16	3	4	13
SPICY CREAM CHEESE WRAP - SMOKED STEELHEAD	6.6oz [187g]	280	170	19	7	0	10	630	16	3	4	12
SPICY CREAM CHEESE WRAP - STEELHEAD	6.6oz [187g]	290	180	20	7	0	45	240	15	3	4	11
SPICY CREAM CHEESE WRAP - TUNA	6.6oz [187g]	280	190	22	7	0	20	230	15	3	4	14
SPICY WRAP - BABY SHRIMP	6.6oz [187g]	210	100	12	0.5	0	100	620	15	3	3	13
SPICY WRAP - EEL	6.6oz [187g]	310	190	22	3.5	0	90	420	21	4	5	11
SPICY WRAP - IMITATION CRAB	6.6oz [187g]	220	100	11	0.5	0	5	750	25	4	6	6
SPICY WRAP - SALMON	6.6oz [187g]	290	180	20	2.5	0	45	220	15	3	3	13
SPICY WRAP - SMOKED SALMON	6.6oz [187g]	290	170	19	2	0	35	730	16	3	3	14
SPICY WRAP - SMOKED STEELHEAD	6.6oz [187g]	240	130	15	1.5	0	35	730	16	3	3	13
SPICY WRAP - STEELHEAD	6.6oz [187g]	250	150	17	1.5	0	40	220	15	3	3	12
SPICY WRAP - TUNA	6.6oz [187g]	240	170	19	1.5	0	10	200	15	3	3	16
SUMMER ROLL	7.6oz [215g]	210	20	2.5	0	0	30	810	34	3	6	13
SUMMER ROLL 2	3.6oz [102g]	100	15	1.5	0	0	15	340	16	2	2	6
TERIYAKI CHICKEN SALAD ROLL	4.6oz [130g]	140	40	4.5	1	0	35	390	16	1	6	11
VEGETABLE WRAP	6.6oz [187g]	130	60	6	1	0	0	60	18	5	3	2

2,000 calories a day is used for general nutrition advice, but calorie needs may vary.

Condiments such as ginger, wasabi (horseradish), soy sauce, peanut sauce, and sweet chili sauce are not included in calculated values.



Poké Bar Nutrition Information

POKÉ BAR	Serving Size [oz / g]	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
WHITE RICE	6oz [170g]	270	0	0	0	0	0	950	68	0	13	4
BROWN RICE	6oz [170g]	210	5	1	0	0	0	460	47	2	6	3
ROMAINE LETTUCE	2oz [57g]	10	0	0	0	0	0	0	2	1	1	1
SPRING SALAD MIX	2oz [57g]	10	0	0	0	0	0	10	2	1	1	1
SPICY TUNA	2oz [57g]	60	0	0.5	0	0	25	85	1	0	1	12
TUNA	2oz [57g]	60	5	0.5	0	0	25	20	0	0	0	13
STEELHEAD	2oz [57g]	90	50	6	1	0	40	25	0	0	0	11
BABY SHRIMP	2oz [57g]	45	5	0.5	0	0	100	430	0	0	0	11
IMITATION CRAB SALAD	2oz [57g]	110	60	7	1	0	10	520	8	0	2	4
SALMON	2oz [57g]	130	80	9	1.5	0	45	25	0	0	0	11
JALAPEÑOS	1oz [28g]	10	0	0	0	0	0	0	2	1	1	0
RED ONIONS	1oz [28g]	10	0	0	0	0	0	0	3	0	1	0
WHITE ONIONS	1oz [28g]	10	0	0	0	0	0	0	3	0	1	0
CILANTRO	1oz [28g]	5	0	0	0	0	0	15	1	1	0	1
CARROTS	1oz [28g]	10	0	0	0	0	0	20	3	1	1	0
CUCUMBER	1oz [28g]	5	0	0	0	0	0	0	0	1	0	0
MANGO	1oz [28g]	15	0	0	0	0	0	0	4	0	4	0
SUSHI SAUCE	1oz [28g]	60	0	0	0	0	0	580	14	0	10	1
HOT GARLIC SAUCE	1oz [28g]	50	10	1.5	0	0	0	170	9	0	7	0
SPICY SAUCE	1oz [28g]	140	130	15	0	0	0	290	2	0	2	0
WASABI SAUCE	1oz [28g]	130	120	13	0	0	0	210	4	0	2	0
CLASSIC YUMMY SAUCE	1oz [28g]	60	30	3	0	0	0	240	8	0	6	0
PONZU SAUCE	1oz [28g]	20	0	0	0	0	0	630	3	0	3	1
MASAGO	1oz [28g]	25	10	1	0	0	50	350	1	0	0	3
TEMPURA CRISPY	1oz [28g]	170	100	11	0	0	0	170	17	3	14	3
FRIED ONIONS	1oz [28g]	170	110	13	6	0	0	170	12	2	2	2
SEABREEZE SALAD	1oz [28g]	25	5	0.5	0	0	0	240	4	0	4	1
SESAME SEEDS	1oz [28g]	160	120	14	2	0	0	0	7	4	0	5
AVOCADO	1oz [28g]	45	35	4	0.5	0	0	0	2	2	0	1
EDAMAME	1oz [28g]	45	15	1.5	0	0	0	0	3	2	0	3
GREEN ONIONS	1oz [28g]	10	0	0	0	0	0	0	2	1	1	1
PICKLED GINGER	0.5oz [14g]	10	0	0	0	0	0	200	3	0	2	0
WASABI	0.5oz [14g]	10	0	0	0	0	0	0	2	0	0	0
SOY SAUCE	1 pack [7g]	5	0	0	0	0	0	290	1	0	1	0

2,000 calories a day is used for general nutrition advice, but calorie needs may vary.