



# Nutrition Information (MDBS) 2018

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 & 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 MISO ROLL	10.5oz [297g]	480	150	17	2.5	0	60	1280	64	2	16	20
CREAMY PHILLY ROLL - BABY SHRIMP	9.5oz [269g]	430	110	12	7	0	110	1380	63	1	13	19
CREAMY PHILLY ROLL - BABY SHRIMP (Brown Rice)	9.5oz [269g]	370	110	13	7	0	110	940	45	2	7	18
CREAMY PHILLY ROLL - EEL	9.5oz [269g]	530	190	22	10	0	100	1190	69	2	15	17
CREAMY PHILLY ROLL - EEL (Brown Rice)	9.5oz [269g]	470	200	22	10	0	100	750	50	4	9	16
CREAMY PHILLY ROLL - IMITATION CRAB	9.5oz [269g]	440	100	12	7	0	20	1500	73	1	15	13
CREAMY PHILLY ROLL - IMITATION CRAB (Brown Rice)	9.5oz [269g]	390	110	12	7	0	20	1070	54	3	10	12
CREAMY PHILLY ROLL - SALMON	9.5oz [269g]	500	180	20	9	0	55	1000	63	1	13	19
CREAMY PHILLY ROLL - SALMON (Brown Rice)	9.5oz [269g]	450	190	21	9	0	55	560	45	2	7	18
CREAMY PHILLY ROLL - SMOKED SALMON	9.5oz [269g]	500	170	20	8	0	50	1490	63	1	13	20
CREAMY PHILLY ROLL - SMOKED SALMON (Brown Rice)	9.5oz [269g]	450	180	20	8	0	50	1050	45	2	7	19
CREAMY PHILLY ROLL - SMOKED STEELHEAD	9.5oz [269g]	460	140	15	8	0	50	1490	63	10	13	19
CREAMY PHILLY ROLL - SMOKED STEELHEAD (Brown Rice)	9.5oz [269g]	400	140	16	8	0	50	1050	45	2	7	18
CREAMY PHILLY ROLL - STEELHEAD	9.5oz [269g]	470	150	17	8	0	55	1000	63	1	13	18
CREAMY PHILLY ROLL - STEELHEAD (Brown Rice)	9.5oz [269g]	420	160	18	8	0	55	560	45	2	7	17
CREAMY PHILLY ROLL - TUNA	9.5oz [269g]	460	170	19	8	0	25	980	63	1	13	22
CREAMY PHILLY 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
FIRE ROLL - BABY SHRIMP	9.5oz [269g]	370	70	8	0	0	115	1440	62	1	12	18
FIRE ROLL - BABY SHRIMP (Brown Rice)	9.5oz [269g]	320	80	9	0	0	115	1010	44	3	7	18
FIRE ROLL - SALMON	9.5oz [269g]	470	160	18	2	0	50	990	62	1	12	19
FIRE ROLL - SALMON (Brown Rice)	9.5oz [269g]	410	160	18	2	0	50	560	44	3	7	18
FIRE ROLL - SMOKED SALMON	9.5oz [269g]	470	150	17	2	0	40	1580	62	1	13	20
FIRE ROLL - SMOKED SALMON (Brown Rice)	9.5oz [269g]	410	150	17	2	0	40	1150	44	3	7	19
FIRE ROLL - SMOKED STEELHEAD	9.5oz [269g]	410	100	12	1	0	40	1580	62	1	13	18
FIRE ROLL - SMOKED STEELHEAD (Brown Rice)	9.5oz [269g]	360	110	12	1	0	40	1150	44	3	7	18
FIRE ROLL - STEELHEAD	9.5oz [269g]	430	120	14	1.5	0	45	990	62	1	12	18
FIRE ROLL - STEELHEAD (Brown Rice)	9.5oz [269g]	380	130	14	1.5	0	45	560	44	3	7	17
FIRE ROLL - TUNA	9.5oz [269g]	410	140	16	1	0	10	970	62	1	12	22
FIRE ROLL - TUNA (Brown Rice)	9.5oz [269g]	360	150	17	1	0	10	540	44	3	7	21
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
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
IMPERIAL ROLL - EEL	9.75oz [276g]	430	110	13	3	0	70	1070	71	3	14	14
IMPERIAL ROLL - EEL (Brown Rice)	9.75oz [276g]	380	120	13	3	0	70	620	52	5	8	13
IMPERIAL ROLL - IMITATION CRAB	9.75oz [276g]	360	35	4	0.5	0	5	1330	74	3	15	10
IMPERIAL ROLL - IMITATION CRAB (Brown Rice)	9.75oz [276g]	300	45	5	0.5	0	5	880	55	5	9	9
IMPERIAL ROLL - TUNA	9.75oz [276g]	370	90	11	1.5	0	10	900	66	2	12	18
IMPERIAL ROLL - TUNA (Brown Rice)	9.75oz [276g]	320	100	11	1.5	0	10	450	47	4	6	17
IMPERIAL ROLL SPECIAL - EEL	6oz [170g]	300	70	8	2	0	45	750	50	2	10	9
IMPERIAL ROLL SPECIAL - EEL (Brown Rice)	6oz [170g]	260	80	9	2	0	45	430	37	3	5	8
IMPERIAL ROLL SPECIAL - IMITATION CRAB	6oz [170g]	250	30	3	0	0	5	920	52	2	10	7
IMPERIAL ROLL SPECIAL - IMITATION CRAB (Brown Rice)	6oz [170g]	210	30	3.5	0	0	5	590	39	3	6	6
IMPERIAL ROLL SPECIAL - TUNA	6oz [170g]	260	60	7	1	0	5	650	47	1	9	12
IMPERIAL ROLL SPECIAL - TUNA (Brown Rice)	6oz [170g]	220	70	8	1	0	5	320	34	3	4	11
INARI	7.5oz [213g]	390	60	7	0.5	0	0	1190	75	0	18	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



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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)
RED PEPPER ROLL - SALMON	8oz [227g]	390	150	16	2.5	0	40	970	49	2	12	15
RED PEPPER ROLL - STEELHEAD	8oz [227g]	370	120	14	2	0	35	970	49	2	12	14
RED PEPPER 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
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
UNAGI ROLL	9.5oz [269g]	470	140	15	4	0	105	1330	71	3	18	18
UNAGI ROLL (Brown Rice)	9.5oz [269g]	420	140	16	4	0	105	940	54	4	13	17
UNICORN ROLL	12oz [340g]	490	150	17	2.5	0	35	1250	71	3	14	25
UNICORN ROLL (Brown Rice)	12oz [340g]	440	160	18	2.5	0	35	820	53	5	8	24
UNICORN ROLL SPECIAL	8oz [227g]	350	150	17	3.5	0	125	360	16	0	3	35
UNICORN ROLL SPECIAL (Brown Rice)	8oz [227g]	290	100	12	1.5	0	30	570	35	3	5	19
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 - 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 - SHRIMP EBI	8oz [227g]	320	100	12	1	0	25	920	45	3	10	12
BLUEBERRY ROLL - SHRIMP EBI (Brown Rice)	8oz [227g]	290	110	12	1	0	25	670	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
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 SCRUMPTIOUS 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]	410	130	15	4	0	15	1190	62	3	15	9
CRUNCHY TEMPURA ROLL (Brown Rice)	8oz [227g]	370	140	16	4	0	15	890	48	4	11	9



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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)
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
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
ULTIMATE CHILI ROLL - SALMON	6oz [170g]	290	100	11	1.5	0	20	770	39	1	9	9
ULTIMATE CHILI ROLL - SHRIMP EBI	6oz [170g]	260	70	8	0.5	0	20	810	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
CALIFORNIA PLUS (Brown Rice)	12oz [340g]	420	100	12	1.5	0	10	950	68	10	11	12
CREAMY PHILLY PLUS - BABY SHRIMP	12oz [340g]	510	130	15	9	0	115	1590	76	1	16	21
CREAMY PHILLY PLUS - EEL	12oz [340g]	620	220	25	12	0	105	1400	82	2	18	19
CREAMY PHILLY PLUS - IMITATION CRAB	12oz [340g]	520	130	14	9	0	25	1720	86	1	18	14
CREAMY PHILLY PLUS - SALMON	12oz [340g]	590	210	23	10	0	60	1200	76	1	16	21
CREAMY PHILLY PLUS - SMOKED SALMON	12oz [340g]	590	200	22	10	0	55	1710	76	1	16	22
CREAMY PHILLY PLUS - SMOKED STEELHEAD	12oz [340g]	540	160	18	9	0	55	1710	76	1	16	21
CREAMY PHILLY PLUS - STEELHEAD	12oz [340g]	560	180	20	10	0	60	1200	76	1	16	20
CREAMY PHILLY PLUS - TUNA	12oz [340g]	540	250	29	2	0	30	980	60	5	26	16
FIRE PLUS - BABY SHRIMP	12oz [340g]	530	140	16	1.5	0	135	1700	78	3	15	24
FIRE PLUS - IMITATION CRAB	12oz [340g]	550	140	16	1.5	0	10	1870	92	4	19	16
FIRE PLUS - SALMON	12oz [340g]	640	250	28	3.5	0	60	1160	78	3	15	25
FIRE PLUS - SMOKED SALMON	12oz [340g]	640	240	27	3.5	0	60	1860	79	3	15	27
FIRE PLUS - SMOKED STEELHEAD	12oz [340g]	580	180	21	2.5	0	0	1860	79	3	15	24
FIRE PLUS - STEELHEAD	12oz [340g]	600	210	23	3	0	55	1160	78	3	15	24
FIRE PLUS - TUNA	12oz [340g]	580	230	26	2.5	0	15	1150	78	3	15	29
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 TRIO	12oz [340g]	600	270	30	4.5	0	80	1040	63	4	13	26
UNAGI PLUS	12oz [340g]	540	120	13	3.5	0	100	1630	94	2	22	18
VEGETABLE PLUS	12oz [340g]	430	70	8	1	0	0	1150	89	5	18	8



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SPECIAL 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)
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
CREAMY PHILLY ROLL SP - BABY SHRIMP	6oz [170g]	280	80	9	5	0	50	810	42	1	8	10
CREAMY PHILLY ROLL SP - BABY SHRIMP (Brown Rice)	6oz [170g]	240	80	9	5	0	50	520	30	2	5	9
CREAMY PHILLY ROLL SP - EEL	6oz [170g]	320	110	13	6	0	45	730	44	1	9	10
CREAMY PHILLY ROLL SP - EEL (Brown Rice)	6oz [170g]	290	110	13	6	0	45	450	32	2	5	9
CREAMY PHILLY ROLL SP - IMITATION CRAB	6oz [170g]	290	70	8	5	0	10	860	46	1	9	8
CREAMY PHILLY ROLL SP - IMITATION CRAB (Brown Rice)	6oz [170g]	250	80	9	5	0	10	570	34	2	6	7
CREAMY PHILLY ROLL SP - SALMON	6oz [170g]	310	110	12	6	0	25	650	42	1	8	10
CREAMY PHILLY ROLL SP - SALMON (Brown Rice)	6oz [170g]	280	110	12	6	0	25	370	30	2	5	10
CREAMY PHILLY ROLL SP - SMOKED SALMON	6oz [170g]	310	100	12	5	0	25	850	42	1	8	11
CREAMY PHILLY ROLL SP - SMOKED SALMON (Brown Rice)	6oz [170g]	280	110	12	5	0	25	570	30	2	5	10
CREAMY PHILLY ROLL SP - SMOKED STEELHEAD	6oz [170g]	290	90	10	5	0	25	580	42	1	8	10
CREAMY PHILLY ROLL SP - SMOKED STEELHEAD (Brown Rice)	6oz [170g]	260	90	10	5	0	25	570	30	2	5	9
CREAMY PHILLY ROLL SP - STEELHEAD	6oz [170g]	300	90	11	5	0	25	650	42	1	8	10
CREAMY PHILLY ROLL SP - STEELHEAD (Brown Rice)	6oz [170g]	260	100	11	5	0	25	370	30	2	5	9
CREAMY PHILLY ROLL SP - TUNA	6oz [170g]	290	100	11	5	0	15	650	42	1	8	11
CREAMY PHILLY ROLL SP - TUNA (Brown Rice)	6oz [170g]	260	110	12	5	0	15	370	30	2	5	11
CRISPY ROLL SP - BABY SHRIMP	8oz [227g]	440	180	20	5	0	40	1290	55	3	13	12
CRISPY ROLL SP - BABY SHRIMP (Brown Rice)	8oz [227g]	410	180	21	5	0	40	1040	45	4	10	12
CRISPY ROLL SP - IMITATION CRAB	8oz [227g]	440	180	20	5	0	10	1330	58	3	14	10
CRISPY ROLL SP - IMITATION CRAB (Brown Rice)	8oz [227g]	410	180	21	5	0	10	1090	48	4	11	9
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
CRUNCHY DRAGON ROLL SP - TUNA (Brown Rice)	6oz [170g]	330	160	18	1.5	0	5	630	36	4	12	10
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
FIRE ALASKAN ROLL SP	6oz [170g]	260	50	5	0.5	0	20	680	46	1	9	9
FIRE ALASKAN ROLL SP (Brown Rice)	6oz [170g]	220	50	6	0.5	0	20	350	33	2	5	8
FIRE SALMON ROLL SP	6oz [170g]	290	100	11	1.5	0	30	600	39	1	8	11
FIRE SALMON ROLL SP (Brown Rice)	6oz [170g]	260	100	11	1.5	0	30	330	28	2	4	11
FIRE SALMON ROLL SP - SMOKED SALMON	6oz [170g]	290	90	10	1	0	25	960	39	1	8	13
FIRE SALMON ROLL SP - SMOKED SALMON (Brown Rice)	6oz [170g]	260	90	11	1	0	25	690	28	2	4	12
FIRE SHRIMP ROLL SP	6oz [170g]	230	45	5	0	0	70	880	39	1	8	11
FIRE SHRIMP ROLL SP (Brown Rice)	6oz [170g]	200	45	5	0	0	70	610	28	2	4	11
FIRE TUNA ROLL SP	6oz [170g]	260	90	10	1	0	5	590	39	1	8	14
FIRE TUNA ROLL SP (Brown Rice)	6oz [170g]	220	90	10	1	0	5	330	28	2	4	13



# Nutrition Information (MDBS) 2018

<b>SPECIAL HYBRID ROLLS</b>	<b>Serving Size [oz / g]</b>	<b>Calories (kcal)</b>	<b>Calories from Fat (kcal)</b>	<b>Fat Total (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
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 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
UNAGI ROLL SP	6oz [170g]	300	80	9	2.5	0	65	870	45	2	12	11
UNAGI ROLL SP (Brown Rice)	6oz [170g]	270	90	10	2.5	0	65	630	35	3	9	11
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

<b>HYBRID PARTY TRAYS*</b>	<b>Serving Size [oz / g]</b>	<b>Calories (kcal)</b>	<b>Calories from Fat (kcal)</b>	<b>Fat Total (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
HAPPY HEART PLATTER	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 TRAY A	5.5oz [156g]	300	100	12	2.5	0	20	820	41	2	10	8
HYBRID TRAY B	5.5oz [156g]	340	160	18	2	0	20	750	35	4	13	10
HYBRID YON TRAY	5.5oz [156g]	310	140	15	2	0	15	680	39	3	13	10
MOONLIGHT PARTY TRAY	5.5oz [156g]	280	90	11	2.5	0	30	670	38	1	8	10
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.



# Nutrition Information (MDBS) 2018

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

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

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)
TORI DON (ORANGE FLAVOR)	18oz [510g]	780	100	11	1.5	0	55	770	149	2	23	26
TORI DON (SESAME FLAVOR)	18oz [510g]	810	140	16	2	0	55	620	146	2	21	27
SUKIYAKI DON (BEEF FLAVOR)	16oz [454g]	760	240	27	11	0	55	430	113	2	6	21
TEN DON (SHRIMP TEMPURA)	15.8oz [448g]	730	60	7	1	0	25	1350	156	3	23	16
TORI DON (TERIYAKI FLAVOR)	18oz [510g]	830	130	15	3.5	0	115	1800	142	2	32	44
YAKISOBA DON (TERIYAKI FLAVOR)	14.9oz [422g]	670	120	14	2.5	0	70	3450	110	3	36	34

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)
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

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]	320	110	12	1.5	0	30	700	43	7	2	12
GRILLED DUMPLING (Vegetable)	6oz [170g]	370	140	15	3.5	0	0	660	48	5	0	10



# Nutrition Information (MDBS) 2018

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 - SALMON	6.6oz [187g]	220	120	13	7	0	85	470	15	3	3	12
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 SALAD 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
TAPIOCA ROLL COMBO	10.6oz [301g]	450	120	14	1.5	0	40	1250	72	5	13	15
TAPIOCA ROLL	7.6oz [215g]	210	20	2.5	0	0	30	810	34	3	6	13
TAPIOCA 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



# Nutrition Information (MDBS) 2018

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)
CALAMARI SALAD	4oz [113g]	140	10	1	0.5	0	195	500	15	5	10	17
EDAMAME (SOYBEANS)	8oz [226g]	300	60	6	0	0	0	0	30	15	5	30
HAWAIIAN POKE BOWL - MIX	13.4oz [380g]	750	310	35	4.5	0	65	1550	87	2	18	29
HAWAIIAN POKE BOWL - SALMON	13.4oz [380g]	810	370	42	6	0	85	1550	87	2	18	27
HAWAIIAN POKE BOWL - STEELHEAD	13.4oz [380g]	750	320	36	5	0	75	1550	87	2	18	25
HAWAIIAN POKE BOWL - TUNA	13.4oz [380g]	700	240	27	3	0	50	2000	90	5	18	32
POKI SALAD	5oz [142g]	290	180	21	2.5	0	65	620	9	1	7	18
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

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)
HOT GARLIC SAUCE	3 fl oz [85g]	140	35	4	0	0	0	470	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	1	0	5	200	2	1	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]	160	140	16	2	0	20	260	2	0	2	0
YUM YUM SAUCE	1.5 fl oz [43g]	90	40	4.5	0	0	0	360	11	0	9	0

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.