



Nutrition Information (MDBS)

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	14oz [397g]	660	100	11	1.5	0	5	1970	127	3	33	17
CLASSIC CRAB ROLL	10.5oz [298g]	460	110	13	0.5	0	35	1330	73	4	14	14
CLASSIC CRAB ROLL (Brown Rice)	10.5oz [298g]	390	130	14	0.5	0	35	850	52	6	9	14
CLASSIC MISO ROLL	10.5oz [298g]	480	150	17	2.5	0	60	1290	62	2	15	20
CREAMY PHILLY ROLL - BABY SHRIMP	10.5oz [298g]	490	130	15	9	0	90	1420	70	1	14	17
CREAMY PHILLY ROLL - BABY SHRIMP (Brown Rice)	10.5oz [298g]	420	150	17	9	0	90	940	49	4	9	17
CREAMY PHILLY ROLL - EEL	10.5oz [298g]	570	200	22	11	0	85	1270	75	2	16	16
CREAMY PHILLY ROLL - EEL (Brown Rice)	10.5oz [298g]	510	210	24	11	0	85	790	53	5	11	16
CREAMY PHILLY ROLL - IMITATION CRAB	10.5oz [298g]	530	150	17	9	0	30	1500	78	2	16	14
CREAMY PHILLY ROLL - IMITATION CRAB (Brown Rice)	10.5oz [298g]	460	170	19	9	0	30	1010	57	4	10	14
CREAMY PHILLY ROLL - SALMON	10.5oz [298g]	550	190	21	10	0	50	1130	70	1	14	17
CREAMY PHILLY ROLL - SALMON (Brown Rice)	10.5oz [298g]	480	200	23	10	0	50	640	49	4	9	17
CREAMY PHILLY ROLL - SMOKED SALMON	10.5oz [298g]	550	180	21	10	0	45	1510	71	1	15	18
CREAMY PHILLY ROLL - SMOKED SALMON (Brown Rice)	10.5oz [298g]	480	200	22	10	0	45	1020	49	4	9	18
CREAMY PHILLY ROLL - TUNA	10.5oz [298g]	500	130	15	9	0	30	1220	71	1	14	20
CREAMY PHILLY ROLL - TUNA (Brown Rice)	10.5oz [298g]	430	140	16	9	0	30	730	49	4	9	19
CRUNCHY SHRIMP ROLL	12oz [340g]	580	180	20	1.5	0	115	1740	84	6	24	19
FIRE ROLL - BABY SHRIMP	10.5oz [298g]	420	80	9	1	0	110	1580	72	2	14	18
FIRE ROLL - BABY SHRIMP (Brown Rice)	10.5oz [298g]	360	90	10	1	0	110	1090	50	4	9	18
FIRE ROLL - SALMON	10.5oz [298g]	510	160	18	2.5	0	50	1160	72	2	14	18
FIRE ROLL - SALMON (Brown Rice)	10.5oz [298g]	440	170	19	2.5	0	50	670	50	4	9	18
FIRE ROLL - SMOKED SALMON	10.5oz [298g]	510	150	17	2.5	0	40	1710	72	2	14	20
FIRE ROLL - SMOKED SALMON (Brown Rice)	10.5oz [298g]	440	160	18	2.5	0	40	1220	50	4	9	20
FIRE ROLL - TUNA	10.5oz [298g]	440	70	8	1	0	20	1290	72	2	14	21
FIRE ROLL - TUNA (Brown Rice)	10.5oz [298g]	370	90	10	1	0	20	800	50	4	9	21
FULLMOON COMBO	10.5oz [298g]	440	90	11	1.5	0	30	1320	77	5	14	12
FULLMOON COMBO (Brown Rice)	10.5oz [298g]	370	110	12	1.5	0	30	830	56	7	9	12
HAWAIIAN ROLL - SALMON	14oz [397g]	700	240	27	4	0	55	2190	96	6	24	22
HAWAIIAN ROLL - SALMON (Brown Rice)	14oz [397g]	640	260	29	4	0	55	1700	74	8	19	22
HAWAIIAN ROLL - TUNA	14oz [397g]	650	180	21	2.5	0	30	2280	96	6	24	24
HAWAIIAN ROLL - TUNA (Brown Rice)	14oz [397g]	590	200	22	2.5	0	30	1790	74	8	19	24
IMPERIAL ROLL - EEL	12oz [340g]	560	190	21	4	0	65	1120	81	8	15	14
IMPERIAL ROLL - EEL (Brown Rice)	12oz [340g]	490	200	23	4	0	65	640	59	10	10	14
IMPERIAL ROLL - IMITATION CRAB	12oz [340g]	540	180	21	3	0	10	1320	83	8	15	11
IMPERIAL ROLL - IMITATION CRAB (Brown Rice)	12oz [340g]	480	200	22	3	0	10	840	61	10	9	11
IMPERIAL ROLL - TUNA	12oz [340g]	480	120	14	2	0	10	1070	76	7	14	18
IMPERIAL ROLL - TUNA (Brown Rice)	12oz [340g]	420	130	15	2	0	10	580	55	9	8	18
IMPERIAL ROLL SPECIAL - EEL	8oz [227g]	370	130	14	2.5	0	45	750	54	5	10	10
IMPERIAL ROLL SPECIAL - EEL (Brown Rice)	8oz [227g]	330	130	15	2.5	0	45	430	39	7	6	9
IMPERIAL ROLL SPECIAL - IMITATION CRAB	8oz [227g]	360	120	14	2	0	10	880	55	5	10	8
IMPERIAL ROLL SPECIAL - IMITATION CRAB (Brown Rice)	8oz [227g]	320	130	15	2	0	10	560	41	6	6	8
IMPERIAL ROLL SPECIAL - TUNA	8oz [227g]	320	80	9	1.5	0	10	710	51	5	9	12
IMPERIAL ROLL SPECIAL - TUNA (Brown Rice)	8oz [227g]	280	90	10	1.5	0	10	390	37	6	5	12



Nutrition Information (MDBS)

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)
INARI	9oz [255g]	470	50	6	0.5	0	0	1380	95	0	30	12
MARINA PLATE	7.8oz [221g]	440	130	15	3	0	90	900	57	1	11	19
MARINA PLATE (Brown Rice)	7.8oz [221g]	390	140	16	3	0	90	500	40	2	7	19
OCEAN CRAB ROLL	11.25oz [319g]	410	70	8	1	0	60	1250	73	4	13	15
ORANGE ROLL	11.25oz [319g]	490	120	14	2	0	90	1840	79	4	14	15
RED PEPPER ROLL - SALMON	10oz [283g]	500	190	22	3.5	0	65	990	57	3	13	21
RED PEPPER ROLL - TUNA	10oz [283g]	420	100	11	1.5	0	35	990	57	3	13	24
SASHIMI SAMPLER	5.45oz [155g]	370	230	26	6	0	170	430	15	6	4	18
SEASIDE COMBO - BABY SHRIMP	9oz [255g]	380	0	0.5	0	0	100	1530	79	1	14	17
SEASIDE COMBO - BABY SHRIMP (Brown Rice)	9oz [255g]	300	20	2.5	0	0	100	970	54	3	8	17
SEASIDE COMBO - EEL	9oz [255g]	490	90	11	2.5	0	90	1340	85	2	16	15
SEASIDE COMBO - EEL (Brown Rice)	9oz [255g]	420	110	12	2.5	0	90	770	60	5	10	15
SEASIDE COMBO - SALMON	9oz [255g]	460	80	9	1.5	0	45	1140	79	1	14	17
SEASIDE COMBO - SALMON (Brown Rice)	9oz [255g]	390	100	11	1.5	0	45	570	54	3	8	17
SEASIDE COMBO - SMOKED SALMON	9oz [255g]	460	70	8	1.5	0	35	1650	79	1	15	19
SEASIDE COMBO - SMOKED SALMON (Brown Rice)	9oz [255g]	420	120	14	2	0	55	1280	47	4	7	25
SEASIDE COMBO - TUNA	9oz [255g]	400	0	0.5	0	0	25	1140	79	1	14	19
SEASIDE COMBO - TUNA (Brown Rice)	9oz [255g]	320	20	2.5	0	0	25	570	54	3	8	19
SHORELINE COMBO	12.25oz [347g]	600	170	19	3	0	55	1420	89	3	16	21
SHORELINE COMBO (Brown Rice)	12.25oz [347g]	520	180	21	3	0	55	830	63	6	10	21
SNACK PACK	9oz [255g]	430	30	3.5	0	0	15	1630	90	2	16	13
SNACK PACK (Brown Rice)	9oz [255g]	360	45	5	0	0	15	1070	65	4	10	13
UNAGI ROLL	10.5oz [298g]	530	140	15	3.5	0	120	1430	81	3	19	18
UNAGI ROLL (Brown Rice)	10.5oz [298g]	470	150	17	3.5	0	120	940	59	5	13	18
UNICORN ROLL	14.25oz [404g]	690	240	27	4.5	0	80	1370	79	5	14	33
UNICORN ROLL (Brown Rice)	14.25oz [404g]	620	250	28	4.5	0	80	880	58	7	9	33
UNICORN ROLL SPECIAL	9.5oz [269g]	460	160	18	3	0	55	910	53	3	10	22
UNICORN ROLL SPECIAL (Brown Rice)	9.5oz [269g]	410	170	19	3	0	55	590	38	5	6	22
VEGETABLE COMBO	10.5oz [298g]	390	70	7	1	0	0	980	76	5	15	7
VEGETABLE COMBO (Brown Rice)	10.5oz [298g]	320	80	9	1	0	0	500	55	8	10	7



Nutrition Information (MDBS)

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	8oz [227g]	380	120	13	2.5	0	45	750	59	5	15	9
BERRY ROLL - EEL (Brown Rice)	8oz [227g]	340	130	14	2.5	0	45	430	44	7	11	9
BERRY ROLL - IMITATION CRAB	8oz [227g]	370	110	13	2	0	10	880	60	5	15	8
BERRY ROLL - IMITATION CRAB (Brown Rice)	8oz [227g]	330	120	14	2	0	10	560	46	6	11	8
BLUEBERRY ROLL - SALMON	10oz [283g]	530	230	26	4.5	0	70	1030	55	3	11	21
BLUEBERRY ROLL - SALMON (Brown Rice)	10oz [283g]	490	240	27	4.5	0	70	700	40	5	7	21
BLUEBERRY ROLL - SHRIMP EBI	10oz [283g]	430	140	15	2	0	130	1130	55	3	11	20
BLUEBERRY ROLL - SHRIMP EBI (Brown Rice)	10oz [283g]	390	150	16	2	0	130	800	40	5	7	20
BLUEBERRY ROLL - SMOKED SALMON	10oz [283g]	530	220	25	4	0	55	1670	55	3	11	23
BLUEBERRY ROLL - SMOKED SALMON (Brown Rice)	10oz [283g]	390	190	21	3	0	45	1080	32	4	6	18
BLUEBERRY ROLL - TUNA	10oz [283g]	450	140	16	2	0	40	1030	55	3	11	24
BLUEBERRY ROLL - TUNA (Brown Rice)	10oz [283g]	410	150	17	2	0	40	700	40	5	7	24
CLASSIC SCRUMPTIOUS ROLL	9oz [255g]	520	200	23	2.5	0	20	1550	71	5	22	12
CRUNCHY DRAGON ROLL - IMITATION CRAB	9oz [255g]	480	180	21	2.5	0	20	1480	65	5	17	11
CRUNCHY DRAGON ROLL - SALMON	9oz [255g]	490	210	24	3	0	35	1230	60	5	16	14
CRUNCHY DRAGON ROLL - TUNA	9oz [255g]	460	170	19	2	0	20	1250	60	5	17	14
CRUNCHY TEMPURA ROLL	9oz [255g]	430	120	13	4	0	15	1120	72	4	15	8
CRUNCHY TEMPURA ROLL (Brown Rice)	9oz [255g]	370	130	14	4	0	15	700	54	6	11	8
DONE DEAL ROLL - EEL	8.5oz [241g]	490	190	21	6	0	60	1360	60	3	12	15
DONE DEAL ROLL - EEL (Brown Rice)	8.5oz [241g]	440	190	22	6	0	60	1030	46	5	8	15
DONE DEAL ROLL - SALMON	8.5oz [241g]	470	180	20	5	0	40	1280	58	3	11	16
DONE DEAL ROLL - SALMON (Brown Rice)	8.5oz [241g]	430	190	21	5	0	40	950	43	4	8	16
DONE DEAL ROLL - SHRIMP EBI	8.5oz [241g]	440	150	17	4.5	0	60	1310	58	3	11	15
DONE DEAL ROLL - SHRIMP EBI (Brown Rice)	8.5oz [241g]	400	160	18	4.5	0	60	990	43	4	8	15
DONE DEAL ROLL - SMOKED SALMON	8.5oz [241g]	470	180	20	5	0	35	1480	58	3	11	16
DONE DEAL ROLL - SMOKED SALMON (Brown Rice)	8.5oz [241g]	430	190	21	5	0	35	1160	43	4	8	16
DONE DEAL ROLL - TUNA	8.5oz [241g]	450	150	17	4.5	0	30	1280	58	3	11	17
DONE DEAL ROLL - TUNA (Brown Rice)	8.5oz [241g]	400	160	18	4.5	0	30	950	43	4	8	16
DYNAMITE ROLL - IMITATION CRAB	11oz [312g]	610	230	26	7	0	45	1760	78	5	16	18
DYNAMITE ROLL - SALMON	11oz [312g]	640	300	34	8	0	80	1140	64	4	13	24
DYNAMITE ROLL - SMOKED SALMON	11oz [312g]	640	290	33	8	0	70	1780	65	4	14	26
DYNAMITE ROLL - TUNA	11oz [312g]	560	200	23	6	0	55	1140	64	4	13	26
MANGO SHRIMP ROLL	8.5oz [241g]	500	200	22	8	0	35	1170	65	3	14	11
RED ROCK	9oz [255g]	520	240	27	5	0	75	1230	49	3	14	19
RED ROCK (Brown Rice)	9oz [255g]	480	240	28	5	0	75	990	38	4	11	19
ULTIMATE CHILI ROLL - SALMON	10.5oz [298g]	550	240	28	4.5	0	70	1060	56	4	12	21
ULTIMATE CHILI ROLL - SHRIMP EBI	10.5oz [298g]	450	150	16	2.5	0	130	1160	56	4	12	20



Nutrition Information (MDBS)

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	14oz [397g]	590	120	13	1.5	0	15	1790	107	7	20	15
CALIFORNIA PLUS (Brown Rice)	14oz [397g]	500	130	15	1.5	0	15	1140	78	9	12	15
CREAMY PHILLY PLUS - BABY SHRIMP	14oz [397g]	650	180	20	12	0	120	1890	94	2	19	23
CREAMY PHILLY PLUS - EEL	14oz [397g]	760	270	30	15	0	115	1700	100	3	21	21
CREAMY PHILLY PLUS - IMITATION CRAB	14oz [397g]	700	200	23	12	0	40	2000	104	3	21	18
CREAMY PHILLY PLUS - SALMON	14oz [397g]	730	250	28	14	0	70	1500	94	2	19	23
CREAMY PHILLY PLUS - SMOKED SALMON	14oz [397g]	730	240	28	13	0	60	2010	94	2	20	24
CREAMY PHILLY PLUS - TUNA	14oz [397g]	660	170	20	12	0	40	1620	94	2	19	26
FIRE PLUS - BABY SHRIMP	14oz [397g]	570	100	11	1.5	0	145	2110	95	3	19	24
FIRE PLUS - IMITATION CRAB	14oz [397g]	640	140	15	2	0	25	2250	111	4	21	17
FIRE PLUS - SALMON	14oz [397g]	680	210	24	3.5	0	70	1540	95	3	19	24
FIRE PLUS - SMOKED SALMON	14oz [397g]	680	200	22	3	0	55	2280	96	3	19	26
FIRE PLUS - TUNA	14oz [397g]	580	100	11	1.5	0	25	1720	96	3	19	29
SEASIDE PLUS - BABY SHRIMP	13.5oz [383g]	570	0	0	0	0	140	1830	119	2	22	25
SEASIDE PLUS - EEL	13.5oz [383g]	740	140	16	4	0	135	2000	128	4	25	23
SEASIDE PLUS - SALMON	13.5oz [383g]	690	120	14	2.5	0	70	1710	119	2	22	26
SEASIDE PLUS - SMOKED SALMON	13.5oz [383g]	690	110	12	2	0	55	2480	119	2	22	28
SEASIDE PLUS - TUNA	13.5oz [383g]	600	5	1	0	0	35	1710	119	2	22	29
SPICY TRIO	14oz [397g]	690	300	34	6	0	85	1170	72	7	14	28
UNAGI PLUS	14oz [397g]	710	180	20	4.5	0	160	1900	108	4	25	24
VEGETABLE PLUS	14oz [397g]	520	90	10	1	0	0	1310	102	7	20	9

COLD BOWLS	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)
SUKIYAKI DON (BEEF FLAVOR)	15oz [425g]	720	180	20	9	0	45	330	121	0	4	18
TEN DON (SHRIMP TEMPURA)	15.76oz [447g]	730	60	7	1	0	25	1350	156	3	23	16
TORI DON (ORANGE FLAVOR)	18oz [510g]	780	100	11	1.5	0	55	580	149	2	12	27
TORI DON (SESAME FLAVOR)	18oz [510g]	810	120	14	1.5	0	55	520	149	2	11	28
TORI DON (TERIYAKI FLAVOR)	18oz [510g]	830	130	15	3.5	0	120	1260	141	2	21	44
YAKISOBA DON (TERIYAKI FLAVOR)	15oz [425g]	770	200	22	5	0	120	1380	99	5	22	47



Nutrition Information (MDBS)

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 - Option 1	5.5oz [156g]	310	130	15	3.5	0	30	600	36	3	7	9
CHEF SAMPLER A - Option 2	5.5oz [156g]	290	110	12	2	0	25	670	37	3	9	9
CHEF SAMPLER A - Option 3	5.5oz [156g]	320	140	16	3.5	0	30	600	33	2	7	11
CHEF SAMPLER A - Option 4	5.5oz [156g]	290	120	14	2	0	30	610	32	2	7	11
CHEF SAMPLER A - Option 5	5.5oz [156g]	340	150	16	3.5	0	15	810	40	3	11	8
CHEF SAMPLER A - Option 6	5.5oz [156g]	300	110	12	2	0	35	570	34	1	7	12
CHEF SAMPLER B - Option 1	5.5oz [156g]	270	80	9	1.5	0	25	600	36	2	7	9
CHEF SAMPLER B - Option 2	5.5oz [156g]	270	90	10	3	0	30	570	37	2	7	8
CHEF SAMPLER B - Option 3	5.5oz [156g]	320	130	15	4.5	0	30	680	39	2	8	9
PREMIUM CHEF SAMPLER - Option 1	5.5oz [156g]	300	120	14	2.5	0	30	590	34	3	7	10
PREMIUM CHEF SAMPLER - Option 2	5.5oz [156g]	300	130	15	2.5	0	35	600	32	2	7	11
PREMIUM CHEF SAMPLER - Option 3	5.5oz [156g]	310	130	15	3.5	0	30	590	35	3	7	10
ULTIMATE CHEF SAMPLER - Option 1	5.5oz [156g]	320	140	16	3	0	25	680	36	3	8	10
ULTIMATE CHEF SAMPLER - Option 2	5.5oz [156g]	290	120	13	2.5	0	30	660	35	3	8	9
ULTIMATE CHEF SAMPLER - Option 3	5.5oz [156g]	300	120	13	2	0	20	770	39	3	9	8

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 PLATTER - Option 1	5.5oz [156g]	260	80	9	1.5	0	35	540	32	2	6	14
HAPPY HEART PLATTER - Option 2	5.5oz [156g]	300	120	14	2.5	0	40	610	30	2	7	12
HAPPY HEART PLATTER - Option 3	5.5oz [156g]	300	120	13	3	0	15	720	40	3	10	7
HYBRID GO TRAY	5.5oz [156g]	300	120	13	2	0	40	740	37	2	10	9
HYBRID ICHI PLATTER	5.5oz [156g]	250	110	12	1.5	0	10	690	32	3	8	7
HYBRID MINI PLATTER	5.5oz [156g]	330	140	16	4.5	0	30	680	39	3	8	9
HYBRID NI PLATTER	5.5oz [156g]	320	120	13	2.5	0	60	760	39	2	9	11
HYBRID ROKU TRAY	5.5oz [156g]	290	110	12	2	0	35	720	37	2	9	9
HYBRID SAN PLATTER	5.5oz [156g]	300	110	13	2	0	30	690	36	2	8	10
HYBRID TRAY A	5.5oz [156g]	340	150	16	3.5	0	15	810	40	3	11	8
HYBRID TRAY B	5.5oz [156g]	310	120	13	4.5	0	30	660	39	2	8	9
HYBRID YON TRAY	5.5oz [156g]	300	120	13	3	0	20	680	37	3	9	8
MOONLIGHT PARTY TRAY	5.5oz [156g]	300	120	13	2	0	25	740	37	2	9	9
SUNNY DELIGHT PARTY TRAY	5.5oz [156g]	260	90	11	2	0	20	580	35	3	7	8
SUNRISE PLATTER	5.5oz [156g]	280	100	11	1.5	0	20	740	38	3	9	7
SUNSET PLATTER	5.5oz [156g]	280	100	12	1.5	0	25	600	35	3	8	9

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



Nutrition Information (MDBS)

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	7oz [198g]	300	60	7	1	0	5	900	54	3	10	8
CALIFORNIA ROLL SP (Brown Rice)	7oz [198g]	250	70	8	1	0	5	570	39	5	6	8
CALIFORNIA SALAD ROLL SP	7oz [198g]	320	90	10	1.5	0	10	880	53	3	10	7
CALIFORNIA SALAD ROLL SP (Brown Rice)	7oz [198g]	270	90	11	1.5	0	10	550	38	5	6	7
CREAMY PHILLY ROLL SP - BABY SHRIMP	7oz [198g]	320	90	10	6	0	60	950	47	1	10	11
CREAMY PHILLY ROLL SP - BABY SHRIMP (Brown Rice)	7oz [198g]	280	100	11	6	0	60	620	33	2	6	11
CREAMY PHILLY ROLL SP - EEL	7oz [198g]	380	130	15	7	0	55	850	50	2	11	10
CREAMY PHILLY ROLL SP - EEL (Brown Rice)	7oz [198g]	340	140	16	7	0	55	530	35	3	7	10
CREAMY PHILLY ROLL SP - IMITATION CRAB	7oz [198g]	350	100	11	6	0	20	1000	52	1	11	9
CREAMY PHILLY ROLL SP - IMITATION CRAB (Brown Rice)	7oz [198g]	310	110	12	6	0	20	670	38	3	7	9
CREAMY PHILLY ROLL SP - SALMON	7oz [198g]	370	130	14	7	0	35	750	47	1	10	11
CREAMY PHILLY ROLL SP - SALMON (Brown Rice)	7oz [198g]	300	110	13	7	0	15	480	38	3	7	7
CREAMY PHILLY ROLL SP - SMOKED SALMON	7oz [198g]	370	120	14	7	0	30	1010	47	1	10	12
CREAMY PHILLY ROLL SP - SMOKED SALMON (Brown Rice)	7oz [198g]	320	130	15	7	0	30	680	33	2	6	12
CREAMY PHILLY ROLL SP - TUNA	7oz [198g]	330	90	10	6	0	20	810	47	1	10	13
CREAMY PHILLY ROLL SP - TUNA (Brown Rice)	7oz [198g]	290	100	11	6	0	20	490	33	2	6	13
CRISPY ROLL SP - BABY SHRIMP	10oz [283g]	640	290	32	11	0	60	1530	74	6	16	15
CRISPY ROLL SP - BABY SHRIMP (Brown Rice)	10oz [283g]	600	300	34	11	0	60	1200	59	7	12	15
CRISPY ROLL SP - IMITATION CRAB	10oz [283g]	670	300	34	11	0	20	1580	79	6	17	13
CRISPY ROLL SP - IMITATION CRAB (Brown Rice)	10oz [283g]	620	310	35	11	0	20	1250	64	7	13	13
CRUNCHY CA ROLL SP - BABY SHRIMP	8oz [227g]	430	160	18	5	0	55	1080	57	4	11	11
CRUNCHY CA ROLL SP - BABY SHRIMP (Brown Rice)	8oz [227g]	380	170	20	5	0	55	750	42	6	7	11
CRUNCHY CA ROLL SP - IMITATION CRAB	8oz [227g]	480	200	23	6	0	10	1110	61	5	12	8
CRUNCHY CA ROLL SP - IMITATION CRAB (Brown Rice)	8oz [227g]	430	210	24	6	0	10	790	46	6	8	8
CRUNCHY DRAGON ROLL SP - IMITATION CRAB	9oz [255g]	480	180	21	2.5	0	20	1480	65	5	17	11
CRUNCHY DRAGON ROLL SP - IMITATION CRAB (Brown Rice)	9oz [255g]	430	190	22	2.5	0	20	1150	51	6	14	11
CRUNCHY DRAGON ROLL SP - SALMON	9oz [255g]	490	210	24	3	0	35	1230	60	5	16	14
CRUNCHY DRAGON ROLL SP - SALMON (Brown Rice)	9oz [255g]	450	220	25	3	0	35	900	46	6	13	14
CRUNCHY DRAGON ROLL SP - TUNA	9oz [255g]	460	170	19	2	0	20	1250	60	5	17	14
CRUNCHY DRAGON ROLL SP - TUNA (Brown Rice)	9oz [255g]	410	180	20	2	0	20	930	46	6	13	14
CRUNCHY SHRIMP TEMPURA ROLL SP	9oz [255g]	660	310	35	14	0	20	1150	76	5	15	9
CRUNCHY SHRIMP TEMPURA ROLL SP (Brown Rice)	9oz [255g]	610	320	36	14	0	20	830	61	6	12	9
FIRE SALMON ROLL SP	7oz [198g]	340	100	12	2	0	35	770	48	2	9	12
FIRE SALMON ROLL SP (Brown Rice)	7oz [198g]	300	110	13	2	0	35	450	33	3	6	12
FIRE SALMON ROLL SP - SMOKED SALMON	7oz [198g]	340	100	11	1.5	0	30	1140	48	2	10	13
FIRE SALMON ROLL SP - SMOKED SALMON (Brown Rice)	7oz [198g]	300	110	12	1.5	0	30	810	33	3	6	13
FIRE SHRIMP ROLL SP	7oz [198g]	280	50	6	0.5	0	75	1050	48	2	9	12
FIRE SHRIMP ROLL SP (Brown Rice)	7oz [198g]	240	60	7	0.5	0	75	730	33	3	6	12
FIRE TUNA ROLL SP	7oz [198g]	290	50	5	0.5	0	15	860	48	2	9	14
FIRE TUNA ROLL SP (Brown Rice)	7oz [198g]	250	60	7	0.5	0	15	530	33	3	6	14
HAPPY MANGO ROLL SP	9oz [255g]	440	150	17	5	0	50	1010	63	5	20	11
HAPPY MANGO ROLL SP (Brown Rice)	9oz [255g]	400	160	18	5	0	50	690	49	6	16	11
SPICY CALIFORNIA ROLL SP	7oz [198g]	270	30	3	0	0	10	1040	54	2	11	9
SPICY CALIFORNIA ROLL SP (Brown Rice)	7oz [198g]	230	35	4	0	0	10	720	40	3	7	9
SPICY MANGO ROLL SP - BABY SHRIMP	9oz [255g]	400	130	15	3	0	55	1030	57	4	17	11
SPICY MANGO ROLL SP - BABY SHRIMP (Brown Rice)	9oz [255g]	350	140	16	3	0	55	700	43	6	13	11
SPICY MANGO ROLL SP - SALMON	9oz [255g]	440	170	19	4	0	30	830	57	4	17	11
SPICY MANGO ROLL SP - SALMON (Brown Rice)	9oz [255g]	390	180	20	4	0	30	500	43	6	13	11
SPICY MANGO ROLL SP - SMOKED SALMON	9oz [255g]	440	160	19	3.5	0	25	1080	57	4	17	12
SPICY MANGO ROLL SP - SMOKED SALMON (Brown Rice)	9oz [255g]	390	170	20	3.5	0	25	760	43	6	13	12
SPICY MANGO ROLL SP - TUNA	9oz [255g]	400	130	15	3	0	15	890	57	4	17	13
SPICY MANGO ROLL SP - TUNA (Brown Rice)	9oz [255g]	360	140	16	3	0	15	560	43	6	13	13
UNAGI ROLL SP	7oz [198g]	360	90	10	2.5	0	80	950	54	2	12	12
UNAGI ROLL SP (Brown Rice)	7oz [198g]	310	100	11	2.5	0	80	630	40	4	9	12
VEGETABLE COMBO SP	7oz [198g]	260	45	5	0.5	0	0	650	51	4	10	5
VEGETABLE COMBO SP (Brown Rice)	7oz [198g]	210	50	6	0.5	0	0	330	37	5	7	5



Nutrition Information (MDBS)

REGIONAL SPECIALS	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)
PREMIUM CHIRASHI BOWL - CHICKEN	13.7oz [388g]	720	190	22	6	0	40	2320	112	4	26	20
PREMIUM CHIRASHI BOWL - EEL	13.7oz [388g]	810	280	31	8	0	95	2160	117	6	28	18
PREMIUM CHIRASHI BOWL - SEAFOOD	13.7oz [388g]	750	230	26	6	0	40	1960	111	4	26	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)
CHICKEN DUMPLING - Leeks	5oz [142g]	290	60	7	2	0	40	640	43	2	1	7
CHICKEN DUMPLING - Shiitake Mushrooms	5oz [142g]	240	50	6	1.5	0	25	520	34	3	3	11
CHICKEN DUMPLING - Spicy Sriracha	5oz [142g]	250	60	7	2	0	35	920	33	2	5	13
GRILLED DUMPLING (Shrimp)	6oz [170g]	320	110	12	1.5	0	30	700	43	7	2	12
GRILLED DUMPLING (Vegetable)	6oz [170g]	320	90	10	1.5	0	0	710	48	7	5	9

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 [227g]	320	110	12	1.5	0	0	10	27	12	8	24
POKI SALAD	5oz [142g]	290	180	21	2.5	0	65	620	9	1	7	18
PREMIUM HAWAIIAN POKE BOWL - MIX	13.8oz [391g]	690	190	21	3	0	70	2100	100	1	21	28
PREMIUM HAWAIIAN POKE BOWL - SALMON	13.8oz [391g]	740	240	27	4.5	0	85	2100	100	1	21	26
PREMIUM HAWAIIAN POKE BOWL - TUNA	13.8oz [391g]	640	130	15	2	0	50	2100	100	1	21	29
RAMEN NOODLE SALAD WITH SESAME DRESSING	11.75oz [333g]	400	120	13	1.5	0	0	960	58	3	5	11
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	8.5oz [241g]	400	290	33	4	0	20	780	25	7	17	2
TROPICAL SALAD - TUNA AVOCADO	8.5oz [241g]	430	300	34	4	0	40	800	16	6	9	15



Nutrition Information (MDBS)

CONDIMENTS/SAUCES	Serving Size (oz [g]/mL)	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	1oz [28g]	50	10	1.5	0	0	0	160	9	0	7	0
MAYONNAISE	1oz [28g]	170	170	19	3	0	10	170	0	0	0	0
PICKLED GINGER	0.5oz [14g]	10	0	0	0	0	0	200	3	0	2	0
PONZU SAUCE	1 pack [6mL]	4	0	0	0	0	0	135	1	0	1	0
SOY SAUCE (LOW SODIUM)	1 pack [7mL]	5	0	0	0	0	0	290	1	0	1	0
SPICY SAUCE	1oz [28g]	150	130	15	2	0	10	380	4	2	2	0
SUSHI SAUCE	1oz [28g]	60	0	0	0	0	0	580	14	0	10	1
SWEET CHILI SAUCE	1 pack [40g]	100	0	0	0	0	0	530	25	0	23	0
WASABI	0.5oz [14g]	10	0	0	0	0	0	0	2	0	0	0
WASABI DRESSING	1oz [28g]	150	130	15	2	0	20	250	2	0	2	0
YUM YUM SAUCE	1oz [28g]	60	30	3	0	0	0	240	8	0	6	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	7oz [198g]	150	80	9	1	0	0	80	18	6	3	3
BERRY WRAP - BABY SHRIMP	7oz [198g]	120	40	4.5	0.5	0	50	270	15	3	2	8
BERRY WRAP - IMITATION CRAB	7oz [198g]	170	80	9	1.5	0	10	310	19	4	3	5
BERRY WRAP - SALMON	7oz [198g]	160	80	9	1.5	0	25	75	15	3	2	8
BERRY WRAP - TUNA	7oz [198g]	130	40	4.5	0.5	0	10	135	15	3	2	10
CALIFORNIA WRAP	8oz [227g]	260	140	16	2.5	0	15	550	23	5	3	8
CREAM CHEESE WRAP - BABY SHRIMP	8oz [227g]	230	120	14	7	0	85	500	15	3	3	12
CREAM CHEESE WRAP - EEL	8oz [227g]	320	190	21	9	0	80	350	20	4	4	11
CREAM CHEESE WRAP - IMITATION CRAB	8oz [227g]	310	180	21	8	0	25	550	22	4	4	8
CREAM CHEESE WRAP - SALMON	8oz [227g]	290	180	20	8	0	45	200	15	3	3	13
CREAM CHEESE WRAP - SMOKED SALMON	8oz [227g]	290	170	20	8	0	40	580	15	3	3	14
CREAM CHEESE WRAP - TUNA	8oz [227g]	240	120	14	7	0	25	290	16	3	3	15
MANGO WRAP	8oz [227g]	130	40	4.5	0.5	0	0	90	22	5	7	3
SMOKED SALMON SALAD ROLL	7oz [198g]	280	170	19	3	0	45	730	13	2	2	15
SPICY CALIFORNIA WRAP	8oz [227g]	290	180	20	3	0	15	610	23	5	3	7
SPICY CHICKEN ROLL	7oz [198g]	190	80	9	1.5	0	40	640	14	2	2	13
SPICY CREAM CHEESE WRAP - BABY SHRIMP	8oz [227g]	270	160	18	7	0	75	540	16	4	3	11
SPICY CREAM CHEESE WRAP - IMITATION CRAB	8oz [227g]	300	180	20	8	0	25	610	23	4	4	8
SPICY CREAM CHEESE WRAP - SALMON	8oz [227g]	320	210	23	8	0	40	310	16	4	3	11
SPICY CREAM CHEESE WRAP - SMOKED SALMON	8oz [227g]	320	200	23	8	0	35	620	17	4	3	12
SPICY CREAM CHEESE WRAP - TUNA	8oz [227g]	280	160	18	7	0	25	380	17	4	3	13
SPICY WRAP - BABY SHRIMP	8oz [227g]	200	100	11	1.5	0	85	570	17	4	3	11
SPICY WRAP - SALMON	8oz [227g]	270	160	18	3	0	40	250	17	4	3	11
SPICY WRAP - SMOKED SALMON	8oz [227g]	270	150	17	2.5	0	30	670	17	4	3	13
SPICY WRAP - TUNA	8oz [227g]	210	90	11	1.5	0	15	350	17	4	3	14
TAPIOCA ROLL	14oz [397g]	300	90	11	1.5	0	65	730	40	7	6	16
TAPIOCA ROLL 2	7oz [198g]	150	45	5	0.5	0	30	370	20	3	3	8
TAPIOCA ROLL COMBO	10.5oz [298g]	390	110	12	1.5	0	25	1060	62	5	11	11
TERIYAKI CHICKEN SALAD ROLL	7oz [198g]	180	50	6	1.5	0	45	620	20	1	9	15
VEGETABLE WRAP	8oz [227g]	130	60	7	1	0	0	90	19	5	4	3

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

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