



Nutrition Information (MDBS)

HYBRID	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Berry Roll	1 pkg	258	400	13	1.5	0	5	1050	66	7	18	7
Berry Roll (Brown Rice)	1 pkg	258	350	13	1.5	0	5	680	52	7	14	8
Blueberry Roll	5 pcs	161	250	9	1.5	0	20	570	30	3	7	12
Blueberry Roll (Brown Rice)	5 pcs	161	220	9	1.5	0	20	390	23	2	5	13
Classic Scrumptious Roll	5 pcs	157	280	12	1.5	0	5	850	39	3	13	5
Classic Scrumptious Roll (Brown Rice)	5 pcs	157	260	12	1.5	0	5	670	32	3	11	6
Crunchy Tempura Roll	1 pkg	286	480	17	4	0	60	1620	70	5	19	12
Crunchy Tempura Roll (Brown Rice)	1 pkg	286	430	18	4	0	60	1250	56	5	15	12
Done Deal Roll	1 pkg	307	520	22	6	0	30	1390	65	6	16	14
Done Deal Roll (Brown Rice)	1 pkg	307	470	23	6	0	30	1030	51	5	12	15
Dynamite Roll	5 pcs	137	240	10	3	0	25	520	28	2	7	11
Dynamite Roll (Brown Rice)	5 pcs	137	220	10	3	0	25	380	23	2	6	11
Happy Mango Roll - Eel	1 pkg	286	490	18	5	0	65	1200	70	7	23	12
Happy Mango Roll - Eel (Brown Rice)	1 pkg	286	440	19	5	0	65	840	56	6	19	12
Happy Mango Roll - Unakaba	1 pkg	286	490	18	5	0	25	1340	70	6	23	10
Happy Mango Roll - Unakaba (Brown Rice)	1 pkg	286	430	19	5	0	25	970	56	6	19	10
Mango Shrimp Roll	1 pkg	272	550	25	9	0	45	1290	71	5	18	10
Mango Shrimp Roll (Brown Rice)	1 pkg	272	500	26	9	0	45	930	56	4	14	10
Red Rock	1 pkg	286	480	19	4	0	60	1350	54	4	17	22
Red Rock (Brown Rice)	1 pkg	286	440	19	4	0	60	1080	44	4	14	22
Spicy Jumbo Roll	1 pkg	258	460	16	4.5	0	30	1160	64	5	20	14
Spicy Jumbo Roll (Brown Rice)	1 pkg	258	410	17	4.5	0	30	800	50	5	16	15
Spicy Mango Roll - Eel	1 pkg	280	510	22	5	0	60	1070	66	7	21	11
Spicy Mango Roll - Eel (Brown Rice)	1 pkg	280	450	22	5	0	60	710	52	6	17	12
Spicy Mango Roll - Unakaba	1 pkg	280	500	22	5	0	20	1210	66	6	21	9
Spicy Mango Roll - Unakaba (Brown Rice)	1 pkg	280	450	23	5	0	20	840	52	6	17	10
Ultimate Chili Roll - Albacore	5 pcs	161	250	9	1.5	0	20	580	30	3	7	13
Ultimate Chili Roll - Albacore (Brown Rice)	5 pcs	161	230	9	1.5	0	20	400	23	3	5	13
Ultimate Chili Roll - Amberjack	5 pcs	161	300	15	2.5	0	30	580	30	3	7	11
Ultimate Chili Roll - Amberjack (Brown Rice)	5 pcs	161	270	15	2.5	0	30	400	23	3	5	11
Ultimate Chili Roll - Salmon	5 pcs	161	290	14	3	0	15	590	30	3	7	10
Ultimate Chili Roll - Salmon (Brown Rice)	5 pcs	161	260	15	3	0	15	410	23	3	5	10
Ultimate Chili Roll - Shrimp	5 pcs	161	240	9	1	0	60	670	30	3	7	11
Ultimate Chili Roll - Shrimp (Brown Rice)	5 pcs	161	220	9	1	0	60	490	23	3	5	11
Ultimate Chili Roll - Smoked Salmon	5 pcs	161	290	14	3	0	15	590	30	3	7	10
Ultimate Chili Roll - Smoked Salmon (Brown Rice)	5 pcs	161	260	15	3	0	15	410	23	3	5	10
Ultimate Chili Roll - Tuna	5 pcs	161	250	9	1.5	0	20	570	30	3	7	13
Ultimate Chili Roll - Tuna (Brown Rice)	5 pcs	161	220	9	1.5	0	20	390	23	3	5	13

SAMPLER	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Chef Sampler A #1	5 pcs	146	250	10	2	0	10	640	33	3	7	6
Chef Sampler A #2	5 pcs	146	240	10	1.5	0	10	640	33	4	8	6
Chef Sampler A #3	5 pcs	149	270	12	2.5	0	15	650	32	3	8	8
Chef Sampler A #4	5 pcs	147	260	11	2	0	15	650	31	3	8	8
Chef Sampler A #5	5 pcs	150	290	13	2.5	0	5	830	37	3	11	5
Chef Sampler A #6	5 pcs	157	260	9	2	0	25	610	33	3	7	11
Chef Sampler B #1	6 pcs	146	230	6	1	0	10	580	33	3	7	8
Chef Sampler B #2	6 pcs	146	250	10	2.5	0	15	580	34	3	7	7
Chef Sampler B #3	6 pcs	149	280	11	3.5	0	15	690	36	2	9	7
Premium Chef Sampler #1	5 pcs	148	260	11	2	0	15	570	31	3	7	9
Premium Chef Sampler #2	5 pcs	150	270	11	2.5	0	20	630	31	3	8	10
Premium Chef Sampler #3	5 pcs	149	260	11	2.5	0	15	630	33	3	8	8
Sashimi Sampler - Salmon w/ Cucumber	1 pkg	156	230	14	4	0	30	180	7	1	3	17
Sashimi Sampler - Tuna w/ Cucumber	1 pkg	156	130	1	0	0	35	140	7	1	3	23
Ultimate Chef Sampler #1	5 pcs	148	270	12	2.5	0	10	680	33	3	9	8
Ultimate Chef Sampler #2	5 pcs	147	260	12	2	0	10	650	31	3	7	7
Ultimate Chef Sampler #3	5 pcs	146	270	13	2	0	10	660	33	3	9	6

The nutrition provided on this chart excludes individually packaged sauces. The products listed in this publication, when made with approved AFC ingredients, will provide the nutritional composition as indicated. Information may vary slightly depending on location and supplier. The nutrition information is generated by the industry standard Genesis R&D Nutritional software.



Nutrition Information (MDBS)

ONE ROLL	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
California Roll 10pc	1 pkg	229	320	6	0.5	0	0	1050	59	5	13	7
California Roll 10pc (Brown Rice)	1 pkg	229	260	6	0.5	0	0	690	45	5	9	7
California Salad Roll 10pc	1 pkg	229	350	9	1	0	5	1050	59	5	13	7
California Salad Roll 10pc (Brown Rice)	1 pkg	229	290	10	1	0	5	680	45	5	9	7
Creamy Philly Roll - Imitation Crab 10pc	1 pkg	229	370	10	6	0	35	1150	59	3	14	9
Creamy Philly Roll - Imitation Crab 10pc (Brown Rice)	1 pkg	229	320	11	6	0	35	790	45	3	10	9
Creamy Philly Roll - Salmon 10pc	1 pkg	229	410	15	7	0	45	940	54	3	13	12
Creamy Philly Roll - Salmon 10pc (Brown Rice)	1 pkg	229	350	16	7	0	45	580	40	3	9	12
Crispy Roll 10pc	5 pcs	156	310	14	4	0	5	850	40	3	10	6
Crispy Roll 10pc (Brown Rice)	5 pcs	156	280	14	4	0	5	670	33	3	8	6
Crunchy CA Roll 10pc	1 pkg	258	520	24	6	0	10	1210	67	6	16	8
Crunchy CA Roll 10pc (Brown Rice)	1 pkg	258	460	25	6	0	10	850	52	6	12	8
Crunchy Dragon Roll - Orange 10pc	1 pkg	300	620	34	6	0	25	1290	64	5	18	16
Crunchy Dragon Roll - Orange 10pc (Brown Rice)	1 pkg	300	570	34	6	0	25	920	50	5	14	16
Crunchy Dragon Roll - Red 10pc	1 pkg	300	570	27	3.5	0	30	1270	64	5	18	19
Crunchy Dragon Roll - Red 10pc (Brown Rice)	1 pkg	300	520	28	3.5	0	30	900	50	5	14	19
Crunchy Dragon Roll - White 10pc	1 pkg	300	550	25	3.5	0	10	1720	71	6	21	10
Crunchy Dragon Roll - White 10pc (Brown Rice)	1 pkg	300	500	26	3.5	0	10	1360	57	5	17	11
Crunchy Shrimp Tempura Roll 10pc	1 pkg	286	620	30	12	0	30	1260	77	6	18	9
Crunchy Shrimp Tempura Roll 10pc (Brown Rice)	1 pkg	286	570	31	12	0	30	900	63	6	14	10
Fire Tuna Roll 10pc	1 pkg	229	350	7	1	0	20	890	53	3	13	16
Fire Tuna Roll 10pc (Brown Rice)	1 pkg	229	290	8	1	0	20	530	39	3	9	16
Imperial Roll 10pc	1 pkg	300	490	22	3	0	5	1170	66	10	14	9
Imperial Roll 10pc (Brown Rice)	1 pkg	300	430	22	3	0	5	800	52	10	10	9
Spicy California Roll 10pc	1 pkg	238	400	15	2	0	5	1110	60	5	14	7
Spicy California Roll 10pc (Brown Rice)	1 pkg	238	340	15	2	0	5	750	45	5	10	7
Spicy Roll - Salmon 10pc	1 pkg	229	400	14	3	0	20	910	53	3	13	13
Spicy Roll - Salmon 10pc (Brown Rice)	1 pkg	229	340	14	3	0	20	550	39	3	9	13
Spicy Roll - Shrimp 10pc	1 pkg	229	330	7	1	0	65	1180	53	3	13	11
Spicy Roll - Shrimp 10pc (Brown Rice)	1 pkg	229	270	8	1	0	65	820	39	3	9	11
Unagi Roll 10pc	1 pkg	229	360	8	1.5	0	60	1080	59	4	16	11
Unagi Roll 10pc (Brown Rice)	1 pkg	229	310	9	1.5	0	60	720	45	4	12	11
Unicorn Roll - Albacore, Salmon, Tuna 10pc	1 pkg	297	450	13	2.5	0	30	1080	59	5	13	23
Unicorn Roll - Albacore, Salmon, Tuna 10pc (Brown Rice)	1 pkg	297	390	14	2.5	0	30	710	45	5	9	23
Unicorn Roll - Salmon, Shrimp, Tuna 10pc	1 pkg	289	430	13	2.5	0	45	1110	59	5	13	20
Unicorn Roll - Salmon, Shrimp, Tuna 10pc (Brown Rice)	1 pkg	289	380	14	2.5	0	45	750	45	5	9	20
Vegetable Combo 10pc	1 pkg	229	300	6	0.5	0	0	840	58	6	13	5
Vegetable Combo 10pc (Brown Rice)	1 pkg	229	250	6	0.5	0	0	480	43	6	9	6

WRAP	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Avocado Salad Roll	1 pc	101	90	4.5	0.5	0	0	60	14	3	1	2
Berry Wrap	4 pcs	85	80	3	0	0	0	130	12	2	2	2
California Wrap	4 pcs	96	110	6	1	0	0	220	13	2	1	3
Cream Cheese Wrap - Imitation Crab	4 pcs	96	130	7	3	0	15	230	14	2	2	3
Cream Cheese Wrap - Salmon	4 pcs	96	150	10	3.5	0	20	100	11	2	1	5
Smoked Salmon Roll	1 pc	99	160	10	1.5	0	25	380	11	1	1	8
Spicy California Wrap	3 pcs	77	110	7	1	0	5	200	10	1	1	2
Spicy Chicken Roll	1 pc	99	120	6	1	0	20	280	11	1	1	7
Spicy Cream Cheese Wrap - Imitation Crab	4 pcs	100	150	9	3.5	0	15	250	14	2	2	3
Spicy Cream Cheese Wrap - Salmon	4 pcs	100	170	12	4	0	20	125	11	2	1	5
Spicy Wrap - Salmon	4 pcs	95	140	9	2	0	10	95	11	2	1	5
Spicy Wrap - Tuna	4 pcs	95	120	7	1	0	10	85	11	2	1	6
Tapioca Roll 2	1 pc	99	90	2.5	0	0	10	200	14	2	2	4
Tapioca Roll 4	1 pc	99	90	2.5	0	0	10	200	14	2	2	4
Teriyaki Chicken Roll	1 pc	99	110	3	0.5	0	25	330	14	1	5	8
Vegetable Wrap	4 pcs	91	80	3.5	0	0	0	55	11	2	1	1



Nutrition Information (MDBS)

CLASSIC	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
California Roll & Inari	4 pcs	156	260	4.5	0	0	0	800	48	3	14	6
California Roll & Inari (Brown Rice)	4 pcs	156	210	5	0	0	0	490	36	3	11	6
California Roll 15pc	7 pcs	154	220	4	0	0	0	710	40	4	9	5
California Roll 15pc (Brown Rice)	7 pcs	154	180	4.5	0	0	0	450	30	3	6	5
California Salad Roll 15pc	7 pcs	154	230	6	1	0	0	700	40	4	9	5
California Salad Roll 15pc (Brown Rice)	7 pcs	154	200	7	1	0	0	450	30	3	6	5
Creamy Philly Roll - Imitation Crab 15pc	7 pcs	154	250	7	4	0	25	780	40	2	9	6
Creamy Philly Roll - Imitation Crab 15pc (Brown Rice)	7 pcs	154	210	8	4	0	25	530	30	2	7	6
Creamy Philly Roll - Salmon 15pc	7 pcs	154	280	10	5	0	30	630	37	2	8	8
Creamy Philly Roll - Salmon 15pc (Brown Rice)	7 pcs	154	240	11	5	0	30	380	27	2	6	8
Crunchy Shrimp Roll	6 pcs	149	250	9	1	0	40	780	36	3	11	7
Crunchy Shrimp Roll (Brown Rice)	6 pcs	149	220	9	1	0	40	560	28	3	9	7
Fire Tuna Roll 15pc	7 pcs	154	240	5	1	0	15	600	36	2	8	11
Fire Tuna Roll 15pc (Brown Rice)	7 pcs	154	200	6	1	0	15	350	26	2	6	11
Hawaiian Roll	5 pcs	144	240	9	1.5	0	10	720	34	3	10	7
Hawaiian Roll (Brown Rice)	5 pcs	144	210	9	1.5	0	10	540	26	3	8	8
Inari	1 pkg	283	530	8	1	0	0	1670	101	3	36	13
Inari (Brown Rice)	1 pkg	283	440	10	1	0	0	1020	76	2	29	13
Inari Special	2 pcs	153	280	4.5	0	0	10	910	52	2	19	8
Inari Special (Brown Rice)	2 pcs	153	230	5	0	0	10	590	39	1	15	8
Ocean Crab Roll	7 pcs	164	220	4.5	0.5	0	30	720	37	4	8	7
Ocean Crab Roll (Brown Rice)	7 pcs	164	180	5	0.5	0	30	460	27	3	5	7
Orange Roll	7 pcs	164	240	6	1	0	40	950	40	3	9	7
Orange Roll (Brown Rice)	7 pcs	164	200	6	1	0	40	690	30	3	6	7
Red Chili Roll	5 pcs	157	240	8	1.5	0	15	580	32	3	8	11
Red Chili Roll (Brown Rice)	5 pcs	157	220	8	1.5	0	15	400	24	3	6	12
Spicy Roll - Salmon 15pc	7 pcs	154	270	10	2	0	15	610	36	2	8	9
Spicy Roll - Salmon 15pc (Brown Rice)	7 pcs	154	230	10	2	0	15	360	26	2	6	9
Spicy Roll - Shrimp 15pc	7 pcs	154	220	5	0.5	0	45	800	36	2	8	7
Spicy Roll - Shrimp 15pc (Brown Rice)	7 pcs	154	190	6	0.5	0	45	550	26	2	6	8
Tempura Roll	6 pcs	144	260	9	3.5	0	15	650	39	3	9	5
Tempura Roll (Brown Rice)	6 pcs	144	230	10	3.5	0	15	440	31	3	6	5
Unicorn Roll - Albacore, Salmon, Tuna 15pc	5 pcs	145	220	7	1	0	15	520	28	3	6	12
Unicorn Roll - Albacore, Salmon, Tuna 15pc (Brown Rice)	5 pcs	145	190	7	1	0	15	340	21	2	4	12
Unicorn Roll - Salmon, Shrimp, Tuna 15pc	5 pcs	141	210	7	1	0	20	540	28	3	6	10
Unicorn Roll - Salmon, Shrimp, Tuna 15pc (Brown Rice)	5 pcs	141	190	7	1	0	20	350	21	2	4	10

PARTY TRAY	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Happy Heart Platter #1	6 pcs	149	240	7	1	0	15	560	34	3	7	10
Happy Heart Platter #2	4 pcs	147	220	8	1.5	0	20	560	28	3	7	11
Happy Heart Platter #3	4 pcs	143	270	12	3	0	15	800	35	3	9	5
Hybrid Go Tray	4 pcs	144	260	11	2	0	20	620	31	2	9	8
Hybrid Ichi Platter	5 pcs	139	230	11	1.5	0	10	570	27	3	7	6
Hybrid Mini Platter	4 pcs	145	260	10	2.5	0	20	730	34	3	8	8
Hybrid Ni Platter	4 pcs	131	220	7	1	0	20	630	31	2	8	9
Hybrid Roku Tray	4 pcs	131	230	9	1.5	0	15	540	29	2	8	8
Hybrid San Platter	5 pcs	135	240	10	1.5	0	10	570	29	2	7	8
Hybrid Yon Tray	4 pcs	132	240	11	1.5	0	15	580	29	3	8	7

APPETIZER	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Calamari Salad	1 pkg	113	140	1	0.5	0	195	500	15	5	10	17
Edamame (Soybeans)	¾ cup	85	120	4.5	1	0	0	0	10	5	3	9
Grilled Dumplings - Chicken	1 pkg	148	270	7	2	0	35	730	38	3	3	13
Grilled Dumplings - Shrimp	1 pkg	168	320	12	1.5	0	35	690	42	7	2	12
Grilled Dumplings - Vegetable	1 pkg	168	320	10	1.5	0	0	700	47	7	5	8
Seabreeze Salad	1 pkg	113	90	2.5	0	0	0	960	17	1	15	2



Nutrition Information (MDBS)

COMBO	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Marina Plate - Albacore, Salmon, Shrimp, Tuna	1 pkg	242	390	6	1.5	0	40	1000	60	3	13	22
Marina Plate - Albacore, Salmon, Shrimp, Tuna (Brown Rice)	1 pkg	242	320	6	1.5	0	40	560	43	2	9	22
Marina Plate - Albacore, Salmon, Tuna	1 pkg	249	400	6	1.5	0	35	980	60	3	13	24
Marina Plate - Albacore, Salmon, Tuna (Brown Rice)	1 pkg	249	330	6	1.5	0	35	550	43	2	9	24
Marina Plate - Salmon	1 pkg	249	460	15	4	0	30	1000	60	3	13	20
Marina Plate - Salmon (Brown Rice)	1 pkg	249	390	15	4	0	30	570	43	2	9	21
Marina Plate - Salmon, Tuna	1 pkg	249	410	8	2	0	35	990	60	3	13	23
Marina Plate - Salmon, Tuna (Brown Rice)	1 pkg	249	350	9	2	0	35	550	43	2	9	23
Seaside Combo - Salmon	1 pkg	286	520	10	2.5	0	20	1380	86	4	18	17
Seaside Combo - Salmon (Brown Rice)	1 pkg	286	420	11	2.5	0	20	740	61	4	11	18
Seaside Combo - Salmon, Tuna	1 pkg	286	480	6	1.5	0	20	1370	86	4	18	19
Seaside Combo - Salmon, Tuna (Brown Rice)	1 pkg	286	390	7	1.5	0	20	730	61	4	11	20
Shoreline Combo - Salmon, Shrimp, Tuna	6 pcs	158	230	3.5	0.5	0	15	700	41	3	9	9
Shoreline Combo - Salmon, Shrimp, Tuna (Brown Rice)	6 pcs	158	190	4	0.5	0	15	420	30	3	6	9
Snack Pack - Avocado	1 pkg	286	480	10	1	0	0	1350	91	8	18	8
Snack Pack - Avocado (Brown Rice)	1 pkg	286	390	11	1	0	0	710	66	8	11	8
Snack Pack - Cucumber	1 pkg	286	400	1	0	0	0	1340	87	5	19	7
Snack Pack - Cucumber (Brown Rice)	1 pkg	286	300	2	0	0	0	710	62	4	12	7
Super Marina Plate - Albacore, Salmon, Shrimp, Tuna	4 pcs	160	250	3	0.5	0	30	670	40	2	9	15
Super Marina Plate - Albacore, Salmon, Shrimp, Tuna (Brown Rice)	4 pcs	160	210	3.5	0.5	0	30	360	28	1	5	15
Super Marina Plate - Albacore, Salmon, Tuna	4 pcs	160	260	3.5	1	0	25	630	39	2	8	16
Super Marina Plate - Albacore, Salmon, Tuna (Brown Rice)	4 pcs	160	210	4	1	0	25	340	27	1	5	16
Super Marina Plate - Salmon	4 pcs	160	300	10	2.5	0	20	640	39	2	8	13
Super Marina Plate - Salmon (Brown Rice)	4 pcs	160	260	10	2.5	0	20	350	27	1	5	13
Super Marina Plate - Salmon, Tuna	4 pcs	160	270	6	1.5	0	20	630	39	2	8	15
Super Marina Plate - Salmon, Tuna (Brown Rice)	4 pcs	160	230	6	1.5	0	20	340	27	1	5	15
Vegetable Combo 15pc	7 pcs	154	210	4	0	0	0	560	39	4	9	4
Vegetable Combo 15pc (Brown Rice)	7 pcs	154	170	4.5	0	0	0	300	29	4	6	4

BOWL	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Premium Chirashi Bowl - Chicken	1 bowl	412	810	26	6	0	45	2430	118	8	30	22
Premium Chirashi Bowl - Chicken (Brown Rice)	1 bowl	412	700	28	6	0	45	1700	90	7	22	22
Premium Chirashi Bowl - Kani Kama	1 bowl	412	780	25	6	0	10	2520	125	7	33	13
Premium Chirashi Bowl - Kani Kama (Brown Rice)	1 bowl	412	670	26	6	0	10	1800	97	7	25	13
Premium Chirashi Bowl - Salmon, Tuna	1 bowl	412	820	29	7	0	30	2090	116	7	30	22
Premium Chirashi Bowl - Salmon, Tuna (Brown Rice)	1 bowl	412	720	31	7	0	30	1360	88	7	22	22
Premium Hawaiian Poké Bowl - Tuna	1 bowl	407	600	8	1	0	55	1790	97	5	21	35
Premium Hawaiian Poké Bowl - Tuna (Brown Rice)	1 bowl	407	490	9	1	0	55	1060	69	4	13	35
Premium Hawaiian Poké Bowl - Tuna, Salmon	1 bowl	407	660	16	3.5	0	55	1810	97	5	21	31
Premium Hawaiian Poké Bowl - Tuna, Salmon (Brown Rice)	1 bowl	407	550	17	3.5	0	55	1080	69	4	13	32
Premium Hawaiian Poké Bowl - Tuna, Salmon, Albacore	1 bowl	404	640	13	2.5	0	55	1810	97	5	21	32
Premium Hawaiian Poké Bowl - Tuna, Salmon, Albacore (Brown Rice)	1 bowl	404	530	14	2.5	0	55	1080	69	4	13	33
Ramen Noodle Salad w/ Sesame Dressing	1 bowl	340	460	20	2.5	0	0	1060	60	3	15	11

COLD BOWL	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Sukiyaki Don (Beef Flavor)	1 bowl	422	750	21	9	0	45	340	116	3	4	19
Ten Don (Shrimp Tempura)	1 bowl	447	750	8	1.5	0	25	1340	152	5	24	16
Tori Don (Orange Flavor)	1 bowl	510	900	18	3	0	80	1080	155	4	12	29
Tori Don (Sesame Flavor)	1 bowl	513	920	20	3	0	80	1040	156	5	12	30
Tori Don (Teriyaki Flavor)	1 bowl	513	860	16	3.5	0	120	1280	136	5	21	45
Yakisoba Don (Teriyaki Flavor)	1 bowl	428	740	27	5	0	120	2290	86	5	31	43

RAMEN GRAB-N-GO	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Spicy Tonkotsu Ramen Noodle - Grab-n-Go	1 bowl	221	500	15	1.5	0	25	2950	72	3	10	20
Tonkotsu Ramen Noodle - Grab-n-Go	1 bowl	207	450	13	1.5	0	25	2570	66	2	5	19

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