



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	670	64	7	16	8
Berry Roll (BR)	1 pkg	258	350	13	1.5	0	5	480	51	7	14	8
Blueberry Roll	5 pcs	161	240	9	1.5	0	20	380	29	3	7	13
Blueberry Roll	1 pkg	321	490	17	2.5	0	40	770	59	5	13	25
Blueberry Roll (BR)	5 pcs	161	220	9	1.5	0	20	290	23	2	5	13
Blueberry Roll (BR)	1 pkg	322	440	18	2.5	0	40	570	45	5	10	25
Classic Scrumptious Roll	5 pcs	157	280	12	1.5	0	5	630	38	3	13	6
Classic Scrumptious Roll	1 pkg	315	560	24	3	0	10	1260	76	7	26	12
Classic Scrumptious Roll (BR)	5 pcs	157	260	12	1.5	0	5	530	31	3	11	6
Classic Scrumptious Roll (BR)	1 pkg	315	510	25	3	0	10	1060	62	7	23	12
Crunchy Tempura Roll	2 pcs	114	180	6	1	0	20	500	28	3	7	5
Crunchy Tempura Roll	1 pkg	286	460	16	2	0	50	1250	69	7	18	12
Crunchy Tempura Roll (BR)	2 pcs	114	160	6	1	0	20	420	22	3	6	5
Crunchy Tempura Roll (BR)	1 pkg	286	410	16	2	0	50	1060	55	7	16	12
Done Deal Roll	5 pcs	154	260	11	3	0	15	480	32	3	7	8
Done Deal Roll	1 pkg	307	520	22	6	0	35	950	64	6	15	15
Done Deal Roll (BR)	5 pcs	154	230	11	3	0	15	380	25	3	6	8
Done Deal Roll (BR)	1 pkg	307	470	23	6	0	35	760	50	6	12	16
Dynamite Roll	5 pcs	172	290	10	1.5	0	25	470	34	4	8	14
Dynamite Roll	1 pkg	343	570	21	3.5	0	50	950	69	9	17	28
Dynamite Roll (BR)	5 pcs	172	260	11	1.5	0	25	380	28	4	7	14
Dynamite Roll (BR)	1 pkg	343	520	21	3.5	0	50	750	55	9	14	28
Grilled Salmon Roll	1 pkg	272	430	9	1	0	25	940	72	5	18	14
Happy Mango Roll - Eel	2 pcs	114	190	7	2	0	25	360	28	3	9	5
Happy Mango Roll - Eel	1 pkg	286	490	18	5	0	65	900	69	7	21	12
Happy Mango Roll - Eel (BR)	2 pcs	114	170	7	2	0	25	280	22	2	7	5
Happy Mango Roll - Eel (BR)	1 pkg	286	440	19	5	0	65	700	56	6	19	12
Happy Mango Roll - Unakaba	2 pcs	114	190	7	2	0	10	410	28	2	9	4
Happy Mango Roll - Unakaba	1 pkg	286	480	18	5	0	25	1030	69	6	22	10
Happy Mango Roll - Unakaba (BR)	2 pcs	114	170	8	2	0	10	330	22	2	8	4
Happy Mango Roll - Unakaba (BR)	1 pkg	286	430	19	5	0	25	840	56	6	19	10
Mango Shrimp Roll	1 pkg	272	510	22	5	0	30	890	68	8	16	10
Mango Shrimp Roll (BR)	1 pkg	272	460	23	5	0	30	690	54	7	14	10
Red Rock	2 pcs	114	190	8	1.5	0	20	480	22	2	7	9
Red Rock	1 pkg	286	470	19	4	0	55	1190	54	4	17	23
Red Rock (BR)	2 pcs	114	170	8	1.5	0	20	420	18	2	6	9
Red Rock (BR)	1 pkg	286	440	19	4	0	55	1050	44	4	15	23
Sakura Roll	5 pcs	143	250	9	1.5	0	10	690	35	2	9	7
Sakura Roll	1 pkg	286	510	19	2.5	0	15	1380	70	3	18	15
Spicy Grilled Salmon Roll	1 pkg	286	520	18	2.5	0	30	1040	74	5	19	15
Spicy Jumbo Roll	1 pkg	258	460	16	4.5	0	30	860	63	5	19	15
Spicy Jumbo Roll (BR)	1 pkg	258	410	17	4.5	0	30	660	50	5	16	15
Spicy Mango Roll - Eel	2 pcs	112	200	9	2	0	25	300	26	3	7	5
Spicy Mango Roll - Eel	1 pkg	280	500	22	5	0	60	750	65	7	18	11
Spicy Mango Roll - Eel (BR)	2 pcs	112	180	9	2	0	25	220	20	2	6	5
Spicy Mango Roll - Eel (BR)	1 pkg	280	450	22	5	0	60	550	51	6	15	12
Spicy Mango Roll - Unakaba	2 pcs	112	200	9	2	0	10	350	26	2	7	4
Spicy Mango Roll - Unakaba	1 pkg	280	490	22	5	0	20	880	65	6	18	9
Spicy Mango Roll - Unakaba (BR)	2 pcs	112	180	9	2	0	10	270	20	2	6	4
Spicy Mango Roll - Unakaba (BR)	1 pkg	280	440	23	5	0	20	680	51	6	16	10
Spicy Sakura Roll	5 pcs	150	300	14	2	0	10	740	36	2	10	8
Spicy Sakura Roll	1 pkg	300	600	28	4	0	25	1480	71	3	20	15
Spicy Tiger Roll	4 pcs	139	280	12	2	0	15	780	36	3	12	6
Spicy Tiger Roll	1 pkg	347	690	30	5	0	30	1960	89	8	25	15
Spicy Tiger Roll (BR)	4 pcs	139	260	12	2	0	15	700	30	3	10	6
Spicy Tiger Roll (BR)	1 pkg	347	640	31	5	0	30	1760	75	8	26	15
Super California Roll	4 pcs	126	210	7	1	0	5	610	32	3	10	5
Super California Roll	1 pkg	316	530	17	3	0	10	1510	81	6	24	13
Super California Roll (BR)	4 pcs	126	190	7	1	0	5	520	26	2	8	5
Super California Roll (BR)	1 pkg	316	470	18	3	0	10	1290	66	6	21	13
Tiger Roll	4 pcs	137	270	12	2	0	15	730	35	3	11	6
Tiger Roll	1 pkg	341	680	30	5	0	30	1840	88	8	28	15

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Nutrition Information (MDBS)

Hybrid Cont.

	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)
Tiger Roll (BR)	4 pcs	137	250	12	2	0	15	660	30	3	10	6
Tiger Roll (BR)	1 pkg	341	630	31	5	0	30	1640	74	8	25	15
Tokyo Roll	1 pkg	276	460	10	2	0	90	1310	79	4	24	12
Ultimate Chili Roll - Albacore	5 pcs	162	250	9	1.5	0	20	390	29	3	6	13
Ultimate Chili Roll - Albacore	1 pkg	323	500	18	2.5	0	45	780	59	6	12	26
Ultimate Chili Roll - Albacore (BR)	5 pcs	162	220	9	1.5	0	20	290	22	3	5	13
Ultimate Chili Roll - Albacore (BR)	1 pkg	323	450	18	2.5	0	45	580	45	5	10	26
Ultimate Chili Roll - Amberjack	5 pcs	162	300	15	2.5	0	30	390	29	3	6	11
Ultimate Chili Roll - Amberjack	1 pkg	323	590	29	5	0	65	780	59	6	12	22
Ultimate Chili Roll - Amberjack (BR)	5 pcs	162	270	15	2.5	0	30	290	23	3	5	11
Ultimate Chili Roll - Amberjack (BR)	1 pkg	323	540	30	5	0	65	580	45	5	10	22
Ultimate Chili Roll - Salmon	5 pcs	162	290	14	3	0	15	400	29	3	6	10
Ultimate Chili Roll - Salmon	1 pkg	323	570	29	6	0	30	800	58	6	12	21
Ultimate Chili Roll - Salmon (BR)	5 pcs	162	260	15	3	0	15	300	22	3	5	11
Ultimate Chili Roll - Salmon (BR)	1 pkg	323	520	29	6	0	30	600	45	5	10	21
Ultimate Chili Roll - Shrimp	5 pcs	163	240	9	1	0	35	490	29	3	6	11
Ultimate Chili Roll - Shrimp	1 pkg	326	480	18	2.5	0	70	970	58	6	12	22
Ultimate Chili Roll - Shrimp (BR)	5 pcs	163	220	9	1	0	35	390	22	3	5	11
Ultimate Chili Roll - Shrimp (BR)	1 pkg	326	430	18	2.5	0	70	780	45	5	10	22
Ultimate Chili Roll - Smoked Salmon	5 pcs	162	290	14	2	0	25	720	29	3	6	12
Ultimate Chili Roll - Smoked Salmon	1 pkg	323	570	27	4	0	55	1430	58	6	12	24
Ultimate Chili Roll - Smoked Salmon (BR)	5 pcs	162	260	15	3	0	15	300	22	3	5	11
Ultimate Chili Roll - Smoked Salmon (BR)	1 pkg	323	520	29	6	0	30	600	45	5	10	21
Ultimate Chili Roll - Tuna	5 pcs	162	250	9	1.5	0	20	380	29	3	6	13
Ultimate Chili Roll - Tuna	1 pkg	323	490	18	2.5	0	40	770	58	6	12	26
Ultimate Chili Roll - Tuna (BR)	5 pcs	162	220	9	1.5	0	20	290	22	3	5	13
Ultimate Chili Roll - Tuna (BR)	1 pkg	323	440	18	2.5	0	40	570	45	5	10	26

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	11	2.5	0	10	440	33	4	7	7
Chef Sampler A #1	1 pkg	437	750	32	7	0	25	1320	98	11	21	21
Chef Sampler A #2	5 pcs	146	240	10	1.5	0	10	440	32	4	8	7
Chef Sampler A #2	1 pkg	438	720	29	4	0	25	1320	96	11	23	20
Chef Sampler A #3	5 pcs	150	270	12	2.5	0	15	450	31	3	7	9
Chef Sampler A #3	1 pkg	449	800	35	8	0	40	1340	94	8	21	26
Chef Sampler A #4	5 pcs	147	250	11	2	0	15	450	30	3	7	9
Chef Sampler A #4	1 pkg	442	760	33	6	0	40	1340	90	8	21	26
Chef Sampler A #5	5 pcs	150	280	13	2.5	0	5	610	36	3	11	6
Chef Sampler A #5	1 pkg	450	850	39	7	0	15	1840	109	9	32	17
Chef Sampler A #6	5 pcs	158	260	9	2	0	20	390	32	3	6	12
Chef Sampler A #6	1 pkg	410	670	24	5	0	50	1020	84	7	16	30
Chef Sampler B #1	6 pcs	146	220	6	1	0	10	370	32	3	6	9
Chef Sampler B #1	1 pkg	364	550	16	3	0	25	910	80	7	15	21
Chef Sampler B #2	6 pcs	146	250	10	2.5	0	15	370	33	3	6	7
Chef Sampler B #2	1 pkg	365	620	25	7	0	35	920	82	8	15	17
Chef Sampler B #3	6 pcs	149	280	11	3.5	0	15	470	35	3	8	7
Chef Sampler B #3	1 pkg	372	690	28	9	0	35	1170	89	6	19	18
Premium Chef Sampler #1	5 pcs	148	260	11	2	0	15	380	30	4	7	9
Premium Chef Sampler #1	1 pkg	592	1030	44	7	0	55	1540	121	14	26	38
Premium Chef Sampler #2	5 pcs	150	260	11	2	0	15	440	30	3	7	10
Premium Chef Sampler #2	1 pkg	600	1030	44	7	0	65	1760	121	12	28	39
Premium Chef Sampler #3	5 pcs	149	260	10	2	0	10	430	32	4	7	9
Premium Chef Sampler #3	1 pkg	595	1020	42	8	0	50	1730	129	15	28	34
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	480	32	3	8	8
Ultimate Chef Sampler #1	1 pkg	592	1060	47	10	0	45	1910	129	12	32	32
Ultimate Chef Sampler #2	5 pcs	147	260	12	2.5	0	10	440	31	3	7	7
Ultimate Chef Sampler #2	1 pkg	587	1030	49	9	0	40	1770	123	13	27	28
Ultimate Chef Sampler #3	5 pcs	146	260	13	2	0	10	460	32	3	8	6
Ultimate Chef Sampler #3	1 pkg	583	1060	51	9	0	35	1820	127	14	32	25

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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	310	6	0.5	0	0	670	58	2	12	8
California Roll 10pc (BR)	1 pkg	229	260	6	0.5	0	0	470	44	2	9	8
California Salad Roll 10pc	1 pkg	229	340	9	1	0	5	670	57	2	11	7
California Salad Roll 10pc (BR)	1 pkg	229	290	10	1	0	5	470	44	2	9	8
Creamy Philly Roll - Imitation Crab 10pc	1 pkg	229	360	10	6	0	35	770	57	3	13	9
Creamy Philly Roll - Imitation Crab 10pc (BR)	1 pkg	229	310	11	6	0	35	570	44	3	10	9
Creamy Philly Roll - Salmon 10pc	1 pkg	229	400	15	7	0	45	610	53	3	11	12
Creamy Philly Roll - Salmon 10pc (BR)	1 pkg	229	350	16	7	0	45	420	39	3	8	12
Crispy Roll 10pc	5 pcs	157	310	14	4	0	5	630	39	3	10	6
Crispy Roll 10pc	1 pkg	313	620	28	8	0	10	1260	79	6	20	12
Crispy Roll 10pc (BR)	5 pcs	157	290	15	4	0	5	530	33	3	9	6
Crispy Roll 10pc (BR)	1 pkg	313	570	29	8	0	10	1070	65	6	18	13
Crunchy CA Roll 10pc	1 pkg	258	510	24	6	0	10	840	65	6	14	8
Crunchy CA Roll 10pc (BR)	1 pkg	258	460	25	6	0	10	640	51	6	11	9
Crunchy Dragon Roll - Orange 10pc	5 pcs	150	310	17	3	0	15	450	31	3	8	8
Crunchy Dragon Roll - Orange 10pc	1 pkg	300	620	34	6	0	25	910	62	6	16	16
Crunchy Dragon Roll - Orange 10pc (BR)	5 pcs	150	280	17	3	0	15	360	24	3	7	8
Crunchy Dragon Roll - Orange 10pc (BR)	1 pkg	300	570	34	6	0	25	710	49	5	14	17
Crunchy Dragon Roll - Red 10pc	5 pcs	150	280	14	2	0	15	440	31	3	8	10
Crunchy Dragon Roll - Red 10pc	1 pkg	300	570	27	3.5	0	30	890	62	6	16	19
Crunchy Dragon Roll - Red 10pc (BR)	5 pcs	150	260	14	2	0	15	350	24	3	7	10
Crunchy Dragon Roll - Red 10pc (BR)	1 pkg	300	520	28	3.5	0	30	690	49	5	14	19
Crunchy Dragon Roll - White 10pc	5 pcs	150	280	13	1.5	0	5	630	35	3	10	6
Crunchy Dragon Roll - White 10pc	1 pkg	300	550	25	3.5	0	15	1270	70	6	21	12
Crunchy Dragon Roll - White 10pc (BR)	5 pcs	150	250	13	1.5	0	5	540	28	3	9	6
Crunchy Dragon Roll - White 10pc (BR)	1 pkg	300	500	26	3.5	0	15	1070	56	6	18	12
Crunchy Shrimp Tempura Roll 10pc	5 pcs	143	290	13	4	0	10	460	37	5	8	5
Crunchy Shrimp Tempura Roll 10pc	1 pkg	286	580	27	8	0	15	930	74	9	16	9
Crunchy Shrimp Tempura Roll 10pc (BR)	5 pcs	143	260	14	4	0	10	370	30	4	7	5
Crunchy Shrimp Tempura Roll 10pc (BR)	1 pkg	286	530	28	8	0	15	730	61	9	13	9
Fire Tuna Roll 10pc	1 pkg	229	340	8	1	0	15	710	52	3	11	15
Fire Tuna Roll 10pc (BR)	1 pkg	229	290	8	1	0	15	510	39	3	8	15
Imperial Roll 10pc	5 pcs	150	240	11	1.5	0	5	380	32	5	6	5
Imperial Roll 10pc	1 pkg	300	480	22	3	0	5	760	65	10	12	10
Imperial Roll 10pc (BR)	5 pcs	150	220	11	1.5	0	5	280	26	5	5	5
Imperial Roll 10pc (BR)	1 pkg	300	430	22	3	0	5	570	51	10	10	10
Spicy California Roll 10pc	1 pkg	238	390	15	2	0	5	730	58	5	12	7
Spicy California Roll 10pc (BR)	1 pkg	238	340	15	2	0	5	540	44	5	9	8
Spicy Roll - Salmon 10pc	1 pkg	229	380	14	3	0	20	580	52	3	10	13
Spicy Roll - Salmon 10pc (BR)	1 pkg	229	330	14	3	0	20	390	38	3	7	13
Spicy Roll - Shrimp 10pc	1 pkg	229	320	7	1	0	65	860	52	3	10	11
Spicy Roll - Shrimp 10pc (BR)	1 pkg	229	260	8	1	0	65	660	38	3	7	11
Unagi Roll 10pc	1 pkg	229	360	8	1.5	0	60	770	58	4	14	11
Unagi Roll 10pc (BR)	1 pkg	229	310	9	1.5	0	60	570	45	4	11	11
Unicorn Roll - Albacore, Salmon, Tuna 10pc	5 pcs	149	220	7	1	0	15	350	29	3	6	12
Unicorn Roll - Albacore, Salmon, Tuna 10pc	1 pkg	297	440	13	2.5	0	30	700	57	5	11	23
Unicorn Roll - Albacore, Salmon, Tuna 10pc (BR)	5 pcs	149	190	7	1	0	15	250	22	3	4	12
Unicorn Roll - Albacore, Salmon, Tuna 10pc (BR)	1 pkg	297	390	14	2.5	0	30	500	44	5	9	24
Unicorn Roll - Salmon, Shrimp, Tuna 10pc	5 pcs	145	210	7	1	0	15	370	29	3	6	10
Unicorn Roll - Salmon, Shrimp, Tuna 10pc	1 pkg	290	430	13	2.5	0	35	730	57	5	11	20
Unicorn Roll - Salmon, Shrimp, Tuna 10pc (BR)	5 pcs	145	190	7	1	0	15	270	22	3	4	10
Unicorn Roll - Salmon, Shrimp, Tuna 10pc (BR)	1 pkg	290	380	14	2.5	0	35	540	43	5	9	21
Vegetable Combo 10pc	1 pkg	229	290	6	0.5	0	0	510	56	6	11	5
Vegetable Combo 10pc (BR)	1 pkg	229	240	6	0.5	0	0	320	42	6	8	6

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Nutrition Information (MDBS)

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 piece	101	90	4.5	0.5	0	0	60	14	3	1	2
Avocado Salad Roll	1 pkg	201	190	9	1	0	0	125	27	6	3	3
Berry Wrap	4 pcs	85	80	3.5	0	0	0	110	12	2	2	2
Berry Wrap	1 pkg	213	200	8	1	0	5	280	29	4	5	5
California Wrap	4 pcs	96	120	6	1	0	5	180	13	2	2	3
California Wrap	1 pkg	241	290	16	2.5	0	5	460	32	5	5	7
Cream Cheese Wrap - Imitation Crab	4 pcs	96	130	7	3	0	15	190	14	2	2	3
Cream Cheese Wrap - Imitation Crab	1 pkg	241	320	18	7	0	40	480	34	5	6	9
Cream Cheese Wrap - Salmon	4 pcs	96	150	10	3.5	0	20	100	11	2	1	5
Cream Cheese Wrap - Salmon	1 pkg	241	370	25	9	0	50	240	27	5	3	13
Smoked Salmon Roll	1 piece	99	160	10	1.5	0	25	380	11	1	1	8
Smoked Salmon Roll	1 pkg	198	330	20	3	0	45	770	22	3	2	16
Spicy California Wrap	4 pcs	102	150	10	1.5	0	5	230	13	2	2	3
Spicy California Wrap	1 pkg	255	380	25	4	0	15	560	34	5	6	7
Spicy Chicken Roll	1 piece	99	120	6	1	0	20	280	11	1	1	7
Spicy Chicken Roll	1 pkg	198	250	11	2	0	45	570	23	1	2	15
Spicy Cream Cheese Wrap - Imitation Crab	4 pcs	100	150	9	3.5	0	15	220	14	2	3	4
Spicy Cream Cheese Wrap - Imitation Crab	1 pkg	249	380	23	8	0	40	540	35	5	7	9
Spicy Cream Cheese Wrap - Salmon	4 pcs	100	170	12	4	0	20	125	11	2	1	5
Spicy Cream Cheese Wrap - Salmon	1 pkg	249	430	30	10	0	55	310	28	5	3	13
Spicy Wrap - Salmon	4 pcs	95	140	9	2	0	10	95	11	2	1	5
Spicy Wrap - Salmon	1 pkg	238	350	23	4.5	0	20	230	27	5	3	11
Spicy Wrap - Tuna	4 pcs	95	120	7	1	0	10	85	11	2	1	6
Spicy Wrap - Tuna	1 pkg	238	300	17	2.5	0	25	220	27	5	3	14
Tapioca Roll 2	1 piece	100	90	2.5	0	0	5	170	14	2	2	4
Tapioca Roll 2	1 pkg	199	180	4.5	0.5	0	15	340	29	4	4	8
Tapioca Roll 4	1 piece	99	90	2.5	0	0	15	170	14	2	2	4
Tapioca Roll 4	1 pkg	397	360	9	1.5	0	50	670	57	7	9	16
Teriyaki Chicken Roll	1 piece	99	120	1.5	0	0	35	490	17	1	6	9
Teriyaki Chicken Roll	1 pkg	198	240	3.5	1	0	70	970	34	1	13	18
Vegetable Wrap	4 pcs	91	80	3.5	0	0	0	55	11	2	1	1
Vegetable Wrap	1 pkg	227	190	9	1	0	0	130	28	6	3	3

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)
Assorted Dim Sum	3 pcs	99	220	11	2	0	15	310	21	2	1	7
Assorted Dim Sum	1 pkg	198	430	22	4.5	0	25	610	43	4	2	14
Calamari Salad	1 pkg	113	140	1	0.5	0	195	500	15	5	10	17
Edamame (Soybeans)	2/3 cup	85	120	4.5	1	0	0	0	10	5	3	9
Edamame (Soybeans)	1 pkg	227	320	11	2.5	0	0	0	27	14	9	25
Grilled Dumplings - Shrimp	1 pkg	170	320	12	1.5	0	35	700	43	7	2	12
Pork Shumai	1 pkg	170	370	19	5	0	45	960	26	2	3	19
Seabreeze Salad	1 pkg	113	90	2.5	0	0	0	960	17	1	15	2
Spring Roll	1 pkg	170	400	24	4	0	0	120	40	3	0	8

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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	132	210	4	0	0	0	430	40	2	11	5
California Roll & Inari	1 pkg	430	690	12	1.5	0	1380	129	8	34	34	18
California Roll & Inari (BR)	4 pcs	156	210	5	0	0	0	340	35	3	10	7
California Roll & Inari (BR)	1 pkg	430	570	14	1.5	0	0	930	97	7	28	18
California Roll 15pc	6 pcs	132	180	3.5	0	0	0	380	34	3	7	4
California Roll 15pc	1 pkg	330	450	9	1	0	5	940	84	8	16	11
California Roll 15pc (BR)	6 pcs	132	150	4	0	0	0	260	25	3	5	5
California Roll 15pc (BR)	1 pkg	330	380	9	1	0	5	640	63	7	12	11
California Salad Roll 15pc	6 pcs	132	200	5	0.5	0	0	380	33	3	6	4
California Salad Roll 15pc	1 pkg	330	490	14	1.5	0	5	940	83	8	16	10
California Salad Roll 15pc (BR)	6 pcs	132	170	6	0.5	0	0	260	25	3	5	4
California Salad Roll 15pc (BR)	1 pkg	330	420	15	1.5	0	5	650	62	7	12	11
Creamy Philly Roll - Imitation Crab 15pc	6 pcs	132	210	6	3.5	0	20	440	33	2	7	5
Creamy Philly Roll - Imitation Crab 15pc	1 pkg	330	530	15	9	0	55	1090	83	5	18	13
Creamy Philly Roll - Imitation Crab 15pc (BR)	6 pcs	132	180	7	3.5	0	20	320	25	2	5	5
Creamy Philly Roll - Imitation Crab 15pc (BR)	1 pkg	330	460	16	9	0	55	800	63	4	14	14
Creamy Philly Roll - Salmon 15pc	6 pcs	132	230	9	4.5	0	25	340	30	2	6	7
Creamy Philly Roll - Salmon 15pc	1 pkg	330	580	22	11	0	65	860	76	5	14	18
Creamy Philly Roll - Salmon 15pc (BR)	6 pcs	132	200	9	4.5	0	25	230	22	2	4	7
Creamy Philly Roll - Salmon 15pc (BR)	1 pkg	330	510	23	11	0	65	570	56	4	10	18
Crunchy Shrimp Roll	6 pcs	149	250	9	1	0	40	580	35	3	9	7
Crunchy Shrimp Roll	1 pkg	373	620	22	2.5	0	100	1450	88	8	24	18
Crunchy Shrimp Roll (BR)	6 pcs	149	220	9	1	0	40	460	27	3	8	7
Crunchy Shrimp Roll (BR)	1 pkg	373	540	23	2.5	0	100	1150	67	8	20	18
Fire Tuna Roll 15pc	6 pcs	132	200	5	0.5	0	10	400	30	2	6	9
Fire Tuna Roll 15pc	1 pkg	330	500	12	1.5	0	20	1010	76	5	15	22
Fire Tuna Roll 15pc (BR)	6 pcs	132	170	5	0.5	0	10	290	22	2	4	9
Fire Tuna Roll 15pc (BR)	1 pkg	330	420	13	1.5	0	20	710	55	4	11	22
Hawaiian Roll	5 pcs	144	240	9	1.5	0	10	550	34	3	9	8
Hawaiian Roll	1 pkg	432	720	26	4	0	30	1640	101	9	28	23
Hawaiian Roll (BR)	5 pcs	144	220	9	1.5	0	10	450	27	3	8	8
Hawaiian Roll (BR)	1 pkg	432	650	27	4	0	30	1350	81	8	24	24
Inari	2 pcs	140	250	4	0	0	0	540	48	1	16	6
Inari	1 pkg	283	510	8	1	0	0	1080	97	3	32	13
Inari (BR)	2 pcs	140	210	4.5	0	0	0	310	36	1	14	7
Inari (BR)	1 pkg	281	420	9	1	0	0	730	73	2	27	13
Inari Special	2 pcs	152	270	5	0	0	10	610	50	2	17	8
Inari Special	1 pkg	304	540	10	1	0	20	1220	99	3	34	15
Inari Special (BR)	2 pcs	152	230	5	0	0	10	440	38	1	14	8
Inari Special (BR)	1 pkg	304	450	11	1	0	20	890	76	3	29	16
Ocean Crab Roll	6 pcs	141	180	4	0.5	0	25	420	31	3	5	6
Ocean Crab Roll	1 pkg	351	450	10	1.5	0	65	1040	77	8	14	15
Ocean Crab Roll (BR)	6 pcs	141	150	4	0.5	0	25	300	23	3	4	6
Ocean Crab Roll (BR)	1 pkg	351	380	11	1.5	0	65	750	57	7	9	16
Orange Roll	6 pcs	141	200	5	0.5	0	35	590	33	3	6	6
Orange Roll	1 pkg	351	500	13	2	0	85	1470	83	7	16	15
Orange Roll (BR)	6 pcs	141	170	5	0.5	0	35	470	25	3	5	6
Orange Roll (BR)	1 pkg	351	430	14	2	0	85	1170	62	6	12	15
Spicy Roll - Salmon 15pc	6 pcs	132	230	8	2	0	10	330	30	2	6	7
Spicy Roll - Salmon 15pc	1 pkg	330	570	21	4.5	0	30	820	75	5	14	19
Spicy Roll - Salmon 15pc (BR)	6 pcs	132	200	9	2	0	10	210	22	2	4	8
Spicy Roll - Salmon 15pc (BR)	1 pkg	330	490	22	4.5	0	30	530	54	4	10	19
Spicy Roll - Shrimp 15pc	6 pcs	132	190	4.5	0.5	0	40	490	30	2	6	6
Spicy Roll - Shrimp 15pc	1 pkg	330	470	11	1.5	0	95	1220	75	5	14	16
Spicy Roll - Shrimp 15pc (BR)	6 pcs	132	160	5	0.5	0	40	370	22	2	4	7
Spicy Roll - Shrimp 15pc (BR)	1 pkg	330	390	12	1.5	0	95	930	54	4	10	16

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Nutrition Information (MDBS)

CLASSIC CONT.

	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)
Tempura Roll	6 pcs	144	240	7	1	0	10	460	38	5	8	5
Tempura Roll	1 pkg	360	590	19	3	0	20	1140	94	13	19	12
Tempura Roll (BR)	6 pcs	144	210	8	1	0	10	340	30	5	6	5
Tempura Roll (BR)	1 pkg	360	520	20	3	0	20	850	74	13	15	12
Unicorn Roll - Albacore, Salmon, Tuna 15pc	5 pcs	145	220	7	1	0	15	330	28	3	5	12
Unicorn Roll - Albacore, Salmon, Tuna 15pc	1 pkg	436	650	20	3.5	0	50	990	83	8	16	35
Unicorn Roll - Albacore, Salmon, Tuna 15pc (BR)	5 pcs	145	190	7	1	0	15	230	21	2	4	12
Unicorn Roll - Albacore, Salmon, Tuna 15pc (BR)	1 pkg	436	580	21	3.5	0	50	700	62	7	12	36
Unicorn Roll - Salmon, Shrimp, Tuna 15pc	5 pcs	141	210	7	1	0	15	350	28	3	5	10
Unicorn Roll - Salmon, Shrimp, Tuna 15pc	1 pkg	423	630	20	3.5	0	50	1040	83	8	16	31
Unicorn Roll - Salmon, Shrimp, Tuna 15pc (BR)	5 pcs	141	180	7	1	0	15	250	21	2	4	10
Unicorn Roll - Salmon, Shrimp, Tuna 15pc (BR)	1 pkg	423	550	21	3.5	0	50	750	62	7	12	31

PARTY TRAYS	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	5 pcs	133	200	6	1	0	10	300	29	3	5	9
Happy Heart Platter #1	1 pkg	613	940	26	4.5	0	55	1390	135	13	24	43
Happy Heart Platter #2	4 pcs	147	220	8	1.5	0	20	420	27	3	6	11
Happy Heart Platter #2	1 pkg	478	720	24	4.5	0	65	1360	89	8	21	37
Happy Heart Platter #3	4 pcs	143	260	11	2.5	0	15	600	35	3	9	6
Happy Heart Platter #3	1 pkg	715	1320	56	12	0	70	2980	175	16	46	29
Hybrid Go Tray	4 pcs	144	260	11	2	0	20	440	31	2	8	9
Hybrid Go Tray	1 pkg	1765	3140	134	24	0	235	5440	377	30	95	107
Hybrid Ichi Platter	5 pcs	139	230	11	1.5	0	10	420	26	3	7	6
Hybrid Ichi Platter	1 pkg	836	1380	68	9	0	50	2500	159	16	40	37
Hybrid Mini Platter	4 pcs	146	250	10	2	0	15	520	34	3	8	8
Hybrid Mini Platter	1 pkg	800	1390	53	12	0	95	2880	186	16	44	44
Hybrid Ni Platter	4 pcs	131	220	7	1	0	15	450	30	2	7	9
Hybrid Ni Platter	1 pkg	1016	1680	52	10	0	125	3480	232	15	55	70
Hybrid Roku Tray	4 pcs	130	220	9	1.5	0	15	370	29	2	7	8
Hybrid Roku Tray	1 pkg	2667	4570	178	31	0	350	7590	585	50	136	162
Hybrid San Platter	5 pcs	135	230	10	1.5	0	15	380	28	2	6	9
Hybrid San Platter	1 pkg	1293	2250	92	15	0	120	3630	273	24	60	84
Hybrid Yon Tray	4 pcs	132	240	11	2	0	15	420	28	3	7	7
Hybrid Yon Tray	1 pkg	1652	2950	134	22	0	185	5230	356	33	92	86

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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	243	370	6	1.5	0	35	610	58	3	10	22
Marina Plate - Albacore, Salmon, Shrimp, Tuna (BR)	1 pkg	243	310	6	1.5	0	35	370	42	2	7	22
Marina Plate - Albacore, Salmon, Tuna	1 pkg	249	380	6	1.5	0	35	590	58	3	10	24
Marina Plate - Albacore, Salmon, Tuna (BR)	1 pkg	249	320	6	1.5	0	35	360	42	2	7	24
Marina Plate - Salmon	1 pkg	249	450	15	4	0	30	610	58	3	10	20
Marina Plate - Salmon (BR)	1 pkg	249	390	15	4	0	30	380	42	2	7	21
Marina Plate - Salmon, Tuna	1 pkg	249	400	8	2	0	35	590	58	3	10	23
Marina Plate - Salmon, Tuna (BR)	1 pkg	249	340	9	2	0	35	360	42	2	7	23
Seaside Combo - Salmon	8 pcs	143	250	5	1.5	0	10	400	41	2	7	9
Seaside Combo - Salmon	1 pkg	286	500	10	2.5	0	20	810	83	5	14	17
Seaside Combo - Salmon (BR)	8 pcs	143	200	6	1.5	0	10	230	29	2	5	9
Seaside Combo - Salmon (BR)	1 pkg	286	410	11	2.5	0	20	460	59	4	9	18
Seaside Combo - Salmon, Tuna	8 pcs	143	230	3	0.5	0	10	400	41	2	7	10
Seaside Combo - Salmon, Tuna	1 pkg	286	460	6	1.5	0	20	790	83	5	14	19
Seaside Combo - Salmon, Tuna (BR)	8 pcs	143	190	3.5	0.5	0	10	230	29	2	5	10
Seaside Combo - Salmon, Tuna (BR)	1 pkg	286	380	7	1.5	0	20	450	59	4	9	20
Shoreline Combo - Salmon, Shrimp, Tuna	5 pcs	132	190	3	0	0	10	360	33	2	6	8
Shoreline Combo - Salmon, Shrimp, Tuna	1 pkg	370	530	9	1.5	0	25	990	92	7	17	21
Shoreline Combo - Salmon, Shrimp, Tuna (BR)	5 pcs	132	160	3.5	0	0	10	230	24	2	4	8
Shoreline Combo - Salmon, Shrimp, Tuna (BR)	1 pkg	370	440	10	1.5	0	25	640	68	6	12	22
Snack Pack - Avocado	8 pcs	143	230	5	0.5	0	0	390	44	4	7	4
Snack Pack - Avocado	1 pkg	286	460	10	1	0	0	770	88	8	14	8
Snack Pack - Avocado (BR)	8 pcs	143	190	5	0.5	0	0	210	32	4	5	4
Snack Pack - Avocado (BR)	1 pkg	286	380	11	1	0	0	430	64	8	9	8
Snack Pack - Cucumber	8 pcs	143	190	0.5	0	0	0	380	42	2	7	3
Snack Pack - Cucumber	1 pkg	286	380	1	0	0	0	770	84	5	15	7
Snack Pack - Cucumber (BR)	8 pcs	143	140	1	0	0	0	210	30	2	5	4
Snack Pack - Cucumber (BR)	1 pkg	286	290	2	0	0	0	430	60	4	10	7
Super Marina Plate - Albacore, Salmon, Shrimp, Tuna	4 pcs	154	230	2.5	0.5	0	25	380	37	2	6	14
Super Marina Plate - Albacore, Salmon, Shrimp, Tuna	1 pkg	346	530	6	1.5	0	55	860	84	4	14	32
Super Marina Plate - Albacore, Salmon, Shrimp, Tuna (BR)	4 pcs	154	190	3	0.5	0	25	220	26	1	4	15
Super Marina Plate - Albacore, Salmon, Shrimp, Tuna (BR)	1 pkg	346	440	7	1.5	0	55	500	59	3	9	33
Super Marina Plate - Albacore, Salmon, Tuna	4 pcs	160	250	4	1	0	25	370	37	2	6	16
Super Marina Plate - Albacore, Salmon, Tuna	1 pkg	360	560	8	2.5	0	55	530	84	4	14	36
Super Marina Plate - Albacore, Salmon, Tuna (BR)	4 pcs	160	210	4.5	1	0	25	210	26	1	4	16
Super Marina Plate - Albacore, Salmon, Tuna (BR)	1 pkg	360	470	10	2.5	0	55	470	59	3	9	36
Super Marina Plate - Salmon	4 pcs	160	290	10	2.5	0	20	380	37	2	6	13
Super Marina Plate - Salmon	1 pkg	360	660	22	6	0	45	860	84	4	14	30
Super Marina Plate - Salmon (BR)	4 pcs	160	250	10	2.5	0	20	220	26	1	4	13
Super Marina Plate - Salmon (BR)	1 pkg	360	560	23	6	0	45	500	59	3	9	30
Super Marina Plate - Salmon, Tuna	4 pcs	160	260	6	1.5	0	20	370	37	2	6	15
Super Marina Plate - Salmon, Tuna	1 pkg	360	590	13	3.5	0	50	830	84	4	14	34
Super Marina Plate - Salmon, Tuna (BR)	4 pcs	160	220	6	1.5	0	20	210	26	1	4	15
Super Marina Plate - Salmon, Tuna (BR)	1 pkg	360	500	14	3.5	0	50	480	59	3	9	34
Vegetable Combo 15pc	6 pcs	132	170	3.5	0	0	0	280	32	4	6	3
Vegetable Combo 15pc	1 pkg	330	430	9	1	0	0	710	81	9	15	8
Vegetable Combo 15pc (BR)	6 pcs	132	140	4	0	0	0	170	24	3	4	3
Vegetable Combo 15pc (BR)	1 pkg	330	350	9	1	0	0	410	60	8	11	8

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Nutrition Information (MDBS)

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	790	26	6	0	45	1820	117	8	27	22
Premium Chirashi Bowl - Chicken (BR)	1 bowl	412	690	28	6	0	45	1430	89	7	21	22
Premium Chirashi Bowl - Kani Kama	1 bowl	412	780	25	6	0	10	1800	124	8	31	14
Premium Chirashi Bowl - Kani Kama (BR)	1 bowl	412	670	26	6	0	10	1410	97	7	25	15
Premium Chirashi Bowl - Salmon, Tuna	1 bowl	412	810	29	7	0	30	1480	115	7	26	22
Premium Chirashi Bowl - Salmon, Tuna (BR)	1 bowl	412	710	31	7	0	30	1090	87	7	21	22
Premium Hawaiian Poke Bowl - Tuna	1 bowl	407	660	18	2.5	0	50	1640	96	5	19	30
Premium Hawaiian Poke Bowl - Tuna (BR)	1 bowl	407	560	19	2.5	0	50	1240	69	4	13	31
Premium Hawaiian Poke Bowl - Tuna, Salmon	1 bowl	407	710	24	4	0	45	1660	96	5	19	27
Premium Hawaiian Poke Bowl - Tuna, Salmon (BR)	1 bowl	407	610	25	4	0	45	1260	69	4	13	28
Premium Hawaiian Poke Bowl - Tuna, Salmon, Albacore	1 bowl	404	690	21	3.5	0	50	1640	96	5	19	28
Premium Hawaiian Poke Bowl - Tuna, Salmon, Albacore (BR)	1 bowl	404	590	23	3.5	0	50	1240	69	4	13	28
Ramen Noodle Salad w/ Sesame Dressing	1 bowl	340	630	40	4.5	0	0	1030	58	3	13	10

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	630	9	3	0	50	650	112	5	6	25
Ten Don (Shrimp Tempura)	1 bowl	447	770	15	3	0	30	1620	145	12	28	14
Tori Don (Orange Flavor)	1 bowl	510	870	18	3	0	80	1100	149	6	12	27
Tori Don (Sesame Flavor)	1 bowl	513	880	20	3	0	80	1050	150	7	12	28
Tori Don (Teriyaki Flavor)	1 bowl	513	840	10	2	0	180	1960	135	7	25	48
Yakisoba Don (Teriyaki Flavor)	1 bowl	428	760	21	4	0	180	2960	91	5	35	48

DRY FOODS

	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)
Fried Onion	1 pkg	57	330	25	12	0	0	270	23	3	5	3

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