



Nutritional Information

Allergens

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Peanuts	Tree Nuts	Sesame Seeds	Milk	Eggs	Fish / Shellfish	Soy	Wheat	Sulphites	Mustard		
Nigiri	kunsei syake	37	45	0.5	0.1	0	5	95	7	0	0	3	0	0	0	2											
	syake	39	50	1	0.1	0	10	5	7	0	0	3	0	0	0	2											
	maguro	39	45	0.1	0	0	5	5	7	0	0	4	0	0	0	2											
	albacore	39	50	0.2	0.1	0	5	10	7	0	0	4	0	0	0	0											
	izumidai	39	45	0.2	0.1	0	5	10	7	0	0	3	0	0	0	0											
	ebi	32	35	0.1	0	0	10	10	7	0	0	2	0	0	0	2											
	kani kama	42	45	0.2	0	0	5	130	8	0	0	3	0	0	0	0											
	tamago	43	60	1	0.3	0	60	75	9	0	2	2	2	0	2	2											
japanese tofu	35	60	2.5	0.5	0	0	5	7	0	0	3	0	0	6	2												
sashimi	kunsei syake	12	15	0.5	0.1	0	5	95	0	0	0	2	0	0	0	0											
	syake	14	20	1	0.1	0	10	5	0	0	0	3	0	0	0	0											
	maguro	14	15	0.1	0	0	5	5	0	0	0	3	0	0	0	0											
	albacore	14	20	0.2	0.1	0	5	10	0	0	0	4	0	0	0	0											
	izumidai	14	15	0.2	0.1	0	5	5	0	0	0	3	0	0	0	0											
	ebi	7	5	0.1	0	0	10	10	0	0	0	1	0	0	0	2											
	kani kama	15	15	0.2	0	0	5	125	2	0	0	2	0	0	0	0											
	tamago	16	25	1	0.3	0	60	70	2	0	2	2	2	0	0	2											
hosomaki	avocado	119	160	8	1.5	0	0	15	20	4	0	4	2	10	4	6											
	kappa	124	90	1.5	0.2	0	0	10	18	2	1	3	2	10	4	4											
	asparagus	109	100	1.5	0.2	0	0	10	19	2	1	3	2	15	4	4											
	oshinko	114	90	1	0.2	0	0	450	18	1	0	3	0	10	4	2											
	kani kama	104	120	1.5	0.3	0	5	260	20	1	0	6	0	4	4	4											
	tamago	106	140	3	1	0	125	150	21	1	4	6	4	4	6	6											
	ginger tofu	114	150	4.5	0.5	0	0	10	19	2	0	9	0	6	10	8											
	spicy maguro	126	150	2.5	0.4	0	20	90	18	1	1	13	0	6	4	6											
	maguro	121	140	1.5	0.3	0	20	25	17	1	0	13	0	6	4	6											
	spicy albacore	126	160	3	0.5	0	20	105	18	1	1	15	0	6	4	4											
	albacore	121	150	2	0.5	0	20	40	17	1	0	15	0	6	4	4											
	spicy syake	126	160	5	0.5	0	25	90	18	1	1	12	0	6	4	6											
	syake	121	150	4	0.5	0	25	30	17	1	0	12	0	6	4	6											
maki	paradise	168	230	11	3.5	0.1	20	300	26	3	1	10	8	8	6	8											
	sunrise	171	220	7	1	0	75	450	28	2	2	11	4	6	6	8											
	mini kamikaze (albacore)	165	210	5	1	0	20	135	28	2	1	14	0	8	4	8											
	mini kamikaze (tuna)	165	200	4.5	0.5	0	20	125	28	2	1	12	2	8	4	8											
	butterfly	190	240	8	1.5	0	15	540	27	2	1	15	2	8	4	10											
	philadelphia	176	190	5	2	0.1	15	390	25	2	1	11	4	8	6	6											
	cape cod	178	210	6	1	0	45	115	28	3	1	9	2	10	6	10											
	sun dried tomato	173	400	26	8	0.2	20	680	33	6	5	8	8	10	8	10											
futomaki	exotic veggie	165	170	6	0.5	0	5	70	26	3	2	5	50	45	4	8											
	california	192	200	7	1	0.1	70	290	27	2	4	7	4	10	6	6											
	skye	188	200	5	1	0	20	160	28	2	2	10	2	10	4	8											
	kamikaze (albacore)	191	210	4.5	0.5	0	25	330	30	2	2	13	2	10	2	8											
	kamikaze (tuna)	191	200	4	0.5	0	25	320	30	2	2	12	2	10	2	8											
	spicy tuna	180	220	6	1	0	45	300	28	2	2	14	2	10	2	8											
	spicy salmon	175	180	3.5	0.4	0	45	300	27	1	3	27	2	8	2	6											
	boston	175	170	4.5	0.5	0.1	55	380	24	2	2	9	2	10	6	8											
	kobe	191	200	6	1	0	100	370	26	2	5	9	4	10	4	8											
	snow crab	160	190	4.5	0.5	0	60	410	26	2	2	11	2	10	6	6											
	exotica	200	200	6	1	0	45	420	28	2	5	10	2	20	2	6											
	rainbow	227	260	8	1	0	65	210	26	2	1	21	4	15	2	10											
	crispy	188	210	6	0.5	0	55	380	31	2	2	9	2	10	2	10											
	ocean	187	210	5	0.5	0	55	540	30	2	2	12	2	8	6	10											
	teriyaki chicken	173	170	3	0.2	0	30	310	30	2	3	6	4	15	2	6											
	vegetarian	174	150	3.5	0.5	0	0	130	26	3	4	4	60	50	4	6											
	shiro	191	220	6	1	0	50	260	26	2	1	16	2	10	6	8											
	sushiman	182	210	6	1	0	20	240	26	2	1	12	2	8	2	6											
	lobster	173	180	3	0.2	0	60	380	25	1	2	12	2	8	4	6											
	mango tango (albacore)	203	180	2	0.4	0	40	410	29	2	5	12	10	45	2	6											
mango tango (tuna)	203	180	2	0.2	0	40	400	29	2	5	11	10	45	4	6												
dragon eye	219	240	2.5	0.5	0	25	85	40	3	2	16	50	45	2	15												
dragon eye sauce	1.5oz	130	13	1	0.4	20	320	3	0	2	1	6	4	0	2												
taiyou	199	240	4	0.5	0	70	430	33	0	3	17	2	4	2	8												
dynamite	171	240	10	1	0	30	310	30	3	1	8	2	10	4	6												
yama salmon	232	350	9	1	0.1	50	260	45	1	3	21	2	4	6	8												
spicy taiware maki	salmon	126	180	5	0.5	0	50	400	23	1	3	10	30	6	2	10											
	shrimp	126	170	3	0.3	0	90	440	24	1	3	10	35	8	4	15											
	crab	126	150	2.5	0.2	0	30	670	24	1	3	8	30	6	2	8											
	lobster	116	150	2.5	0.2	0	50	500	24	1	3	9	30	6	4	10											
indo-china maki	vegetarian	186	220	6	1	0	60	320	35	2	4	6	50	45	8	10											
	shrimp	165	190	2	0.4	0	50	310	32	1	2	10	80	10	6	10											
	salmon	176	220	4.5	1	0	80	340	32	1	3	12	15	40	6	10											
	umi	157	200	3.5	0.4	0	50	400	30	0	1	11	4	4	2	8											
miso soust	veggie	263	70	2.5	0.3	0	0	620	10	1	3	6	30	2	20	20											
	shrimp	283	90	3	0.4	0	30	650	10	1	3	10	30	2	20	25											
	seafood	298	100	3	0.4	0	35	780	12	1	3	12	30	2	20	25											
other	grilled salmon	510	790	41	6	0	275	2220	0	0	0	100	6	0	6	30											
	grilled escolar	510	1010	49	9	0	155	2250	0	0	0	136	6	0	0	0											