

## Nutritional Information



	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 (%)
<b>Hosomaki</b>															
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
Ginger tofu	114	150	4.5	0.5	0	0	10	19	2	0	9	0	6	10	8
Kanikama	104	120	1.5	0.3	0	5	260	20	1	0	6	0	4	4	4
Syake	121	150	4	0.5	0	25	30	17	1	0	12	0	6	4	6
Spicy syake	126	160	5	0.5	0	25	90	18	1	1	12	0	6	4	6
Maguro	121	140	1.5	0.3	0	20	25	17	1	0	13	0	6	4	6
Spicy maguro	126	150	2.5	0.4	0	20	90	18	1	1	13	0	6	4	6
Tempura Shrimp	114	200	6	0.2	0	25	90	29	1	0	8	0	4	4	2
<b>Maki</b>															
Butterfly	190	240	8	1.5	0	15	540	27	2	1	15	2	8	4	10
Paradise	168	230	11	3.5	0.1	20	300	26	3	1	10	8	8	6	8
Sun dried tomato	173	400	26	8	0.2	20	680	33	6	5	8	8	10	8	10
Mini kamikaze	165	200	4.5	0.5	0	20	125	28	2	1	12	2	8	4	8
Sunrise	171	220	7	1	0	75	450	28	2	2	11	4	6	6	8
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
Yama (soy sheet)	134	320	23	3.5	0.3	60	160	7	1	1	16	2	2	4	10
<b>Futomaki</b>															
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	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
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	175	210	8	1	0.1	55	250	23	1	2	11	2	6	4	6
Sushman	181	220	9	1	0.1	45	310	25	2	2	9	0	8	2	6
Mango tango	203	180	2	0.2	0	40	400	29	2	5	11	10	45	4	6
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
<b>Spicy tartare maki</b>															
Fuji	179	260	12	2	0.1	70	690	26	1	4	12	2	6	2	8
Dragon eye	219	240	2.5	0.5	0	25	85	40	3	2	16	50	45	2	15
Deluxe Veggie	164	180	7	2	0.1	5	210	25	4	2	5	40	40	6	6
Crispy Ebi	150	220	8	0.5	0	20	200	30	2	2	7	0	8	2	4
<b>Spicy tartare maki</b>															
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
Tuna	116	150	2.5	0.2	0	50	500	24	1	3	9	30	6	4	10
<b>Indochina Maki</b>															
Shrimp tempura	141	280	13	1.5	1	25	360	37	2	1	5	0	2	4	6
General too	158	200	1.5	0.3	0	20	330	26	1	7	10	35	8	4	6
Veggie	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
<b>Buddha Wrap</b>															
Seafood	216	290	12	1	0.1	50	420	34	4	3	13	4	15	6	6
Spicy Salmon	246	360	19	2.5	0.2	50	340	31	4	3	17	2	10	6	10
Crunchy	211	280	14	3	0.1	45	400	26	3	2	13	4	10	4	6
<b>Poke</b>															
Salmon	343	480	19	3	0	85	420	50	4	6	24	4	15	10	15
Tuna	343	450	15	2	0	75	410	50	4	6	27	4	15	10	15
Salmon & tuna	343	470	17	2.5	0	80	410	50	4	6	25	4	15	10	15
General too chicken	345	470	17	2.5	0	95	430	53	4	8	25	4	20	10	15
Grilled chicken	345	470	17	2.5	0	95	690	51	4	6	25	4	20	10	15
Veggie	345	490	21	3	0	40	390	53	5	6	21	2	15	20	20
Supreme	350	470	16	2	0.1	85	710	54	3	6	25	10	15	10	15
Two Salmons	343	440	16	2	0.1	65	650	50	3	6	24	4	15	10	15
<b>Bento Box</b>															
Sashimi & maki	430	540	16	2.5	0.1	80	410	67	5	3	29	35	10	30	20
Grilled chicken & maki	450	650	18	3	0.1	90	530	84	5	7	34	2	10	10	20
Grilled chicken & salad	373	530	12	2.5	0	55	720	70	5	9	30	35	4	30	15
<b>Combos</b>															
Combo a	300	300	10	2	0	25	180	45	6	4	9	40	50	10	10
Combo b	363	430	17	3	0	0	160	60	7	4	14	60	60	20	20

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Combo c	305	350	13	2	0	50	320	48	6	3	19	6	20	8	10
Combo d	384	440	13	2.5	0	75	340	62	6	4	19	8	30	8	20
Combo e	373	450	15	2.5	0	75	430	62	6	3	19	4	20	8	20
Combo f	370	450	14	2.5	0	60	320	61	5	2	25	4	20	8	20
Combo g	336	400	12	2	0	80	610	54	6	3	19	4	20	10	20
Combo h	510	600	16	3	0	85	470	86	7	3	30	6	20	10	20
Combo i	336	400	14	3	0.1	30	290	55	7	2	17	20	30	10	15
Combo j	311	370	13	2	0	40	380	51	5	3	16	20	30	8	15
Combo k	372	440	9	1	0	105	610	64	4	3	24	4	20	10	20
Combo l	343	410	11	2.5	0.1	60	540	54	4	2	23	4	15	8	15
Combo fuji	393	540	24	4	0.1	80	980	60	6	5	24	6	20	8	20
Combo crispy	307	370	14	2	0	55	400	51	6	2	13	4	20	6	15
Combo cali	311	360	15	2.5	0.1	70	310	47	6	4	11	6	20	10	10
Combo spicy salmon	294	340	12	2	0	45	320	47	5	3	31	4	20	6	10
Combo dynamite	290	400	18	2.5	0	30	330	50	7	1	12	4	20	8	10
Combo dragon eye	338	400	11	2	0	25	100	60	7	2	20	50	60	6	20
Combo yama	351	550	24	3.5	0.2	50	280	61	5	2	24	4	10	10	15
Combo taiyou	318	400	12	2	0	70	450	53	4	3	21	4	15	6	15
<b>Sashimi (2 pcs)</b>															
Kunsei syake	24	30	1	0.2	0	10	190	0	0	0	4	0	0	0	0
Syake	28	40	2	0.2	0	20	10	0	0	0	6	0	0	0	0
Maguro	28	30	0.2	0	0	10	10	0	0	0	6	0	0	0	0
Izumidai	28	30	0.4	0.2	0	10	10	0	0	0	6	0	0	0	0
Ebi	14	10	0.2	0	0	20	20	0	0	0	2	0	0	0	4
Kanikama	30	30	0.4	0	0	10	250	4	0	0	4	0	0	0	0
Tamago	32	50	2	0.6	0	120	140	4	0	4	4	4	0	0	4
<b>Nigiri (2 pcs)</b>															
Kunsei syake	74	90	1	0.2	0	10	190	14	0	0	6	0	0	0	4
Syake	78	100	2	0.2	0	20	10	14	0	0	6	0	0	0	4
Maguro	78	90	0.2	0	0	10	10	14	0	0	8	0	0	0	4
Ebi	64	70	0.2	0	0	20	20	14	0	0	4	0	0	0	4
Izumidai	78	90	0.4	0.2	0	10	20	14	0	0	6	0	0	0	0
Tamago	86	120	2	0.6	0	120	150	18	0	4	4	4	0	4	4
Kanikama	84	90	0.4	0	0	10	260	16	0	0	6	0	0	0	0
Japanese tofu	70	120	5	1	0	0	10	14	0	0	6	0	0	12	4