



Serving Size (g)	Calories	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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**POKE BOWLS**

Salmon - white rice	380	490	21	3	0	70	1270	52	3	5	22	4	10	8	15
Salmon - brown rice	380	570	23	3	0	70	1270	63	7	5	23	4	10	6	10
Salmon - crispy sticky rice	380	500	22	3	0	70	1270	52	3	5	22	4	10	8	15
Salmon - salad	317	310	20	3	0	70	980	14	2	6	19	8	15	6	15
Spicy Shrimp - white rice	380	510	18	2.5	0	165	1260	56	3	6	29	8	10	10	20
Spicy Shrimp - brown rice	380	590	20	2.5	0	165	1260	67	7	6	30	8	10	8	20
Spicy Shrimp - crispy sticky rice	380	520	19	2.5	0	165	1260	56	3	6	29	8	10	10	20
Spicy Shrimp - salad	345	310	17	2.5	0	125	1430	19	2	6	22	10	20	10	20
Volcano - white rice	378	490	22	3	0.1	70	1000	51	2	4	22	4	10	8	15
Volcano - brown rice	378	570	24	3	0.1	70	1000	62	7	4	23	4	10	6	10
Volcano - crispy sticky rice	378	500	23	3	0.1	70	1000	51	2	4	22	4	10	8	15
Volcano - salad	317	310	20	3	0	70	980	14	2	6	19	8	15	6	15
Salmon & Tuna - white rice	380	480	19	3	0	65	1260	52	3	5	23	6	10	6	10
Salmon & Tuna - brown rice	380	560	21	3	0	65	1260	62	7	5	24	6	10	6	10
Salmon & Tuna - crispy sticky rice	380	490	20	3	0	65	1260	52	3	5	23	6	10	8	15
Salmon & Tuna - salad	317	300	18	2.5	0	65	970	14	2	6	21	8	15	6	15
Tuna - white rice	380	460	17	2.5	0	60	1260	52	3	5	25	6	10	8	15
Tuna - brown rice	380	540	19	2.5	0	60	1260	63	7	5	26	6	10	6	10
Tuna - crispy sticky rice	380	470	18	2.5	0	60	1260	52	3	5	25	6	10	8	15
Tuna - salad	317	290	16	2.5	0	60	970	14	2	6	22	8	20	6	15
Veggy - white rice	360	440	19	3	0	15	1060	55	6	6	11	20	40	10	20
Veggy - brown rice	360	510	21	3	0	15	1060	66	10	6	13	20	40	8	15
Veggy - crispy sticky rice	360	450	20	3	0	15	1060	55	6	6	11	20	40	10	20
Veggy - salad	290	270	19	3	0	15	1060	17	6	7	9	20	45	10	20
Poke Chicken & Mango (white rice)	396	500	18	3	0	85	1310	56	4	9	29	4	25	8	8
Poke Chicken & Mango (brown rice)	396	580	21	3	0	85	1310	67	8	9	30	4	25	6	6
Poke Chicken & Mango (crispy rice)	396	510	19	3	0	85	1310	56	4	9	29	4	25	8	8
Poke Chicken & Mango Salad	341	340	19	3	0	85	1320	19	5	10	26	10	30	6	10
Spicy Salmon - white rice	402	500	19	3	0.1	75	1070	55	5	9	24	6	30	8	15
Spicy Salmon - brown rice	402	570	22	3	0.1	75	1070	67	10	9	26	6	30	6	15
Spicy Salmon - crispy sticky rice	402	510	20	3	0.1	75	1070	55	5	9	24	6	30	8	15
Spicy Salmon - salad	372	340	19	3	0.1	75	1080	20	7	11	22	10	35	8	15
Spicy Tuna - white rice	402	470	15	2	0.1	65	1060	55	5	9	27	6	30	10	15
Spicy Tuna - brown rice	402	540	18	2	0.1	65	1060	67	10	9	28	6	30	8	15
Spicy Tuna - crispy sticky rice	402	480	16	2	0.1	65	1060	55	5	9	27	6	30	10	15
Spicy Tuna - salad	372	310	15	2	0.1	65	1070	20	7	11	25	10	35	8	15
Diablo - white rice	412	540	22	3	0.1	100	1540	57	5	7	28	2	8	10	15
Diablo - brown rice	412	610	25	3	0.1	100	1540	68	10	7	30	2	8	8	15
Diablo - crispy sticky rice	412	550	23	3	0.1	100	1540	57	5	7	28	2	8	10	15
Diablo - salad	382	380	22	3	0.1	100	1550	22	7	9	26	8	10	10	15
Sunrise - white rice	383	540	25	3.5	0.1	90	1730	54	4	7	22	15	8	8	10
Sunrise - brown rice	383	610	27	3.5	0.1	90	1730	63	8	7	24	15	8	6	10
Sunrise - crispy sticky rice	383	550	26	3.5	0.1	90	1730	54	4	7	22	15	8	8	10
Sunrise - salad	353	380	28	3.5	0.1	90	1470	21	6	7	20	30	10	8	10
Umami - white rice	392	620	28	4	0	90	1590	64	4	3	24	6	10	8	20
Umami - brown rice	392	690	30	4	0	90	1590	73	8	3	26	6	10	6	20
Umami - crispy sticky rice	392	630	29	4	0	90	1590	64	4	3	24	6	10	8	20
Umami - salad	362	460	28	4	0	90	1600	31	6	3	22	12	15	8	20

**APPETIZERS & SALADS**

Popcorn Shrimp	120	200	7	1	0.1	110	530	18	1	1	17	4	2	6	20
Shrimp Tempura	60	180	8.0	0.0	0.1	40	125	18	0	0	8	0	0	0	0
Three Salads	120	130	3.5	0.0	0	60	790	13	4	8	8	2	6	40	8
Wakame	125	110	2.0	0.0	0	0	1650	13	4	9	0	0	0	110	0
Miso Soup	240	45	1	0.2	0	0	1280	6	2	3	4	0	0	6	6
Green Salad	172	190	10	1.5	0	0	250	17	3	10	7	30	10	6	10
Spicy Squid Salad	110	120	3.0	0.0	0	170	320	12	0	12	12	0	2	2	6
Edamame Beans	135	170	5.0	0.0	0	0	440	15	7	2	13	8	15	8	20

**Small Ramen Soup**



Serving Size (g) | Calories | Total Fat (g) | Saturated fat (g) | Trans fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fibers (g) | Sugar (g) | Protein (g) | Vitamin A (%) | Vitamin C (%) | Calcium (%) | Iron (%)

Miso	290	240	9	2	0	50	1240	23	2	3	16	2	4	25	15	
Miso with Grilled Chicken	330	290	10	2.5	0	75	1370	24	3	4	24	10	4	25	15	
Miso with Seafood	340	280	10	2.5	0	80	1340	24	3	4	23	2	4	25	20	
Miso with Shrimp Tempura	310	290	11	2	0	60	1260	28	2	3	18	2	4	25	15	
Tonkotsu	290	220	6	2.5	0	55	660	26	1	1	7	0	4	4	4	
Tonkotsu with Grilled Chicken	330	300	12	3	0	75	735	32	1	1	10	4	12	4	6	
Tonkotsu with Seafood	340	280	7.5	2.8	0	95	830	28	1	1	16	2	4	6	8	
Tonkotsu with Shrimp Tempura	310	280	8.5	2.8	0.1	70	700	32	1	1	10	0	4	4	4	
<b>NIGIRI &amp; SASHIMI /2 pcs</b>																
Syake Nigiri	62	80	2.0	0.3	0	20	15	8	0	0	7	0	0	0	2	
Syake Nigiri (brown rice)	62	100	2.5	0.3	0	20	15	10	1	0	7	0	0	0	2	
Syake Sashimi	42	45	2.0	0.3	0	20	14	0	0	0	6	0	2	0	2	
Seared Syake	66	80	2.0	0.3	0	20	230	8	0	0	7	0	0	0	2	
Seared Syake (brown rice)	66	100	2.5	0.3	0	20	230	10	1	0	8	0	0	0	2	
Izumidai Nigiri	58	60	0.5	0.2	0	15	15	8	0	0	6	0	0	0	2	
Izumidai Nigiri (brown rice)	58	80	1.0	0.2	0	15	15	10	1	0	7	0	0	0	2	
Izumidai Sashimi	38	30	0.5	0.2	0	15	125	0	0	6	6	0	0	0	2	
Seared Izumidai Nigiri	68	100	4.5	0.5	0	15	790	8	0	0	6	0	4	0	2	
Seared Izumidai Nigiri (brown rice)	68	110	5.0	0.5	0	15	790	10	1	0	7	0	4	0	2	
Philly Kunsei Syake	61	70	2.0	0.5	0	5	200	8	0	0	5	2	0	0	2	
Philly Kunsei Syake (brown rice)	61	90	2.5	0.5	0	5	200	11	1	0	6	2	0	0	2	
Ebi Nigiri	44	50	0.2	0.0	0	20	20	8	0	0	3	0	0	2	2	
Ebi Nigiri (brown rice)	44	70	0.5	0.0	0	20	20	10	1	0	4	0	0	0	2	
Ebi Sashimi	24	15	0.2	0.0	0	20	19	0	0	0	3	0	2	0	2	
Maguro Nigiri	58	70	0.3	0.1	0	15	10	8	0	0	7	0	0	0	2	
Maguro Nigiri (brown rice)	58	80	0.5	0.1	0	15	10	10	1	0	7	0	0	0	2	
Maguro Sashimi	38	30	0.3	0.1	0	15	9	0	0	0	7	0	2	0	2	
Inari	92	160	5	2	0	0	180	22	1	5	5	4	2	10	8	
Inari (brown rice)	92	190	6	2	0	0	180	26	2	5	6	4	2	10	8	
Kunsei Syake Nigiri	46	50	0.5	0.1	0	5	125	8	0	0	4	0	0	0	2	
Kunsei Syake Nigiri (brown rice)	46	70	1.0	0.1	0	5	125	10	1	0	4	0	0	0	2	
Kunsei Syake Sashimi	26	20	0.5	0.1	0	5	129	0	0	0	3	0	2	0	0	
Masago Red	74	90	1.0	0.0	0	100	680	15	0	4	3	0	2	0	0	
Masago Red (brown rice)	74	110	1.5	0.0	0	100	680	18	2	4	4	0	2	0	0	
Masago Orange	74	90	1.0	0.0	0	100	680	15	0	4	3	0	2	0	0	
Masago Orange (brown rice)	74	110	1.5	0.0	0	100	680	18	2	4	4	0	2	0	0	
Karai Syake	100	130	3.0	0.4	0	25	120	18	0	1	8	0	2	2	6	
Karai Syake (brown rice)	100	150	4.0	0.4	0	25	120	21	2	1	8	0	2	0	4	
Karai Maguro	100	120	1.5	0.2	0	20	120	18	0	1	9	0	2	2	6	
Karai Maguro (brown rice)	100	140	2.5	0.2	0	20	120	21	2	1	9	0	2	0	4	
Karai Ebi	100	120	2.0	0.2	0	50	150	18	0	1	8	2	2	2	8	
Karai Ebi (brown rice)	100	140	2.5	0.2	0	50	150	21	2	1	8	2	2	2	8	
<b>HOSOMAKI /6 pcs</b>																
Philly Kappa	114	130	4.5	2.5	0	10	40	18	2	1	4	4	8	4	4	
Philly Kappa (brown rice)	114	160	6.0	2.5	0	10	40	23	3	1	4	4	8	4	4	
Akanasu Avocado	149	370	26.0	8.0	0.2	15	640	27	6	4	8	8	10	8	10	
Akanasu Avocado (brown rice)	149	400	27.0	8.0	0.2	15	640	31	8	4	8	8	10	8	10	
Kappa	104	90	1.0	0.2	0	0	10	18	2	1	3	0	8	4	4	
Kappa (brown rice)	104	120	2.0	0.2	0	0	10	22	3	1	3	0	8	2	2	
Avocado	119	160	8.0	1.5	0	0	15	20	4	0	4	2	10	4	6	
Avocado (brown rice)	119	160	9.0	1.5	0	0	10	18	5	0	3	2	10	2	6	
Oshinko	114	90	1.0	0.2	0	0	450	18	1	0	3	0	10	4	2	
Oshinko (brown rice)	114	120	2.0	0.2	0	0	450	23	3	0	3	0	10	2	2	
Akanasu	109	310	20.0	7.0	0.2	15	640	24	4	4	7	4	4	8	8	
Akanasu (brown rice)	109	340	21.0	7.0	0.2	15	640	28	6	4	7	4	4	6	6	
Syake	116	140	3.5	0.5	0	20	25	17	1	0	11	0	6	4	6	
Syake (brown rice)	116	170	4.5	0.5	0	20	25	22	3	0	11	0	6	4	4	
Syake Spicy	119	150	4.0	0.5	0	20	60	17	1	0	11	0	6	4	6	
Syake Spicy (brown rice)	119	180	5.0	0.5	0	20	60	22	3	0	11	0	6	4	4	



Serving Size (g)	Calories	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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Tekka	116	130	1.5	0.3	0	20	25	17	1	0	12	0	6	4	4
Tekka (brown rice)	116	160	2.5	0.3	0	20	25	22	3	0	13	0	6	4	4
Tekka Spicy	119	140	2.0	0.3	0	20	55	17	1	0	12	0	6	4	4
Tekka Spicy (brown rice)	119	170	3.0	0.3	0	20	55	22	3	0	13	0	6	4	4
Tamago	112	150	3.5	1.0	0	150	180	22	1	5	6	4	4	6	6
Tamago (brown rice)	112	180	4.5	1.0	0	150	180	27	3	5	7	4	4	4	6
Kani Kama	104	120	1.5	0.3	0	5	260	20	1	0	6	0	4	4	4
Kani Kama (brown rice)	104	150	2.5	0.3	0	5	260	24	3	0	7	0	4	2	2
Tempura Syake	131	170	4.0	0.5	0	15	85	24	2	1	9	0	6	4	8
Tempura Syake (brown rice)	131	200	5.0	0.5	0	15	85	28	3	1	10	0	6	4	6
Tempura Tekka	131	160	2.5	0.3	0	15	85	24	2	1	11	0	6	4	8
Tempura Tekka (brown rice)	131	190	3.0	0.3	0	15	85	28	3	1	11	0	6	4	6

<b>MAKI /8 pcs</b>															
Black Mamba	227	400	18	2	0.1	120	570	37	2	1	20	6	10	4	15
Black Mamba (brown rice)	227	440	19	2	0.1	120	570	43	4	1	21	6	10	2	10
Vancouver	168	230	11.0	3.5	0.1	20	300	26	3	1	10	8	8	6	8
Vancouver (brown rice)	168	270	12.0	3.5	0.1	20	300	31	5	1	11	8	8	6	5
911	169	200	4.0	0.5	0	40	300	30	2	2	12	2	8	4	8
911 (brown rice)	169	240	5.0	0.5	0	40	300	36	5	2	12	2	8	4	6
Ebi Maki	178	190	4.0	0.5	0	50	240	30	2	2	9	2	10	6	10
Ebi Maki (brown rice)	178	230	5.0	0.5	0	50	240	36	5	2	10	2	10	4	10
Twin Salmon	180	230	9.0	1.5	0	45	400	26	3	1	13	2	10	4	8
Twin Salmon (brown rice)	180	270	10.0	1.5	0	45	400	32	5	1	13	2	10	4	6
Chef's Maki	190	220	6.0	1.0	0	60	510	28	3	4	12	2	25	6	6
Chef's Maki (brown rice)	190	260	7.0	1.0	0	60	510	34	5	4	12	2	25	4	4
Dragon	210	320	13.0	1.0	0	60	330	40	3	2	10	2	15	2	6
Dragon (brown rice)	210	360	13.0	1.0	0	60	330	46	5	2	11	2	15	2	4
California Classic	162	180	5.0	1.0	0	5	290	27	2	0	7	2	8	4	6
California Classic (brown rice)	162	220	6.0	1.0	0	5	290	33	3	0	8	2	8	4	4
Sweetheart	178	220	6.0	1.0	0	50	390	29	2	1	14	0	15	4	8
Sweetheart (brown rice)	178	260	7.0	1.0	0	50	390	35	4	1	15	0	15	4	8
Red Tiger	222	320	13.0	2.0	0	80	530	28	1	0	23	2	6	4	15
Red Tiger (brown rice)	222	360	14.0	2.0	0	80	530	34	4	0	24	2	6	2	15
Chicken Teriyaki	166	270	12.0	1.5	0	25	190	34	3	2	6	4	15	4	6
Chicken Teriyaki (brown rice)	166	310	13.0	1.5	0	25	190	40	5	2	7	4	18	4	6

<b>SUMOMAKI /5 pcs</b>															
Lion Roll	203	360	18	2	0.1	65	860	39	2	8	6	70	20	2	4
Lion Hand Roll	128	220	10	1	0	50	540	25	2	4	5	35	15	2	2
Lion Roll (brown rice)	203	390	19	2	0.1	65	860	44	4	8	7	70	20	2	4
Lion Hand Roll (brown rice)	128	240	11	1	0	50	540	28	3	4	6	95	15	0	2
Vegetarian Roll	167	170	7	1	0	5	170	26	3	2	4	45	45	6	6
Vegetarian Hand Roll	129	120	6.0	0.5	0	0	115	17	3	1	3	35	45	4	6
Vegetarian Roll (brown rice)	167	210	8	1	0	5	170	31	5	2	5	45	45	4	5
Vegetarian Hand Roll (brown rice)	129	140	6	0.5	0	0	110	19	4	1	4	35	45	4	6
California Roll	211	230	9.0	1.5	0.1	130	480	29	3	5	9	15	10	6	10
California Hand Roll	171	170	7.0	1.0	0.0	130	460	20	3	5	8	15	10	6	10
California Roll (brown rice)	211	260	10.0	1.5	0.1	130	480	34	5	6	9	15	10	6	10
California Hand Roll (brown rice)	171	190	7.0	1.0	0	130	460	23	4	5	8	15	10	6	8
Dynamite Roll	160	230	10.0	1.0	0	40	280	29	3	2	7	2	10	4	4
Dynamite Hand Roll	130	180	8.0	1.0	0	40	250	21	3	2	6	2	10	4	4
Dynamite Roll (brown rice)	160	260	11.0	1.0	0	40	270	34	5	2	7	2	10	4	4
Dynamite Hand Roll (brown rice)	130	200	9.0	1.0	0	40	250	24	4	2	6	2	10	4	4
Spicy Salmon Crunch Roll	171	180	3.0	0.4	0	20	120	27	1	2	10	2	8	2	8
Spicy Salmon Crunch Hand Roll	120	150	4.5	0.4	0	30	80	16	1	1	11	0	6	2	4
Spicy Salmon Crunch Roll (brown rice)	171	210	4.0	0.4	0	20	120	32	3	2	10	2	8	0	6
Spicy Salmon Crunch Hand Roll (brown rice)	120	170	5.0	0.4	0	30	80	19	2	1	11	0	6	0	4
Spicy Tuna Crunch Roll	171	170	1.5	0.2	0	15	115	27	1	2	11	2	8	2	8
Spicy Tuna Crunch Hand Roll	120	140	2.5	0.1	0	25	80	16	1	1	12	0	8	2	4
Spicy Tuna Crunch Roll (brown rice)	171	200	2.5	0.2	0	15	115	32	3	2	11	2	8	2	6



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Spicy Tuna Crunch Hand Roll (brown rice)	120	160	3.0	0.1	0	25	80	19	2	1	12	0	8	0	4
Boston Roll	176	170	4.5	0.5	0.1	55	390	24	2	2	9	6	10	6	8
Boston Hand Roll	143	120	2.5	0.4	0	55	360	16	2	2	8	10	8	6	8
Boston Roll (brown rice)	176	210	6.0	0.5	0.1	55	390	29	4	2	9	6	10	4	6
Boston Hand Roll (brown rice)	143	140	3.5	0.4	0	55	360	19	3	2	9	10	8	4	8
Tuna Kamikaze Roll	180	200	4.5	0.5	0	40	430	29	2	2	12	2	8	2	8
Tuna Kamikaze Hand Roll	134	150	4.5	0.5	0	45	380	19	2	2	9	2	8	2	4
Tuna Kamikaze Roll (brown rice)	180	240	5.0	0.5	0	40	430	34	4	2	12	2	8	2	6
Tuna Kamikaze Hand Roll (brown rice)	134	170	5.0	0.5	0	45	380	22	3	2	10	2	8	0	4
Salmon Kamikaze Roll	180	210	6.0	0.5	0	45	430	29	2	2	11	2	8	2	8
Salmon Kamikaze Hand Roll	134	160	5.0	0.5	0	45	380	19	2	2	9	2	8	2	4
Salmon Kamikaze Roll(brown rice)	180	250	7.0	0.5	0	45	430	34	4	2	12	2	8	0	6
Salmon Kamikaze Hand Roll (brown rice)	134	180	6.0	0.5	0	45	380	22	3	2	9	2	8	0	4
Snow Crab Roll	170	190	4.0	0.5	0	30	530	26	2	1	11	0	8	4	6
Snow Crab Hand Roll	122	140	4.5	0.4	0	35	460	17	2	1	9	0	8	2	2
Snow Crab Roll (brown rice)	170	220	5.0	0.0	0	30	530	31	4	1	11	0	8	2	4
Snow Crab Hand Roll (brown rice)	122	160	5.0	0.4	0	35	460	20	3	1	9	0	8	2	2
Rainbow Roll	194	220	6.0	1.0	0	25	125	28	2	2	14	2	10	2	10
Rainbow Hand Roll	119	150	5.0	0.5	0	20	70	16	2	0	10	2	8	2	4
Rainbow Roll (brown rice)	194	250	7.0	1.0	0	25	125	33	4	2	14	2	10	2	8
RainbowHand Roll (brown rice)	119	170	6.0	0.5	0	20	70	19	3	1	10	2	8	0	4
Red Eye Roll	157	180	2.5	0.3	0	45	360	27	1	1	13	0	6	4	6
Red Eye Hand Roll	103	130	3.0	0.2	0	45	350	17	1	1	9	0	6	2	4
Red Eye Roll (brown rice)	157	220	3.5	0.3	0	45	360	32	3	1	13	0	6	2	6
Red Eye Hand Roll (brown rice)	103	150	3.5	0.2	0	45	350	20	2	1	9	0	6	2	2
Miami Roll	161	250	8.0	2.0	0.1	40	450	26	1	2	12	4	2	4	6
Miami Hand Roll	101	170	5.0	1.0	0	20	250	16	1	1	8	2	2	2	4
Miami Roll (brown rice)	161	290	9.0	2.0	0.1	40	450	31	3	2	13	4	2	2	6
Miami Hand Roll (brown rice)	101	240	6.0	1.0	0	20	250	29	3	1	10	2	2	2	4
Empereur Roll	168	200	5.0	2.0	0	20	125	27	2	1	13	2	8	2	8
Empereur Hand Roll	124	160	5.0	0.5	0	30	75	16	2	0	12	2	8	2	6
Empereur Roll (brown rice)	168	240	6.0	0.5	0	20	125	32	4	1	13	2	8	0	8
Empereur Hand Roll (brown rice)	124	180	6.0	0.5	0	30	75	19	3	0	13	2	8	0	4
Spicy Shrimp Roll	187	200	6.0	1.0	0	55	450	28	3	2	10	10	10	6	10
Spicy Shrimp Hand Roll	137	160	5.0	0.5	0	65	390	19	2	1	10	8	8	4	8
Spicy Shrimp Roll (brown rice)	187	230	7.0	1.0	0	55	450	33	5	2	10	10	10	4	10
Spicy Shrimp Hand Roll (brown rice)	137	180	6.0	0.5	0	65	390	22	3	1	10	8	8	2	8
Exotik Roll	203	180	2.0	0.3	0	55	450	32	2	7	9	15	15	6	10
Exotik Hand Roll	156	130	2.0	0.3	0	30	290	22	2	5	7	15	15	6	10
Exotik Roll (brown rice)	203	220	3.0	0.3	0	55	450	37	4	7	10	15	15	4	10
Exotik Hand Roll (brown rice)	156	200	3.0	0.3	0	30	290	35	4	5	9	15	15	4	8
Smoky Roll	159	210	6.0	1.0	0	35	460	28	2	2	9	2	6	4	8
Smoky Hand Roll	109	160	6.0	1.0	0	40	390	17	2	1	8	2	6	4	4
Smoky Roll (brown rice)	159	240	8.0	1.0	0	35	450	34	4	2	10	2	6	4	8
SmokyHand Roll (brown rice)	109	180	7.0	1.0	0	40	390	20	3	1	8	2	6	2	4
Rock Lobster Roll	184	200	7.0	1.0	0	30	210	23	3	1	12	10	10	8	8
Rock Lobster Hand Roll	118	130	4.5	0.5	0	20	135	14	2	0	9	6	8	6	6
Rock Lobster Roll (brown rice)	184	230	8.0	1.0	0	30	210	28	5	1	13	10	10	6	8
Rock Lobster Hand Roll (brown rice)	118	150	5.0	0.5	0	20	135	17	4	0	9	6	8	4	6
Grilled Chicken Roll	185	270	14.0	1.5	0	20	380	29	2	2	10	15	40	2	10
Grilled Chicken Hand Roll	136	210	12.0	1.0	0	25	300	18	2	1	10	10	40	2	6
Grilled Chicken Roll (brown rice)	185	310	15.0	1.5	0	20	370	34	4	2	11	15	40	2	8
Grilled Chicken Hand Roll (brown rice)	136	230	12.0	1.0	0	25	300	21	3	1	10	10	40	2	6
Calypto	189	220	11	1.5	0.1	40	500	19	3	3	14	25	20	8	10
Inferno Roll	167	360	20.0	6.0	0.2	55	970	36	4	7	8	4	6	10	10
Inferno Hand Roll	100	210	11.0	3.5	0.1	55	580	19	2	4	7	4	6	6	4
Inferno Roll (brown rice)	167	400	21.0	6.0	0.2	55	970	42	6	7	9	4	6	8	10
Inferno Hand Roll (brown rice)	100	230	12.0	3.5	0.1	55	580	22	3	4	7	4	6	4	4



Serving Size (g) | Calories | Total Fat (g) | Saturated fat (g) | Trans fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fibers (g) | Sugar (g) | Protein (g) | Vitamin A (%) | Vitamin C (%) | Calcium (%) | Iron (%)

Red Velvet	236	330	13.0	1.5	0.1	50	400	39	3	3	15	2	6	6	6
Red Velvet (brown rice)	236	390	14.0	1.5	0.1	50	400	48	7	3	16	2	6	4	4
Orange Velvet	236	350	15.0	2.0	0.1	55	410	39	3	3	14	2	6	6	6
Orange Velvet (brown rice)	236	410	17.0	2.0	0.1	55	400	48	7	3	15	2	6	4	6
Kampai salmon	169	290	12.0	1.5	0.0	45	1140	32	3	3	13	40	8	4	15
Kampai tuna	169	270	9.0	1.0	0.0	40	1140	32	3	3	15	40	8	4	15
Kampai crab	169	270	10.0	1.0	0.0	85	1190	32	3	3	13	45	10	4	20
Kampai shrimp	169	280	9.0	1.0	0.0	70	1300	32	3	3	15	40	10	8	15
Phoenix	260	430	13	1.5	0	70	1200	59	2	2	16	15	6	6	15
Phoenix (brown rice)	260	470	14	1.5	0	70	1200	65	5	2	17	15	6	4	10
Teriyaki Salmon	231	310	11	1.5	0	35	700	35	3	7	17	40	15	6	10
Teriyaki Salmon (brown rice)	231	340	13	1.5	0.1	35	700	40	5	7	17	40	15	6	8
Flame	248	350	14	1.5	0.1	30	960	48	3	5	10	90	25	8	10
Flame (brown rice)	248	390	15	1.5	0.1	30	960	54	6	5	11	90	25	6	8
Salmon Truffle	217	300	7.0	1.0	0	90	670	37	0	1	20	4	6	4	15
Salmon Truffle (brown rice)	217	340	9.0	1.0	0	90	670	43	3	1	21	4	6	4	15
Sesame Tuna	222	290	5.0	0.5	0	85	900	37	0	1	22	4	6	4	15
Sesame Tuna (brown rice)	222	330	6.0	0.5	0	85	900	43	3	1	23	4	6	4	15
Volcano	372	650	32.0	3.0	0.2	100	370	56	3	1	31	4	8	6	10
Volcano (brown rice)	372	720	34.0	3.0	0.2	100	370	67	7	1	32	4	8	4	10
Diablo	225	320	12.0	1.5	0.1	70	740	34	2	2	18	4	8	2	8
Diablo (brown rice)	225	360	13.0	1.5	0.1	70	740	39	4	2	19	4	8	2	8
Magik	218	320	9.0	1.0	0.1	30	1310	39	2	1	16	2	15	4	8
Magik (brown rice)	218	350	10.0	1.0	0.1	30	1310	43	4	1	17	2	15	2	8
Cherry Blossom	290	440	14.0	2.0	0.2	110	1220	56	0	2	20	8	6	6	15
Cherry Blossom (brown rice)	290	480	15.0	2.0	0.2	110	1220	62	3	2	20	8	6	6	10
Mini Volcano 4pc	107	190	9	1	0.1	25	145	15	2	1	8	0	4	2	4
Mini Volcano 4pc (brown rice)	107	200	10	1	0.1	25	145	18	3	1	8	0	4	2	4
Mini Volcano 8pc	214	370	19	2	0.2	50	290	30	3	2	15	0	6	6	8
Mini Volcano 8pc (brown rice)	214	400	20	2	0.2	50	290	35	5	2	15	0	6	4	8
<b>CRISPY ROLLS /5 pcs</b>															
Philly	207	420	24.0	3.0	0.1	40	560	40	2	2	12	4	6	2	10
Philly (brown rice)	207	450	25.0	3.0	0.1	40	560	45	4	2	12	4	6	2	10
Spyder	240	460	26.0	2.0	0.2	100	350	37	2	1	20	2	10	10	15
Spyder (brown rice)	240	500	27.0	2.0	0.2	100	350	43	4	1	21	2	10	10	15
Trilogie	202	400	20.0	2.0	0.1	30	75	36	1	1	17	0	6	2	10
Trilogie (brown rice)	202	430	22.0	2.0	0.1	30	75	41	4	1	18	0	6	2	10
Dragon Eye	244	410	22.0	2.0	0.1	40	240	34	3	2	22	35	15	4	15
Dragon Eye (brown rice)	244	430	22.0	2.0	0.1	40	240	36	4	2	22	35	15	2	15
<b>SUSHI PIZZA /6 pcs</b>															
Sunrise	273	550	29	6	0.2	70	770	51	2	6	19	50	10	6	15
Sunrise (brown rice)	273	590	31	6	0.2	70	770	56	5	7	20	50	10	4	15
Authentik	252	530	30.0	5.0	0.2	70	780	43	1	1	22	6	4	6	15
Authentik (brown rice)	252	570	31.0	5.0	0.2	70	780	48	3	1	22	6	4	4	10
Lobster & Co.	248	490	26.0	4.0	0.2	65	480	43	1	4	20	10	10	6	15
Lobster & Co. (brown rice)	248	530	28.0	4.0	0.2	65	480	49	4	4	20	10	10	6	10
Rainbow 360	251	530	31.0	5.0	0.2	35	450	41	2	1	21	6	4	6	15
Rainbow 360 (brown rice)	251	570	32.0	5.0	0.2	35	450	47	5	1	22	6	4	4	15
<b>TEMARI /4 pcs</b>															
Fireball (4 pcs)	180	230	6	0.5	0	60	550	34	1	3	10	25	8	6	8
Fireball - brown rice (4 pcs)	180	290	8	0.5	0	60	550	42	4	3	10	25	8	4	6
Tataki Tuna (4 pcs)	164	240	8	1	0.1	20	220	32	0	4	8	0	0	0	8
Tataki Tuna - brown rice (4 pcs)	164	320	10	1	0.1	20	220	40	4	4	12	0	0	0	0
Smoky Philly (4 pcs)	168	240	10	2	0	20	240	32	4	0	8	0	16	8	8
Smoky Philly - brown rice (4 pcs)	168	320	12	2	0.1	20	240	40	4	0	8	0	16	8	8
Teriyaki Bomb (4 pcs)	252	600	36	6	0	100	1000	48	0	12	16	0	0	8	8
Teriyaki Bomb - brown rice (4 pcs)	252	640	36	6	0.1	100	1000	56	4	12	16	0	0	0	8
Veggie Bomb (4 pcs)	216	480	28	6	0	600	760	40	0	8	8	32	32	8	8
Veggie Bomb - brown rice (4 pcs)	216	520	32	6	0.1	600	760	48	4	8	8	32	32	8	0



Serving Size (g)	Calories	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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Temari - Crispy Lobster 4 pc	196	240	7	1	0	85	430	31	0	2	13	6	8	6	6
Temari - Crispy Lobster 4 pc (brown rice)	196	290	8	1	0	85	430	38	4	2	14	6	8	4	6
<b>HAKO / 6 pcs</b>															
Sircocco	239	360	15.0	1.5	0.1	65	320	40	3	4	15	10	15	6	8
Sircocco (brown rice)	239	410	17.0	1.5	0.1	65	320	47	6	4	16	10	15	4	6
Sunburst	183	260	8.0	0.5	0	75	620	34	2	2	12	2	20	2	4
Sunburst (brown rice)	183	300	9.0	0.5	0	75	620	40	4	2	13	2	20	2	4
Tyfoon	204	280	9.0	1.0	0	100	590	36	2	5	13	10	15	6	8
Tyfoon (brown rice)	204	320	11.0	1.0	0	100	590	42	4	5	13	10	15	4	8
<b>TARTARE MAKI</b>															
Maki Tartare Salmon	123	170	6.0	1.0	0	50	400	19	1	2	10	6	4	4	10
Maki Tartare Shrimp	123	160	4.0	0.5	0	90	440	19	1	2	10	8	4	6	15
Maki Tartare Veggie	125	100	2.5	0.4	0	0	740	19	2	4	1	50	40	2	6
Maki Tartare Tuna	123	160	4.0	0.4	0	45	400	19	1	2	12	6	4	4	10
Maki Tartare Tilapia	123	150	4.0	0.5	0	50	400	19	1	2	10	6	4	4	8
<b>TARTARE</b>															
Tartare Salmon	108	160	6	1	0	45	440	6	1	1	16	2	6	4	8
Tartare Tuna	108	130	2	0.4	0	35	440	6	1	1	21	2	6	4	8
Tartare Smoked Salmon & Salmon	136	270	21	3	0	40	730	1	1	0	20	2	4	4	8
<b>SUSHI TACOS</b>															
Salmon Taco (2)	101	170	9	1.5	0.1	25	950	12	1	1	9	4	8	4	8
Salmon Taco (3)	144	240	14	2	0.1	35	1300	18	2	1	12	6	10	6	10
Tuna Taco (2)	101	160	8	1	0.1	25	950	12	1	1	10	4	8	4	8
Tuna Taco (3)	144	230	11	2	0.1	30	1290	18	2	1	14	6	15	6	10
Lobster Taco (2)	94	120	5	0.5	0.1	35	270	9	1	1	10	4	6	4	6
Lobster Taco (3)	136	180	8	1	0.1	45	390	14	2	1	14	8	10	6	10
<b>RAMEN SOUP</b>															
Miso	591	590	17	4	0	100	2220	67	6	6	36	2	15	40	30
Miso with Grilled Chicken	631	630	19	4.5	0	125	2290	69	6	7	44	10	15	45	30
Miso with Seafood	641	620	18	4.5	0	125	2380	68	6	7	41	2	15	40	30
Miso with Shrimp Tempura	611	620	19	4	0	105	2250	70	6	6	38	2	15	40	30
Tonkotsu	591	550	12	4.5	0	110	1280	73	4	2	21	2	15	8	10
Tonkotsu with Grilled Chicken	631	630	18	5	0	130	1355	79	4	2	24	6	23	8	12
Tonkotsu with Seafood	641	610	13.5	4.8	0	150	1450	75	4	2	30	4	15	10	14
Tonkotsu with Shrimp Tempura	611	610	14.5	4.5	0	125	1320	79	4	2	24	2	15	8	10
<b>SPRING MAKI / 2 pcs</b>															
Spring Maki Shrimp	219	310	9.0	1.0	0	50	460	43	1	2	12	45	6	6	15
Spring Maki Shrimp (brown rice)	219	360	11.0	1.0	0	50	460	51	4	2	13	45	6	6	10
Spring Maki Salmon	263	320	9.0	1.0	0	110	420	47	1	6	13	25	90	4	10
Spring Maki Salmon (brown rice)	263	370	11.0	1.0	0	110	520	54	4	6	13	25	90	4	8
Spring Maki Lobster	279	380	14.0	2.0	0	135	580	47	2	5	17	25	100	6	10
Spring Maki Lobster (brown rice)	279	430	15.0	2.0	0	135	570	55	5	5	18	25	100	6	10
Spring Maki Tuna	212	280	8.0	0.5	0	15	410	42	1	2	10	8	4	4	8
Spring Maki Tuna (brown rice)	212	330	9.0	0.5	0	15	410	49	4	2	11	8	4	2	6
Spring Maki Chicken	244	310	14.0	1.0	0	25	490	43	1	36	12	20	110	6	8
Spring Maki Chicken (brown rice)	244	390	15.0	10.0	0	25	490	51	4	3	13	20	110	4	6
Spring Maki Veggie	258	330	12.0	1.5	0	100	390	48	2	6	7	6	100	8	15
Spring Maki Veggie (brown rice)	258	380	14.0	1.5	0	100	390	56	5	6	8	60	100	6	10
<b>SUSHI BURITO</b>															
Salmon & Shrimp Tempura	370	500	19	2	0	90	1060	56	3	2	23	15	10	4	10
Spicy Tuna & Mango	368	440	11	1.5	0	50	290	58	3	8	25	100	30	6	15
Spicy Shrimp & Mango	378	450	16	2	0	110	780	56	4	7	19	30	30	6	20
Salmon & Crab	340	460	18	2.5	0	50	400	52	3	2	22	50	15	6	15
Tuna & Salmon	372	420	11	1.5	0	45	540	55	3	1	24	20	15	6	20
<b>COMBOS</b>															
Combo A	291	320	14	3	0	5	100	44	7	2	8	42	55	10	12
Combo B	279	390	18	3	0	40	295	49	7	2	11	4	20	8	10
Combo C	299	370	14	2	0	45	445	49	6	2	15	4	18	6	14
Combo D	306	360	14	3	0	55	465	48	7	2	14	12	20	10	16



Serving Size (g)  
 Calories  
 Total Fat (g)  
 Saturated fat (g)  
 Trans fat (g)  
 Cholesterol (mg)  
 Sodium (mg)  
 Carbohydrates (g)  
 Dietary Fibers (g)  
 Sugar (g)  
 Protein (g)  
 Vitamin A (%)  
 Vitamin C (%)  
 Calcium (%)  
 Iron (%)

Combo E	330	390	17	3	0	130	495	49	7	5	13	17	20	10	16
Combo F	331	388	14	2	0	82	427	51	7	4	15	13	21	10	16
Combo G	250	305	10	3	0	33	445	42	4	2	15	6	12	7	11
Combo H	375	457	16	2	0	66	349	60	6	2	19	6	21	10	16
Combo I	358	510	17	4	0	50	760	60	5	8	23	6	11	13	18
Combo K	415	460	16	4	0	5	513	69	8	9	14	41	59	22	22
Combo M (brown rice)	385	475	15	3	0	78	715	64	6	9	23	4	18	12	22
Combo N	331	420	15	3.5	0.1	85	620	48	5	3	25	6	20	8	15
Combo O	498	737	26	4	0	151	1494	88	4	10	36	12	17	15	26
Combo P	496	785	33	3	0	143	653	80	4	2	39	4	19	10	17
Combo Q	454	692	25	5	0	123	1220	91	4	13	26	11	18	9	25
Combo R	438	645	25	2	0	95	810	76	9	2	30	23	24	9	18
Combo Volcano	534	848	41	5	0	100	953	80	8	4	35	6	18	48	16
Combo Diablo	387	518	21	3	0	70	1323	58	7	5	22	6	18	44	14
Baby on Board Combo - Lion (white rice)	667	1030	38	4.3	0.1	80	2660	132	6	10	36	89	34	16	31
Baby on Board Combo - Lion (brown rice)	667	1080	40	4.3	0.1	80	2660	143	11	10	37	89	34	14	26
Baby on Board Combo - Kamikaze (white rice)	634	860	24	2.8	0	70	2240	122	6	4	38	21	22	16	35
Baby on Board Combo - Kamikaze (brown rice)	634	910	26	2.8	0	70	2240	132	10	4	40	21	22	14	30
Combo Salmon lover	302	390	12	2	0	70	290	42	3	1	28	2	10	6	15

**DESSERTS**

Banana chocolate Bomb (2 pcs)	56	120	5	2	0	0	15	19	1	11	1	0	4	0	6
Banana chocolate Bomb (4 pcs)	112	240	10	4	0.1	0	30	38	2	22	2	0	8	0	12
Paradiso (3 pcs)	92	95	1	1	0	3	70	22	1	4	2	5	30	2	2
Paradiso (6 pcs)	183	190	2.5	1.0	0	5	135	43	2	8	3	10	60	4	4
Ruby (3 pcs)	111	120	1	1	0	3	80	27	3	4	2	2	35	2	3
Ruby (6 pcs)	221	240	2.0	1.0	0	5	160	54	5	7	3	4	70	4	6

**EXTRAS**

Sesame Sauce	34	110	8.0	1.0	0	5	480	11	0	7	1	0	0	0	0
Ponzu sauce	24	10	0.5	0.1	0	0	1160	1	0	1	0.2	0	0	0	0
Wonton Chips	21	70	3.0	0.2	0.1	5	110	10	0	0	2	0	0	0	4
Spicy Light Mayo	24	70	8	0.5	1	10	130	1	0	0	0.2	0	0	0	0
Sweet Chili Sauce	24	45	0	0	0	0	110	9	0	8	0	0	0	0	0
Yin Yang Sauce	25	120	11	1.5	0	20	220	3	0	3	0.1	0	0	0	0
Chocolate Sauce	24	55	0.2	0.1	0	0	20	14	0	10	0.6	0	0	1	2
Maple Fudge Sauce	24	50	1	0.2	0	0	30	11	0	6	0	0	0	0	0
Gluten-Free Soy Sauce	24	20	0	0	0	0	1300	2	0	1	2	0	0	0	0
Regular Soy Sauce	24	30	0	0	0	0	720	6	0	6	1	0	0	0	1
Mini Wakame Salad	24	20	0.4	0	0	0	320	3	1	2	0	0	0	20	0
Mini Edamame Beans	28	35	1	0	0	0	110	3	1	0	3	2	4	2	4

**RICE**

White rice	125	85	0.15	0	0	0	0	18	0	0	2	0	0	0	0
Brown rice	125	95	1	0	0	0	0	20	2	0	3	0	0	0	0

**PLATTERS**

Vegetarian 26pc	742	990	39	11	0.1	20	1260	136	14	17	27	100	110	40	40
40 pc	1876	3150	150	19	1	520	4070	300	17	30	138	80	80	60	80
60 pc	2113	3240	141	23	1	560	4920	347	22	28	139	40	80	80	100